



Sensory Friendly—Inclusive Family Masses (SF—IFM)

August 2026—August 2027

Everyone is welcome in the liturgies of the Archdiocese of Newark. However, some individuals with disabilities and their families don't feel comfortable attending their local parish masses. This can be for different reasons. Some people have increased sensitivity to sounds and smells, some people need to move around more than other people, and some people make more vocalizations than others. So, either people stay away because attending mass is too uncomfortable and/or because of experiences in which they felt unwelcome and that they didn't belong. This may include individuals with intellectual and/or developmental disabilities such as autism, sensory processing disorder, Down Syndrome, and cerebral palsy.

Inclusive Family—Sensory Friendly Masses offer some modifications to help individuals with disabilities and their families with these experiences to feel comfortable and welcome attending mass. Parishes hosting Sensory Friendly—Inclusive Family Masses (SF—IFM) are going “the extra mile” to ensure that individuals with disabilities feel welcome, valued, appreciated, and supported. People from the larger community are encouraged to attend.

For more information about Inclusive Family—Sensory Friendly Masses see website [here](#). Parishes interested in learning more about hosting masses contact Anne Masters (see below). Any questions about the schedule below, please contact the parish directly. *Mass following recommendations for sensory friendly events.

St. Helen* 1600 Rahway Avenue Westfield, NJ 908-232-1214 https://sainthelen.org/	Following Sundays at 2:00 PM Aug 30, Oct 4, Dec 27, Feb 28, May 23, Aug 29 Fellowship after
Church of the Nativity* 315 Prospect Street Midland Park, NJ 07432 201-444-6362 office@nativitynj.org	9:00 AM Oct 11, Nov 8, Dec 24 @ 5:00 PM, Jan 10, Feb 14, Mar 7, April 11, May 9
“ASCPG Special Needs Mass” St. Peter the Apostle 445 Fifth Avenue River Edge, NJ 201-261-3366 https://www.saint-peter.org/	Following Sundays at 2:00 PM except March Sept 20, Oct 18, Nov 15, Dec 20, Jan 17, Feb 21, Mar 20 @ 5:00 PM, Apr 18, May 16 Fellowship after
St. Elizabeth of Hungary* 700 Wyckoff Avenue Wyckoff, NJ 201-891-1122 https://saintelizabeths.org/	Following Saturdays at 4:00 PM Aug 22, Sep 26, Oct 24, Nov 28, Dec TBD, Jan 23, Feb 27, Mar TBD, Apr 24, May 22 Fellowship after most dates

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