**SENSORY MASS**

There will be a **Sensory Friendly Mass** at St Colmcille's Church,Ballyhackamore, Belfast, on **Saturday 28th June at 12.00 noon**

We welcome and embrace neurodiverse persons, those suffering from Alzheimer's and Dementia conditions, and those with sensory needs.

Join us for a sensory friendly liturgy, which includes lower lights, softer music, and literal homilies.

Feel free to get up and move if needed, bring alternative seating, use quiet fidgets or noise cancelling headphones.

Save the date and come celebrate the Eucharist in an environment free of stigma. Please contact [n.dunn@downandconnor.org](mailto:n.dunn@downandconnor.org) to express your interest, or for enquiries.

Share this message with others please.