**Quick Tips to make Mass more inclusive**

**Recite longer prayers at a slightly slower rate**

* Specifically, the Apostle’s Creed and The Our Father
* This allows for everyone to join in and even those who may use a communication device.
* Inform the congregation that the prayers will be slower and with a pause at the end of each line.

**Music**

* Encourage all to sing
* Use simpler songs
* Have lyrics either typed in larger print or on a large screen in Church

**Sign of Peace**

* Acknowledge everyone.
* Allow for more time for those who may need it.

**Communion**

* Make sure all Eucharistic Ministers are comfortable distributing to those with disabilities.
* Come down to someone in a wheelchair.
* Make eye contact
* Let them know if unsure to ask the person if they would like to receive in their hand or by mouth.

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