



OPPORTUNITIES FOR CREATING AN INCLUSIVE MASS

The Women Who Stayed ([the-women-who-stayed](#))
FutureChurch ([FutureChurch.org](#))
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Women's Ordination Conference ([Womensordination.org](#))

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So many parishioners are hungry for a celebration of the Eucharist that truly embodies the beauty and diversity of God's people. Following are some ways you can help your pastor and pastoral ministry / liturgical team create a more inclusive Mass. In the next section, you will find our suggestions for music, readings, and prayers to assist you in planning!

- Reach out in hope and faith to your pastor, parish staff, and faith leaders. Ask them to work with you to create a joyful and awareness-raising liturgy. This can truly be an opportunity for a “synodal church” moment, as Pope Francis has called us all to. And you may be surprised at the staff's eagerness to create something together with lay people.
- Let people know in advance that it's happening. “Do you have a pink hat from last year? Wear it to church on Sunday, January 21 and keep it on!”
- Create prayers of the faithful that honor women, and invite recognition of the equality and full humanity of women and men in our Church and in our world.
- Ask if the bulletin's front cover that day can include bright pink as the color scheme . Put your church's insignia in pink for the day!
- Incorporate music that is welcoming, affirming, and inclusive.
- Invite a sign language interpreter to “translate” the Mass in real time for people with different hearing abilities.
- Have an information sheet to share with parishioners about feminism. There is a lot of misconception in our Church about what feminism is. Let people know: *If you believe that all humans are equal in the eyes of God, you are already a feminist.*
- Ask if the readings can be proclaimed with inclusive language that day.
- Some priests are choosing to remain in silence during their homily, in solidarity with the silencing of women's voices on the altar. Perhaps your priest will want to do this, too. Or perhaps they want to speak about their own feelings of solidarity with Catholic women, or their own reasons for praying for a Church beyond sexism (share Fr. Bob VerEecke's “From the Pastor's Desk” message on page 1 of this resource).
- Ask if a woman can offer reflections on the day's readings after Communion.