

### **Ash Wednesday**

**We pray that the Church may humbly recognize where we fall short in supporting our autistic members, and where there are wounds which need to be healed.**



### **Thursday after Ash Wednesday**

**We pray that the Church may grow aware of the subtle ways autism is stigmatized.**

May we be forgiven for the wounds caused by perpetuating stereotypes which are inaccurate and unhelpful.



### **Friday after Ash Wednesday**

**We pray that the Church may see autistic social, emotional, and cognitive processing as a functional design with its own gifts and challenges, equal in dignity to those who experience and process the human condition neurotypically.**

May we be forgiven for the wounds caused by viewing autism as pathology.



### **Saturday after Ash Wednesday**

**We pray that the Church may turn away from outdated and harmful suggestions that our autistic members should mask or replace neurodivergent traits.**

May we grow in empathy toward the experience of our autistic members, seeking healing and reconciliation for the wounds we may have caused.



### **First Sunday of Lent**

**We pray this week for an increase in empathy toward the experience of our autistic members.**

May we embrace a spirit of humility, repentance, and curiosity as we seek to grow in what we do not yet comprehend, and heal wounds caused by a lack of understanding.



### **First Monday of Lent**

**We pray that the Church may comprehend the wide and variable range of autistic communication needs (including verbal and auditory processing, intermittent mutism, and alternatives to speaking): how these influence our spiritual, social, and emotional experiences, and how to be more supportive of these needs.**



### First Tuesday of Lent

We pray that the Church may comprehend the wide and variable range of autistic sensory needs (including lighting, sound, temperature, motion, visual environment, ambient scents, etc.): how these influence our spiritual, social, and emotional experiences, and how to be more supportive of these needs.



### First Wednesday of Lent

We pray that the Church may comprehend executive functioning challenges (i.e., processing slowdown/overload from too much information at once, coupled with performance pressure from others) and how to be more supportive of these needs.



### First Thursday of Lent

We pray that the Church may grow in understanding the physical differences autistic people often experience, such as joint hypermobility, dyspraxia, and dysautonomia.

May the Church find ways to support the needs of these and other “invisible” conditions which make ordinary physical activities difficult, painful and exhausting.



### First Friday of Lent

We pray that the Church may comprehend the experiences of rejection sensitivity (RSD – an intense panic reflex toward the possibility of offending others) and demand anxiety (PDA – a shutdown reflex in response to performance pressure, related to executive functioning).

May we seek ways of being patient and supportive when these needs are present, rather than critical or dismissive.



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### First Saturday of Lent

We pray that the Church may comprehend alexithymia (the inability to process and express emotions as quickly as neurotypical people) and its influence on participation. May we respect the validity of individual differences in emotional processing.



### **Second Sunday of Lent**

**We pray this week that the Church may comprehend and appreciate the presence of our autistic members, especially those who are not readily seen, heard, or recognized.**

**May we seek healing for the wounds caused by indifference and unawareness.**



### **Second Monday of Lent**

**We pray that the Church may recognize that there are autistic members in nearly every community, and that many do not have the benefit of formal diagnosis.**

**May we never assume anyone is or is not autistic.**



### **Second Tuesday of Lent**

**We pray for the autistic laity in the Church: newborns, infants, children, teenagers, adults, and senior citizens.**

**May we recognize and value their presence.**



### **Second Wednesday of Lent**

**We pray for our autistic members who are not able to participate in Church liturgies and activities.**

**May our autistic members be genuinely missed when absent.**

**May we prayerfully consider what the barriers might be to their participation, and what the community can do to help address and relieve those barriers.**



### **Second Thursday of Lent**

**We pray for all autistic bishops, priests, deacons, seminarians, vowed religious, and all autistic individuals in vocational formation and discernment.**

**May we support and welcome their neurodiversity.**



### **Second Friday of Lent**

**We pray that the Church may offer hope and healing to our autistic members who feel chronically rejected and scrutinized for being different.**



### **Second Saturday of Lent**

**We pray that the Church may take overt steps to invite autistic people to partake in the OCIA process.**

**May we support and welcome their neurodiversity.**



### **Third Sunday of Lent**

**We pray this week for insight into where we can make the Church more accessible to, and more supportive of, our autistic members.**

**May we seek forgiveness for the times we have allowed fear and pride to limit our generosity, creativity, and hospitality.**



### **Third Monday of Lent**

**We pray for insight into how to make liturgies more accessible to our autistic members, seeking to heal the wounds where access has been impeded or denied.**



### **Third Tuesday of Lent**

**We pray for insight into how to make all the Sacraments more accessible to our autistic members, seeking to heal the wounds where access has been impeded or denied.**



### **Third Wednesday of Lent**

**We pray for insight into how to make faith formation and sacramental preparation more accessible to our autistic members, seeking to heal the wounds where access has been impeded or denied.**



### **Third Thursday of Lent**

**We pray for insight into how to make youth ministry more accessible to our autistic members, seeking to heal the wounds where access has been impeded or denied.**



### **Third Friday of Lent**

**We pray for insight into how to make social ministries, retreats, parish missions and days of recollection more accessible to our autistic members, seeking to heal the wounds where access has been impeded or denied.**



### **Third Saturday of Lent**

**We pray that all Parish Councils will strive to better support and include our autistic members in pastoral and spiritual initiatives, seeking to heal the wounds where access has been impeded or denied.**



### **Fourth Sunday of Lent**

**We pray this week for insight into how the Church can lead the wider community by providing support and accessibility to our autistic members.**

**May we seek forgiveness for the times we have allowed fear, pride, and upholding the status quo to limit our generosity, creativity, and hospitality.**



### **Fourth Monday of Lent**

**We pray that the bishops, priests, deacons, seminarians, and vowed religious of every Diocese will strive to better support and include our autistic members in pastoral and spiritual initiatives, seeking to heal the wounds where access has been impeded or denied.**



### **Fourth Tuesday of Lent**

**We pray that the Knights of Columbus in every parish will strive to better support and include our autistic members in fraternal and spiritual initiatives, seeking to heal the wounds where access has been impeded or denied.**



### **Fourth Wednesday of Lent**

**We pray that all religious orders, and lay associations of the faithful, will strive to better support and include our autistic members in their communities and initiatives, seeking to heal the wounds where access has been impeded or denied.**



### **Fourth Thursday of Lent**

**We pray that all Catholic seminaries will strive to better support and include our autistic members in their communities and initiatives, seeking to heal the wounds where access has been impeded or denied.**



### **Fourth Friday of Lent**

**We pray that all Catholic institutions of learning (elementary schools, high schools, colleges and universities, & campus ministries) will strive to better support and include our autistic members in their communities and initiatives, seeking to heal the wounds where access has been impeded or denied.**



### **Fourth Saturday of Lent**

**We pray that all Catholic hospitals, clinics, health care providers and community service providers will strive to better support and include our autistic members in their communities and initiatives, seeking to heal the wounds where access has been impeded or denied.**



### **Fifth Sunday of Lent**

**We pray this week that the Church may grow in recognizing and encouraging the particular mission of the autistic members of the Body of Christ.**



### **Fifth Monday of Lent**

**We pray that the Church may promote a culture of neurodiversity among all members.**



### **Fifth Tuesday of Lent**

**We pray that the Church will discover and embrace the ways in which our autistic members demonstrate and cultivate discipleship.**



### **Fifth Wednesday of Lent**

**We pray that the Church may extend invitations and opportunities for leadership roles to our autistic members.**



### **Fifth Thursday of Lent**

**We pray that the Church will outwardly demonstrate how striving to make the Church more accessible to our autistic members benefits everyone.**



### **Fifth Friday of Lent**

**We pray that the Church will look to our autistic members for guidance and suggestions on how to maintain accessibility and regular participation in all aspects of Church life.**



### **Fifth Saturday of Lent**

**We pray that the Church may designate one or more saint(s) as patrons and examples for our autistic members.**



### **Palm Sunday**

**We pray this week for healing, forgiveness, and the grace to continue building on the progress we have made in better understanding and supporting our autistic members.**



### **Monday of Holy Week**

**Placing all our trust in God Our Father, we pray that the Church may not fear scarcity of resources in offering hospitality and belonging to our autistic members.**



## Tuesday of Holy Week

Placing all our trust in God Our Father, we pray that the Church may turn away from reliance on numbers to justify initiatives supporting our autistic members, especially remembering Luke 15:4 and Matthew 18:20.



## Wednesday of Holy Week

As we reflect on Jesus' betrayal by Judas, may we embrace a spirit of repentance for any time we have allowed convenience, popular opinion, fear, or jealousy to influence how we respond to our autistic members.



## Holy Thursday

As Jesus washed the feet of the disciples, we pray for an increase in the same spirit of self-giving love toward the autistic members of the Body of Christ.



## Good Friday

We adore You, O Christ, and we praise You; because, by Your Holy Cross, You have redeemed the world.

May our wounds be united with Yours, and may we stand by You in those members who have been wounded.



## Holy Saturday

We wait in hope for Christ to make all things new.

We entrust to Him all of our Lenten resolutions.



## Easter Sunday

We give thanks for the grace of Christ's Resurrection, and the outpouring of His Love upon the world!  
May we live and walk in newness of life as we embrace and embody our Lenten resolutions!

Risen Lord, Hear our Prayer!

