

Recommended Resources:

[Autism Society in Minnesota](#)

While there are so many helpful resources from this organization, consider starting with a 2-hour, free, virtual class on understanding autism:

<https://ausm.org/education/classes/understanding-autism/>

[Today's Autistic Moment](#) is Br. Anselm Philip's podcast for autistic adults, produced and hosted by an autistic adult. The website includes over 60 episodes that have been published since 2021, resources, links, dos and don'ts, blogs and other helpful information.

[Autistic Self Advocacy Network \(ASAN\)](#)

The Autistic Self Advocacy Network seeks to advance the principles of the disability rights movement with regard to autism. ASAN believes that the goal of autism advocacy should be a world in which autistic people enjoy equal access, rights, and opportunities. We work to empower autistic people across the world to take control of our own lives and the future of our common community, and seek to organize the autistic community to ensure our voices are heard in the national conversation about us. Nothing About Us Without Us!

Here are a few curated suggestions from ASAN:

- [Holding Inclusive Events, a Guide to Accessible Event Planning](#) (universal design)
- [Specific accommodation ideas for accessibility for autistic access needs](#)
- [For parents of newly diagnosed kids](#) (also helpful as an overview for understanding)

[Autistic Women & Nonbinary Network \(AWN\)](#)

The Autistic Women & Nonbinary Network works to provide supports for disabled and autistic people in their fight for disability, gender and racial justice. AWN works in solidarity with disabled and autistic BIPoC & LGBTQIAP+ people. They supply assistance for meals, groceries, rent, moving expenses, bereavement & loss, healthcare and assistance for many unexpected life events.

[The Articulate Autistic – Jaime A. Heidel](#)

Jaime A. Heidel is autistic and a prolific writer about the experiences of autistic people. Jaime writes her blog about her own life experience of trying to communicate to others the challenges autistic people live with.

Recommended books:

- [NeuroTribes](#) by Steve Silberman
- [We're Not Broken](#) by Eric Garcia
- [Neuroqueer Heresies](#) by Nick Walker
- [A Different Kind of Normal](#) by Abigail Balfe

Books recommended by an autistic child:

- [The Awesome Autistic Go To Guide: A Practical Handbook for Autistic Teens and Tweens](#)

And a few more blogs:

<https://buildfaith.org/neurodiversity-in-the-classroom/>

<https://adiaryofamom.com>

Grounded in the assumption of competence and adamant about honoring dignity— Jess writes about her experience of growth as a parent and person who happens to have an autistic child (who is now a young adult). This blog centers the voices of autistic adults whenever possible and all posts about members of Jess’ family are posted WITH the participation and consent of the individuals written about (with pseudonyms).

Helpful Liturgical suggestions:

Here are just a few examples of things to consider that will greatly enhance worship for and with those who are autistic. And being as we never know just who might show up, these things can help create a welcoming atmosphere for whoever comes through the doors

- noise canceling headphones available for worship (and a plan to sanitize after use)
- fidgets (and a plan to sanitize after use)
- Spaces for sensory breaks, video/sound available in a non-crowded space
- Sensory sensitive worship opportunities for major feast days (and, in general)— quieter music, social stories for the service, less “big” liturgical movement, scent sensitive (no incense)

Contact the Rev. Joy Caires, Rector of St. Clement’s, St. Paul for information on how to create safe, welcoming worship spaces: joy@stcstp.org

Committee who worked on these resources:

Br. Anselm Philip King-Lowe, OSB

The Rev. Joy Caires

The Rev. Lindsey Briggs

Mark Salter

Karen Olson