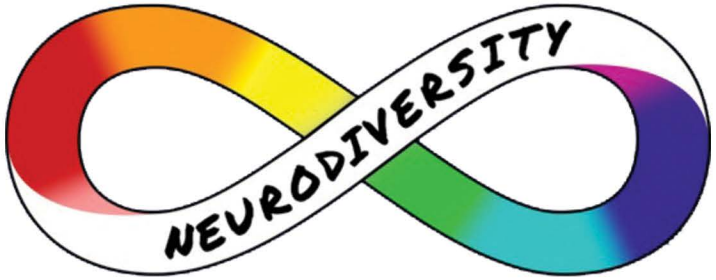
St. Martin's Episcopal Church

Welcomes All



St. Martin's Episcopal Church

Bridgewater, New Jersey

God made every mind in a unique way.
Some people are neurodivergent.
This means their brains process the world differently. We want our church home to be a safe, loving place for everyone.

What Is Neurodivergence?

Different Wiring:
It is not a disease. It is a natural part of human diversity.

Common Terms:
Some neurodivergent conditions include, but are not limited to: autism spectrum disorder (ASD), attention deficit disorder (ADD)/attention deficit hyperactivity disorder (ADHD), obsessive compulsive disorder (OCD), and sensory differences.

Hidden Traits:
Many challenges and gifts are not easy to see from the outside.

What You Might See

Sensory Overload:
Loud music, bright lights, or big crowds can feel painful or be difficult to process.

Movement:
Some people need to pace, rock, stim (with hands or an object) or vocalize to focus or stay calm.

Different Communication:
Some people speak very little, avoid eye contact, or talk a lot about one special topic.

Routine Changes:
Unexpected changes in the service or seating can cause stress.

How We Can Show God's Love

Be Kind:
Sometimes it is appropriate to acknowledge someone simply with a smile or a kind word (for example, "Good morning").

Be Patient:
Give people extra time to answer or react.

Accept How Others Worship:
Allow people to stand, sit, move, or wear headphones during the service.

Do Not Judge:
Do not stare or correct someone who acts or speaks differently.

Together in Christ

Every person is a beloved child of God,
created uniquely and wonderfully.

By welcoming differences with
understanding, patience, and compassion,
we can help make St. Martin's
a place where everyone feels
seen, valued, and at home.