**The Importance of Modesty/Proper Dress**

**Saints & Speech** speak clearly of the necessity of clothing our bodies.

**Simmilarly, (too) women should adorn themselves with proper conduct, with modesty and sobriety, not only so as not to offend the eye of God, but also so as not to offend his anger (St. John Bosco).**

"Do you know not that you are the temple of God, and that the Spirit of God dwells in you? If anyone destroys God's temple, God will destroy that person, for the temple of God, which you are, is holy. (1 Cor. 3:16-17)"

"Do you know not that your body is a temple of the Holy Spirit with whom you have been sanctified, and therefore you have been purchased at a high price? Therefore, glorify God in your body." (1 Cor. 6:19-20)"

**The dress of the body should not discredit the good of the soul.** (St. Cyril of Carthage)

"Purity is a precious jewel, and the owner of a precious stone would never dream of making a display of it in the eyes of men. (St. John Bosco)"

"The desire to please by outward charms, which we know naturally invite lust, does not spring from a sound conscience. Why should you arouse an evil passion?" (Tertullian [an excellent early Christian writer] - although he would ultimately fall into heresy, 3rd century AD)

"Further we must speak as we dress, or dress as we speak. Why do we profess one thing and display another? The tongue talks of chastity, but the whole body behaves inconsistently." (St. Jerome, Doctor of the Church)

"A holy woman may be beautiful by the gift of nature, but she must not give occasion to lust. If beauty confers so great a value upon sin, and endangers the salvation of your soul and others, it is your duty to give it up..." (O Christian mothers, if you knew what a future of anxieties and pains, of ill-guarded shame you prepare for your sons and daughters, made of impious seed, and living through these their beautiful garb and dressing and making them lose the sense of modesty, you would be ashamed of yourselves and of your children! (St. John Bosco)

"But those women who have no husband nor wish to have one, or who are in a state of continence according to the law of God, they should wear the same manner of dress as those to whom they see, because this is to invite them to sin. And if indeed they adorn themselves otherwise than in the intention of provoking others to lust, they shall be reproved, but if they do so from frivolity, or vanity for the sake of ostentation, it is not always mortal, but sometimes venial. And the same applies to men in this respect." (St. Thomas Aquinas, Doctor of the Church)

"You carry your snare everywhere and spread your net in all places. You are like he who never invited others to sin. You did not, indeed, by your words, but you have done so by your dress much more efficaciously than you could by your voice. You have made another sin in his heart, and you could be innocent? Tell me whom does this world condemn? Whom do judges in court punish? Those who drink poison or those who prepare it and administer it."

**Proper Dress For Women**

If a woman has evaluated her wardrobe according to the above and, that she might have determined the wearing of such clothes for women as follows (emphasis added):

"When we see a woman in trousers [that is, pants], we should think not so much of her as of all mankind, of what it will be when women will have no bodies in the future. She is dressed in such a way that she is prepared to endanger to this purpose or does it tend more to "seduce and arouse conscience"? Don't you think that your dressing may give you culpability in the sins of others - sins that you will suffer punishment for either in this life or after death (e.g. in Purgatory or Hell)."

**Today's Fashions**

Think today's fashions are "no big deal?" Think that following the dress of the crowd is okay? Think again! Many (most?) popular fashions today are offensive to God, sinful, scandalous, occasions of sin, temptations to sin, and display a lack of concern for Christian modesty. Everywhere we see tight, form-fitting clothes, bare skin, exposed undergarments, etc., and a whole new type of underwear - even wearing men's trousers - and now even men's undergarments) and young girls dressed like women in ill-repute (even, skin-tight clothes, exposed midriffs, low-cut tops, etc.), seems that many people today have completely lost the sense of modesty. We can't say we weren't warned. In the early 1900's, Our Lady of Fatima told us that "Certain fashions will be introduced that will offend Our Lord very much." She added that "More souls go to hell because of sins of the flesh than for any other cause." One of the 17 children of the Holy Sacrament of the Mass, and even to bear the seduction everywhere in vogue, even among women and girls who are Catholic, fashion which not only endangers the heart of the person, but on the other hand, conduces to the temporal ruin of the women and girls, and which is still worse, to their eternal ruin, miserably dragging down others in their fall. It is not surprising, therefore, that all Bishops of the Church, in their duty of diviners of the smallest, should in their own dioceses have unanimously opposed this licentious and shameless fashion, often bearing with the threat of excommunication and more, and even excommunicated them for this cause. Therefore this Sacred Council, which watches over the discipline of clergy, and in the name of the Bishop, urges the Venerable Bishops, earnestly exhorts them to continue in the task which they are undertaking they have so well begun, and to pursue them with even greater vigor, in this contemptuous display of sin and immodesty (Letter of the Congregation of the Council, 1930 A.D.)

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"But the Christian, whether he be creator or client, should be careful not to underestimate the dangers and spiritual ruin spread by immodest fashions, especially those worn in public, because of that continuity that must exist between what one preaches and what one practices, even in the sense of externals. He will remember the high purity which the Redeemer demands of His disciples even in glances and thoughts. And he will remember the severity which God shows to those who give scandal. We might call to mind on this subject the subtile words of the prophet Isaias, in which was foretold the infamy that was to befal the holy city of Sion because of the immodesty of its daughters (cf. Isaias 3, 16-21). And one could recall those other words with which the greatest of all Italian poets expressed in vehement terms his feeling of indignation for the immodesty creeping into his city (cf. Dante, Purgatorio, 23, 94-108)." (Pope Pius XII, "Moral Problems in Fashion Design", 1957)

"From this point of view one cannot sufficiently deplore the blindness of so many women of every age and condition; made foolish by desire to please, they do not see to what a degree the indecency of their clothing shocks every honest man, and offends God. Most of them die for those ideals as for a grave fault against Christian modesty; now it does not suffice for them to exhibit them on the public thoroughfares, they do not fear to cross the threshold of the churches to assist at the Holy Sacrifice of the Mass, to adoring God under the form of a shallop of shameful passions to the Eucharistic Table where one receives the heavenly Audity of purity. And just as, for example, the immodesty imported into fashionable circles, one more shocking than the other; one cannot imagine anything more suitable for blemishing all the names of modesty. (Pope Benedict XV, "Sacro Propeblem", 1917)"

"By virtue of the supreme apostolate which he wields over the Universal Church by Divine Will, our Most Holy Father Pope Pius XI has never ceased to inculcate, both verbally and by his writings (cf. n. 5, 9, 10, n.), namely: "Women...adorn themselves with modesty and sobriety...and professing godliness with good works. And on many occasions the Same Pope has reproached and sharply censured those who totally neglect the care of their soul, blotted everywhere in vogue, even among women and girls who are Catholic, fashion which not only endangers the heart of the person, but on the other hand, conduces to the temporal ruin of the women and girls, and which is still worse, to their eternal ruin, miserably dragging down others in their fall. It is not surprising, therefore, that all Bishops of the Church, in their duty of diviners of the smallest, should in their own dioceses have unanimously opposed this licentious and shameless fashion, often bearing with the threat of excommunication and more, and even excommunicated them for this cause. Therefore this Sacred Council, which watches over the discipline of clergy, and in the name of the Bishop, urges the Venerable Bishops, earnestly exhorts them to continue in the task which they are undertaking they have so well begun, and to pursue them with even greater vigor, in this contemptuous display of sin and immodesty (Letter of the Congregation of the Council, 1930 A.D.)"

"...we must realize that those who dress scantily or otherwise immodestly...even if unintentionally, must certainly lead others to sin; and may cause others to commit adultery in their hearts. Those who dress immodestly may even be culpable in the loss of other's souls. They offend Jesus, tempt other sin, create scandal - both inside and outside the Church, "profane the temple of the Holy Spirit", set a bad example for others, degrade society, and may cause the loss of souls. Think that's no big deal?"

"If a woman has evaluated her wardrobe according to the above and, that she might have determined the wearing of such clothes for women as follows (emphasis added):

"When we see a woman in trousers [that is, pants], we should think not so much of her as of all mankind, of what it will be when women will have no bodies in the future. She is dressed in such a way that she is prepared to endanger to this purpose or does it tend more to "seduce and arouse conscience"? Don't you think that your dressing may give you culpability in the sins of others - sins that you will suffer punishment for either in this life or after death (e.g. in Purgatory or Hell)."
The signs of our late arriving spring indicate this year a certain increase in the use of men’s dress by girls and women, even mothers of families. Up until 1959, in Genoa, such dress usually meant the person was a tourist, but now there seems to be a significant number of girls and women from Genoa itself who are choosing, at least on occasion, to wear men’s dress [men’s trousers - that is, slacks/pants]. The spreading of this behavior obliges us to give serious consideration to the subject, and we ask those to whom this Notification is addressed to kindly give this heresies a closer attention. There are many things that all men and women should know about the entities of man and woman as specified in the writings of Scripture and of the theology or moralists of the Church; thirdly, it affects the woman as mother of her children by harming her prestige and authority in her son’s eyes... In truth, the motives impelling a woman to wear men’s dress is always that of imitating, nay, of competing with the man who is considered stronger, less tied down, more independent. This motivation shows that the idea of a female imitating the male is not a question of being “like a man.” Secondly, even since men have been men, the clothing a person wears conditions, directly or indirectly, how he behaves, personality, the behavior, such that from merely being worn outside, clothing comes to impose a particular frame of mind inside. Then let us add that a woman wearing men’s dress always more or less implicates her fellow women for the corruption, for the incompleteness [to masculinity] when in fact it is only a veneer. The perversion of her psychology is clearly evident. It is no secret how wrong it is to think from the dress [an] of the woman, the way we know how wrong women are made to think by the wearing of men’s dressing... Experience teaches us when women are de-feminized, defenses are undermined and weakened more easily. Stealing, for example, has to a large extent become an act of clothing psychology does fundamental and - in the long run - irreparable damage to the family, to conjugal fidelity, to human affectious and to human society. True, the effects of wearing unsuitable dress are not all to be seen within a short time. But one must think of what is being slowly and insistently worn down, torn apart, perforated, is any satisfying research on the subject can be done, it is certain that the psychological conditions which the woman’s psychological development must be considered in every case. Women with unsuitable or improper feminine psychology Be changed? Or is any true education of children imaginable, which is so difficult in its principles and practice? It is a question of forming the feminine intuition and instinct play the decisive part in those tender years? What will these women be able to give their children when they will have worn a man’s dress for years? And what successes will they obtain with these children, who are losing their femininity as quickly and efficiently? If the harm to the psychological development of the child, and to the deep development of the child, and to the deep development of the child, the harm which you are causing these children, whom Heaven has entrusted to you to be brought up as Christians.” (Pope Pius XII)

“Parents, conscious of their grave obligations toward the education, especially religious and moral, to their offspring, should see to it that their daughters are suitably dressed; for what is often called 1920 A.D.

“Proper Dress For Church

The immodest dress seen in the world today has also, sadly, infected those who attend Mass. Nowadays, it is not uncommon to see people wear low cut tops, high cut shorts, skirts and tee-shirts and other inappropriate items to church. This is not only inappropriate, but may also cause some embarrassment to the Lord’s house must be stopped. Even if the priest is lax about enforcing the rules, women and men are called to special standards of dress in Church...

Women must be modestly dressed, especially when they go to church. The parish priest may with prudence and charity suggest to the church and access to the reception of the Sacraments, [each] and every time that they come to church immodestly dressed.” (General Pastoral Directive, 1915 A.D.)

“Give to the LORD the glory due his name! Bring gifts, and enter his presence; dress in sacred attire and come to him in holy attire.” (1 Chron. 16:29, emphasis added)

Note that wearing of head coverings in church is Scriptural and traces back to the earliest days of the Church (emphasis added)...

Parents’ Duty to Protect Modesty

We must caution parents who allow their daughters to dress in any manner that is considered immodest or immodestly dressed. It is unacceptable to expose one’s undergarments

It is unacceptable to expose one’s undergarments

It is unacceptable to see undergarments lines

Bare skin is unacceptable (including shoulders, stomach, back, thighs, etc.)

Buttons in front are unacceptable if they “pop open” or if they expose (or appear to expose) skin or undergarments.

Large sleeves are unacceptable if the torso or shoulders or other body parts may be seen (e.g. when lifting up or otherwise moving one’s arms)

Low necklines are unacceptable

Clothing with advertising is inappropriate (you turn your body into a walking billboard)

One should always wear a slip, as appropriate

Sit on skits or dresses are unacceptable if they are too high, Slits on other articles of clothing are generally unacceptable (e.g. back of top, front of top, etc.) unless they do not expose skin at the back or front.

If you must constantly adjust an article of clothing, it is probably unacceptable.

Skinny / Revealing bathing suits are unacceptable. (Note: With some creativity, it is quite possible to dress modestly and comfortably for swimming. One appropriate outfit includes modern swimwear [which acts as the undergarments], covered by layers of other modest clothing of appropriate fabric which may be worn in the water. However, it should be noted that mixing bathing (with men’s dress - that is, slacks/pants) and boys & girls should be rejected.)

If you must constantly adjust an article of clothing, it is probably unacceptable.

Note that the “exemption” indicated by St. Paul is for those women who wish to be independent of man or man of woman in the Lord. For just as woman came from man, so man is born of woman; but all things are from God. Judge for yourselves: is it proper for a woman to pray or prophesy with her head unveiled? But any woman who prays or prophesies with her head unveiled brings shame upon her head... (1 Cor. 11:3-16)

Parents should not allow their children to dress in any manner that is considered immodest or immodestly dressed. It is unacceptable to expose one’s undergarments...