

RELEVANT WORDS FROM THE BIBLE

ON MODESTY

*“**I** beseech you therefore, brethren, by the mercy of God, that you present your bodies a living sacrifice, holy, pleasing unto God, your reasonable service. And be not conformed to this world; but be reformed in the newness of your mind, that you may prove what is the good, and the acceptable, and the perfect will of God.” Romans 12: 1-2

*“**B**ut the fruit of the Spirit is, charity, joy, peace, patience, benignity, goodness, longanimity, mildness, faith, modesty, continency, chastity.” Gal 5:22-23
*(from www.catholicmodesty.com)

St. Padre Pio on Women’s Dress

From *Prophet of the People*, by Dorothy M. Gaudiose, pp. 191-2

Padre Pio wouldn’t tolerate low-necked dress or short, tight skirts, and he forbade his spiritual daughters to wear transparent stockings. Each year his severity increased. He stubbornly dismissed them from his confessional, even before they set foot inside, if he judged them to be improperly dressed. On some mornings he drove away one after another, until he ended up hearing very few confessions. He was so severe about this that he had a sign posted on the door of his church.

“The Church is the House of God. It is forbidden for men to enter with bare arms or in shorts. It is forbidden for women to enter in trousers, without a veil on their head, in short clothing, low necklines, sleeveless or immodest dresses.”

“L**et us bind ourselves tightly to the Sorrowful Heart of our Heavenly Mother and reflect on it’s boundless grief and how precious is our soul.” Saint Padre Pio
** (excerpted from www.catholicmodesty.com)

***“**K**now you not, that you are the temple of God, and that the Spirit of God dwelleth in you? But if any man violate the temple of God, him shall God destroy. For the temple of God is holy, which you are.” (Cor 3:16, 17)
*** (excerpted from www.catholicmodesty.com)

PLEASE VISIT OUR WEBSITE: www.pamphletstoinspire.com

MODESTY AND SAINT ROSE OF LIMA



SAINT ROSE,

SAINT OF MODESTY AND PURITY,

PRAY FOR US

PRAYER TO ST. ROSE OF LIMA

***Admirable** Saint Rose, you were truly a sweet flower blooming on a rugged soil; you were indeed a rose among thorns, bearing with meekness and patience the stings of envious tongues, and preserving perfect purity and modesty amid the alluring blandishments of a deceitful world. To the sufferings inflicted on you by others you added the voluntary tortures of fasting and watching, of the discipline, of the crown of thorns and of the hair shirt, to subdue the flesh and to make yourself like to your Heavenly Spouse. By the merits which you have thus gained with your divine bridegroom obtain for me the grace to bear my afflictions with patience, to remain pure and modest, to be meek and humble, to be faithful to the inspirations of the Holy Spirit, and so to mortify my passions that I may be ever more pleasing and acceptable in the sight of my dear Lord and Saviour, Jesus Christ, who liveth and reigneth world without end. Amen

*(excerpted from catholicarboroffaithandmorals.com)

PRAYER FOR PURITY

****Jesus**, Lover of chastity, Mary, Mother most pure, and Joseph, chaste guardian of the Virgin, to you I come at this hour, begging you to plead with God for me. I earnestly wish to be pure in thought, word and deed, in imitation of your own holy purity.

Obtain for me, then, a deep sense of modesty which will be reflected in my external conduct. protect my eyes, the windows of my soul, from anything that might dim the luster of a heart that must mirror only Christ like purity.

And when the “Bread of Angels becomes the Bread of me” in my heart at Holy Communion, seal it forever against the suggestions of sinful pleasures.

Heart of Jesus, Fount of all purity, have mercy on us!

***(excerpted from www.praytherosaryapostolate.com)

A BRIEF NOTE ON ST. ROSE AND MODESTY

***F**rom the moment St. Rose received the gift of prayer, day and night she devoted herself to conversing with God. Sleep did not interrupt her prayers, for during her repose, her imagination painted so many lively images of her Lord and Savior, with which her mind entertained itself. St. Rose was said never to have ceased to pray. It was here that she received a call from God to follow in the footsteps of St. Catharine of Sienna.

At the age of five St. Rose was moved by the Holy Ghost to consecrate her virginal purity to Almighty God, and solemnly to promise never to have any other spouse but Him alone. Her mother, like many other mothers, begged her to preserve the freshness of her skin; but Rose, rightly deeming this to be contrary to the **modesty and simplicity** which became a Christian maiden, begged her not to imitate those mothers who sacrificed the salvation of their children for their own ambitions. Rose said to her mother: “It would be much better for me, my dear mother, to be blind all the rest of my life, than to be obliged to see the vanities and follies of the world!”

Blows and injuries were heaped upon her by her parents; but with no other effect than to make her more constant in her resolution. She bore them all as her model St. Catharine had done before her. Modesty and purity were her goals in life. Pure she was to such a degree of perfection, that eleven learned religious; six of the order of Friar Preachers; and five of the Society of Jesus; each of whom heard her general confessions several times, have deposed upon oath, that she attained a purity of heart similar to that of the angels in Heaven. During the course of her life, which lasted thirty-one years, she was never guilty of any venial sin of impurity. It was miraculous that she never was assailed with impure thoughts, which even the most cherished and favored Saints of God have not been exempt.

*(excerpted from saints.sqpn.com)

****THE MARYLIKE STANDARDS FOR MODESTY IN DRESS**

“**A** dress cannot be called decent which is cut deeper than two fingers’ breadth under the pit of the throat; which does not cover the arms at least to the elbows; and scarcely reaches a bit beyond the knees. Furthermore, dresses of transparent material are improper.” (The Cardinal vicar of Pope Pius XI)

1. Marylike is modest without compromise, “like Mary”, Christ’s Mother
2. Marylike dresses have sleeves extending at least to the elbows; and skirts reaching below the knees.
3. Marylike dresses require full coverage for the bodice, chest, shoulders and back; except for a cut-out about the neck not exceeding two inches below the neckline in front and in the back, and two inches on the shoulders.
4. Marylike dresses do not admit as modest coverage transparent fabrics.
5. Marylike dresses avoid the improper use of flesh colored fabrics.
6. Marylike dresses conceal rather than reveal the figure of the wearer.
7. Marylike dresses provide full coverage, even after jacket, cape or stole are removed and after assuming a sitting position.

***(excerpted from www.catholicmodesty.com)