

NET Ministries Confirmation Retreat | Packing List

What to Bring

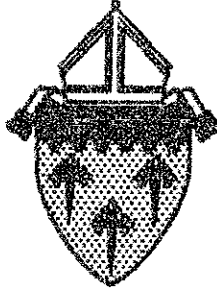
- Casual and Gym Clothes*
- Dress Clothes for Mass
- Toiletries and Towels
- Water Bottle
- Pillow & Sleeping Bag
- Air Mattress (optional, single mattress size only)
- Bible
- Notebook or Prayer Journal
- Pen/Pencil
- Rosary
- Desire to Know Jesus!

*Please refer to Modesty Guidelines to be sure about what is appropriate to wear.

What Not to Bring

- Computers, iPods/iPads, Tablets, Etc.
- Cell Phones
- Snacks and Pop (there will be plenty of food!)
- Cigarettes, Alcohol, Drugs (including e-cigarettes)





DIocese OF SUPERIOR
OFFICE OF MARRIAGE, FAMILY AND YOUTH MINISTRY

Modesty Guidelines

Every Catholic Christian is called to beatitude, that is, “blessedness” or “holiness.” In the Sermon on the Mount, Christ teaches, “Blessed are the pure of heart” (Mt 5:8). Each person is called to personal purity as a condition for blessedness with God. This call to purity is rooted in an understanding of each human person’s dignity as being created in the image and likeness of God. That is to say, that each person’s dignity flows from the very fact that they are willed by God for their own sake and called to share in “God’s own life” (CCC 356). From this understanding, purity requires that we respect and protect each human person as being created in God’s image and likeness. Modesty is the way in which we “protect the ‘intimate center of the person’”. It means refusing to unveil what should remain hidden” (CCC 2521). In order to protect “the intimate center of the person”, we agree to certain guidelines which respect the dignity of each human person. These guidelines may be used during any diocesan function and are provided for the sake of continuity in promoting modesty. Therefore as Catholics, we agree to abide by the following guidelines:

Women will *refrain from wearing*:

- strapless or spaghetti strapped tank tops and shirts that are tight and revealing.
- low-cut shirts, short shorts or short skirts (knee length is an appropriate cut on the bottom).
- bikinis and any other clothing which exposes the stomach area.

Men will *refrain from wearing*:

- Speedo-type swimwear.
- undergarments above or below their shorts or pants (undergarments should be covered completely).
- tight shirts, tight shorts or short shorts (loose fitting shirts and shorts that come to the knee recommended).

Both men and women will agree:

- that no clothing which contains images or language which are crude, sexual, promotes alcohol or drug use, or is in any other way morally objectionable will be allowed.
- to refrain from cross-dressing.

Regarding attire for Holy Mass and all liturgies:

Liturgies, any public prayer of the Church, are sacred and require reverence for God and others. Part of this reverence for God and others is found in appropriate dress. Therefore, we agree to the following guidelines regarding our “church” attire:

- that any individual asked to serve as lector, greeter, extraordinary minister of the Eucharist or another volunteer position must wear long pants or a skirt while performing the corresponding duty.
- to remove any hats, bandanas, gum, etc. during any liturgy or prayer.

I understand that if I am not following the above guidelines I may be asked by a diocesan staff member to change into more suitable attire, or to have my access to electronics temporarily denied.