

Our Lady of the Rosary Girls' Summer Camp Checklist

Religious Items

- Daily missal
- Rosary

Clothes (marked with your name)

- Enough play clothes for camp duration (tops must have at least ¼ sleeves and all skirts must be below the knee)
- Underwear, socks
- Light jacket or sweater, raincoat and/or umbrella
- Modest nightgown
- Sun Hat

Note: No logo T-shirts, culottes, pants or shorts.

Please follow Modesty Pamphlet guidelines.

Bedding

- Sleeping bag and pillow

Footwear

- Good walking or hiking shoes
- Flip-flops or slippers for shower/cabin use

Personal Toiletries (marked with your name)

- Toothbrush, toothpaste, soap and container, shampoo
- Wash cloth and bath towel
- Hairbrush, hair ties
- Kleenex
- Sunscreen
- Bug spray

Miscellaneous

- Book on the life of a saint
- Notebook
- Pen and pencil
- Flashlight
- Water bottle
- Small backpack for hikes
- Laundry bag or extra pillowcase for dirty laundry

Items not permitted

- No electronics of any kind (cell phones, iPhones, iPods, radios, CD players, mp3 players, laptops or tablet computers, kindle readers, etc.)
- No magazines or inappropriate reading material or pictures.
- No drugs, alcohol, tobacco, weapons, or illegal items of any kind.
- No fingernail polish (please do not have painted nails on arriving at camp), make-up, or jewelry (with the exception of religious medals or a single stud earring in each ear.)
- No need for cameras. Photos will be taken and provided for a time on the website after the camp. Pictures will be available at sspsthomasbecket.com.

Modest and Fashion

We must dress modestly, but we must also be normal. This means that we must not go to extremes. Pope Pius XII spoke about this to a group of girls in 1941: *“God is not asking you to live outside of our times, with no consideration for the demands of fashion, dressed in a manner totally opposed to the taste and usage of your contemporaries without worrying about what may please them. This would be ridiculous... [But] God reminds you of the following: fashion is not and cannot be the supreme rule of your conduct; above fashion and its demands reign higher and more imperious laws, superior and unchangeable principles... “Therefore, the rule is: if the current fashions is immodest, it must not be followed.”*

Our Lady of Fatima, already in 1917, said: *“The sins that bring most souls to hell are the sins of the flesh. Certain fashions will be introduced which will offend Our Lord very much. Those who serve God should not follow these fashions. The Church has no fashions; Our Lord is always the same.”*

It is clear that the fashions which offend Our Lord are those which go against the principles of modesty which have just been given. Ask the Blessed Virgin, our good Mother, for the courage you need to follow in her footsteps. She, our model, is waiting for you!



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 Christlike purity. And when the "Bread of Angels becomes my food in Holy Communion, seal my forever against the suggestions of sinful pleasures. Heart of Jesus, Fount of all purity, have mercy on us.

“To thee, O Virgin Mother, who was never touched by any spot of original or actual sin, I commend and entrust the purity of my heart” (300 days)



The Marylike Standards



***Be Marylike, by being modest.
Be modest, by being Marylike.***



St. Teresa of Avila tells us that God has made two great things in the world: the rose when it is fresh and the young girl when she is pure. Purity is a precious virtue, most pleasing to God because it raises man almost to the level of the angels. It makes our soul like that of our blessed Mother, the purest of virgins.

How great was Our Lady's love for virginal purity! Her heart was so humble and immaculate that God came from heaven to dwell therein, that He might live on this earth, and later die on the cross.

Remember the story of St. Bernadette. One day she was asked what the Blessed Virgin was like. Her face lit up as she answered "Oh, she was so beautiful that once you have seen her you would gladly die to see her again." What does the church sing in praise to Our Lady? "Thou art all beautiful, O Mary, and there is no stain in thee. Thou art immaculate, all pure and chaste, O Mary, who became for us the radiant gate of heaven."

How are we going to imitate Mary's purity? We cannot do so without practicing modesty. Why? Because modesty is the natural protector of holy purity and the indication of its presence. Yes, purity is such a delicate virtue that if modesty is not there to shield and guard it (like a quickset hedge), it is easily tarnished in ourselves and in those who see us.

The two basic rules of modesty are sufficient coverage and proper fit.

Sufficient Coverage

- Truly modest clothing reaches below the knees whether one is standing or sitting. It has sleeves extending to the elbows. Quarter-length sleeves are nevertheless tolerated, but be careful: if they are too short or loose, bodily movement exposes to view what should be concealed. Modest apparel incorporates full coverage for the chest, shoulders, and back, except for a cut-out about the neck not exceeding two inches below the neckline in front and in back.
- Avoid the use of flesh-colored or transparent fabrics such as laces or organza (unless adequate backing is added).

Proper fit

Keep in mind that truly modest clothing conceals rather than reveals a woman's figure. A dress that provides sufficient coverage may still be immodest by reason of the fit which, renders it suggestive, and occasion of sin for others.

- Tight, form-fitting clothing is not acceptable. This includes garments made of thin or knitted fabrics (especially skirts made out of t-shirt material), which tend to cling to and overly emphasize parts of the body.

- Avoid shirts or blouses unduly revealing of the feminine form. Certain shirts, such as turtlenecks, could possibly be worn (depending on one's build) under a jumper, or with a vest or sweater.
- Avoid tight-fitting skirts. Included in this category are most slit skirts. Obviously slits which rise above the knees are always immodest. However even slit skirts which are hemmed far below the knees do not usually allow enough material to conceal the figure when walking, sitting or genuflecting.
- A straight skirt or one that is narrower at the bottom than at the top does not lend itself to modesty. It is much easier to be modest in a skirt or dress which is gathered at the waist and wider at the bottom. The extra material allows for freedom of movement, thus avoiding pulling and tightening of the garment (or in the case of tight slit skirts, of exposing the body at the slit).
- Wear undergarments that properly conceal and support, so as not to draw undue attention. A slip is a necessity for almost all fabrics, but especially for those which are light-weight, light-colored, or slightly see-through. Many women do not realize that their figure or their undergarments are clearly outlined because they are not wearing a slip.

- Note well that clothing may be modest on one person and immodest on another. Do not try to fit into something which is too small.
- Some garments may be made modest if they are slightly altered. For example, a few buttons could be added to button-front skirts whose opening rises too high.

What about pants?

God made men and women different: He gave them their own rules to play in the divine plan. Pants are appropriate apparel for man's nature and figure, whereas dress and skirts are fitting attire for a woman, since they help her maintain her identity and dignity. On the other hand, when a woman wears men's clothing, the respect due to her God-given nature is lowered.

Girls, dress like true women and daughters of the Virgin Mary. Be courageous enough to get rid of all your pants and shorts. Show that you are proud to be what God has made you! This is your glory before Him and before others.

Checklist

- Is my neckline high enough: are my sleeves and skirt long enough?
- Is the fabric too see-through?
- Is my figure overly emphasized whether I stand still or move?
- Is my garment still modest when I walk? When I lean forward? When I bend down? When I reach up? When I genuflect? When I sit? (check yourself in a mirror, or ask someone else)