

Epiphany Of Our Lord Catholic Church

Youth Group Guidelines

Looks, words and actions

The guidelines below are meant to protect the dignity and purity of ourselves and all we come in contact with. They should serve to form ourselves into virtuous men and women.

As young Catholic men and women, we are called to be a light in the darkness and to do everything for the glory of God.

The wisdom of the Holy Catholic Church is beautifully expressed in the following excerpts from our Catechisms:

Baltimore Catechism - Q. 1282

“We are commanded by the sixth Commandment to be pure in thought and modest in all our looks, words, and actions.”

Catechism of the Catholic Church #2521

"Purity requires modesty, an integral part of temperance. Modesty protects the intimate center of the person. It means refusing to unveil what should remain hidden. It is ordered to chastity to whose sensitivity it bears witness. It guides how one looks at others and behaves toward them in conformity with dignity of persons and their solidarity."

Guidelines

- Undergarments must never be visible.
- Pants/shorts must be worn at waist / hip level.
- Tops/dresses must cover the back and have a modest neckline (no low cut that would show your undergarment).
- Shirts must be long enough to cover the midriff.
- Muscle shirts, halters, tube tops, see-thru clothing and spaghetti straps are prohibited.
- Clothing must not be tight to the point that it becomes the focus of attention or disruptive.
- Clothing with writings or images that include anything anti-Christian, vulgar, unkind, scary, obscene, or promoting alcohol/drug use, etc. will not be permitted.
- Shorts, skirts, or dresses should be at least as long as the middle finger when arms are by their side but never shorter than 3 inches from the top of the knee. If a garment has a slit or a cut, the top of the slit or cut must follow this length guideline.
- Leggings are permitted if being worn as an additional layer, as long as the outer garment reaches the same length listed above.
- If there is ever an event where a bathing suit would have to be worn such as a beach event, the suit should be modest and provide full coverage. When not in the water, males and females must wear non-white t-shirts or cover-ups.
- When events include dance music, no moves that appear tasteless or vulgar will be permitted.

- Show respect for everyone with whom you come in contact, by your actions and your words. This includes members of your group as well as those outside of it.
- Respect the facilities where we meet by keeping things tidy and clean.
- No obscene language, illegal drugs, alcohol or tobacco products will be allowed in any of our meetings or events.
- A welcoming environment is always encouraged and may sometimes include some forms of affection amongst friends (a friendly hug) but embracing, hand-holding, kissing, or other obviously “romantic” behavior is not appropriate or allowed.
- Language or behavior that is disrespectful or rude to other youth members or to those in charge over the group will not be allowed. This includes language and behavior towards parish staff, chaperones, parents, and those involved in activities of any event we may attend.
- Electronic device (phone, tablet, etc) usage is not allowed during the meetings, unless for emergency reasons. If there is a need to use your device, ask a youth leader before using it.

*“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

“The Church had any number of opportunities of dying and even of being respectfully interred. But the younger generation always began once again to knock at the door; and never louder than when it was knocking at the lid of the coffin in which it had been prematurely buried.”

- G.K. Chesterton, *Where All Roads Lead*

“If you don’t behave as you believe, you will end by believing as you behave.”

- Venerable Archbishop Fulton J. Sheen