



Dress Code

In order to establish and promote a Catholic, Christian environment that is both modest and professional, we have established the following expectations for team dress.

At All Times:

- Clothing may not have logos or writing that refers to alcohol, drugs, sex, politics or anything else that may be found offensive.
- Shirts must have sleeves and cut-off shirts are not permitted.
- Shirts must cover the midriff and back when hands are raised and be neither see through, skin tight nor reveal cleavage when either standing upright or bending over.
- Shorts must be no more than 2-3" above the knee when standing upright.
- Appropriate swimwear includes a tankini or one piece for women and swim trunks for men.
- Ladies: Dresses and skirts are to be at least knee length. Leggings/yoga pants are only appropriate when worn under a skirt, dress, or shorts.
- Men: Hair must be no longer than collar length and neatly trimmed. Beards must be kept trimmed and no longer than 2"

Office Hours 8am-5 pm:

- Wear clean presentable attire, free of rips, holes, and stains.
- Nice jeans, khakis, dress pants and appropriate shorts or skirts are acceptable.
- Casual shirts are acceptable.
- Sandals or shoes must be worn (Flip-flops not acceptable during office hours).

Formation–no jeans!

- Ladies: skirt, capris, dress slacks, khaki style pants and nice top or a dress
- Men: khaki style pants, dress slacks and collared shirt (tie required when seeing bishop)

Retreats:

- Black pants (cannot be black jeans), capris, shorts, or skirts.
- Shoes (Strappy sandals/Chacos/Birkenstocks are approved footwear)
- SPIRITUS Polo which we will provide for you.
- Black, gray, navy, white, off-white cardigan or zip-up permitted. SPIRITUS logo on the polo must be visible.
- Name Tag which we will provide for you.
- Watch. (You will need to purchase and wear a watch if you do not have one.)

Please note: We do enforce our dress code and will ask you to change into appropriate clothing when we deem an outfit does not meet these standards so please be mindful when packing.



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A word about veiling:

For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings. 1 Corinthians 9:19-23

Some young adult Catholic women have adopted the practice of veiling in the presence of the Holy Eucharist. While we appreciate the devotion behind this practice, we ask our missionaries to set aside their veil for the duration of the mission year except in contexts in which veiling is the norm. We have adopted this policy for several reasons:

- The majority of our faithful do not veil, and we want our missionaries to meet our youth where they are, rather than standing apart from them.
- In a context in which veiling is unfamiliar, it may draw undue attention to the person veiling and distract from attention on the Lord.

In the words of St. Peter:

Do not let your adorning be external—the braiding of hair and the putting on of gold jewelry, or the clothing you wear—but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.

1 Peter 3:3-4

If offering up your veil during your mission year will be difficult for you, please reach out to us, so we can walk with you through this surrender. Our alumni have found this temporary sacrifice to bear great fruit.