



# NET Dress Code

NET has established a dress code because a pleasing appearance communicates respect and honour to the parishes we serve and illustrates the importance of our mission.

## Training Attire

Training attire is casual; therefore, you will need additional casual clothes including extra athletic wear for daily activities.

- Bringing a swimsuit is optional but strongly encouraged.
- During training, laundry is done every 7-8 days.

## Grooming

NET missionaries must maintain a clean and neat appearance throughout the year.

## Retreat or Parish Attire

The typical attire for NET is somewhat casual. Jeans, sweaters, sweatshirts, sneakers, etc. are appropriate.

- NET public attire calls for a neat, orderly personal appearance.
- Not acceptable for a retreat or parish wear: Sloppy clothing, sweat pants, athletic clothes.
- Jeans: Jeans that are ripped or with holes should never be worn to a function that requires professionalism or wearing a uniform. However, in more casual settings with youth, jeans that are “fashionably” ripped can be worn with these guidelines. Any rips one hand length above the knee cannot expose skin - must have a fabric underneath or clearly covered with strings.

We want to avoid anything that would create a barrier with young people such as:

- Slogan T-shirts - Should not wear t-shirts with jarring, political, excessively religious, sensitive issue slogans or images.
- Necklaces - overly large, religious necklaces, e.g. excessively large medals, large or graphic crosses, etc. should not be worn.





## NET Shirts

You will be given a NET shirt during training. You will wear them as a team several times throughout the year:

- They are a short sleeve, collared, polo-style shirts.
- Not in place of, but in addition to the “Special Occasion” attire mentioned already, please bring casual dress pants or a skirt to wear with your NET shirt.
- Again, “nice” jeans are not appropriate for these occasions.

## Piercings

In general, NET missionaries are permitted to have visible piercings deemed moderate and not excessive. If you are unsure if your piercing would be appropriate, ask a member of our Recruiting Department at [recruit@netcanada.ca](mailto:recruit@netcanada.ca).

## Professional Attire

Throughout the year you could attend special functions such as dining with a local Bishop. For these and other occasions, you will need clothing of a professional appearance.

- For men, suits are not necessary; “suit-like” dress pants with a dress shirt, dress tie, and dress shoes are required. Dress pants and collared shirts should be worn for all Sunday liturgies.
- Refrain from wearing jeans to Sunday liturgy.

Not acceptable as professional attire:

- Athletic shoes of any colour (Nikes, Reeboks, etc.) or “Birkenstock” style shoes.
- Coloured denim pants or jeans.
- Faded khaki-style pants, faded denim shirts





## NET CANADA MODESTY GUIDELINES FOR MEN

Dear Brothers in Christ,

I am so excited that you are reading this letter because it means we are closer to meeting each other! Know that the NET Staff is praying for you as you prepare for your mission year with NET Canada!

I want to preface this by saying that modesty is not a women's issue. It is a human issue, and what it means for men isn't often talked about. Modesty is a virtue that impacts how we act, speak, dress, and care for what is important to us, both physically and emotionally.

The Catholic Church says that "Modesty protects the intimate center of the person. It means refusing to unveil what should remain hidden" (CCC, 2521), and we are called to live out this teaching daily. We've included some practical guidelines to help you do this in the context of your NET mission year.

Being in ministry, you will often represent the Church to the public. We recognize that some of the following guidelines may seem radical or even over the top! This is intentional. Dressing modestly outside the context of NET can be a much more nuanced undertaking, but while on NET, as representatives of Christ and the Catholic Church, we strive to be above reproach. These guidelines are set to place us fully apart from any scandal or misunderstanding so that we can freely and joyfully be Christ's presence in the world around us! Because of this, we ask that you adhere to the following dress code.

### Tops

- No tanktops or shirts with exposed shoulders or chest

### Bottoms

- Shorts should go more than halfway down the thigh
- Ripped jeans should not show exposed skin on the upper thigh
- All bottoms should be loose-fitting enough not to draw attention to one's groin area
- Underwear should not be visible, even when bending over

### Swimwear & Workout Wear

- Swimming trunks should follow the same guidelines as noted above
- Workout wear follows the same guidelines as noted above

### Considerations

- Try sitting down and see how your pants emphasize your groin. It's normal for pants to bulge when sitting or standing in certain ways, but we want to avoid drawing attention to the groin or genitals
- Know your body - what is modest on some might not be modest on others