



# 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. The jeans should not have huge, gaping holes, or excessive holes.

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 shirt.
- 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.

- A dress or dressy skirt or “suit-like” slacks, blouse and dress shoes.
- 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 or skirts, faded denim skirts or shirts.





## NET CANADA MODESTY GUIDELINES FOR WOMEN

Dear Sisters in Christ,

I am so excited you are reading this 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!

Let's get right to the point here. Modesty can be challenging. Depending on the person, the word itself can bring up a variety of thoughts and emotions. As someone who loves all things beauty, clothes, and fashion, there have been times when the word "modesty" has been associated with bitterness and annoyance. Dressing modestly can be a sacrifice, but it can also reveal beauty.

I want to preface this by saying that modesty is not a woman's issue. It is a human issue. 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. This is relevant for all of God's children but is most often thought of in reference to women. Women are the crown of creation. We were God's final touch on Earth, made more beautiful than anything else in creation. There is a sacredness to our bodies. It's not something bad that needs to be hidden, but something good and beautiful worth protecting. As you wouldn't share your most intimate thoughts or feelings with anyone, we must treat our bodies equally. The heart of it is that we have dignity and worth given to us as daughters of God, and we want to act, speak and dress in a way that reveals this worth to the world. Embracing modesty allows us to live freely within the boundaries to which we are called as women. We are not souls trapped in bodies; we are body and soul; we will be body and soul in heaven. Our bodies are more than "just a body." If this is something that you struggle to understand, I encourage you to read a book on the Theology of the Body or bring this topic to prayer.

We'll discuss this more at Fall Training, but I want to give you a head start as you pack for your year on NET. If we are to embody the virtue of modesty through how we dress, there will be fashion trends and items of clothing that we cannot wear. In these moments, we are invited to surrender and sacrifice. Yes, this is radical, but let's be honest, being Catholic is being radical.

Sometimes the idea of dressing modestly can conjure up images of yards of fabric, covered from head to toe, or simply old school and frumpy. I assure you, this is not our vision for you! On NET, we strive to find a standard of dress that is classy, cute, relatable, trendy, and unique. We want you to look and feel your best! 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 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.

Sincerely,  
Fernanda Cano  
Women's Ministry Coordinator - NET Canada



## Tops

- Shirt straps should be at least 3 fingers width
- Undershirts worn under a sheer or chiffon top should be at least 2 fingers' width
- No bra straps showing
- Shirts and dresses should come down in the back no lower than the armpit line
- No cleavage

## Bottoms

- When standing upright with your arms down by your side, your short length should not come above your fingertips
- Skirts and dresses should come down one hand placed sideways above the knee when sitting down (to account for the skirt riding up a little when sitting down) and when standing up
- Any slits in the skirt should meet the guideline for shorts and not go any higher
- When wearing leggings under a dress, the length of the dress must follow the fingertip rule
- Ripped jeans should not show exposed skin above the fingertip rule
- All bottoms should be loose-fitting enough to not draw attention to one's groin area.

## Swimwear & Workout Wear

- Be mindful of midriff, cleavage, and buttocks
- showing
- No bikinis
- Workout wear follows the same guidelines as noted above

## Considerations

- Try bending over in front of a mirror to be aware of how your top may fall
- Consider the colour of the bra that you are wearing under a light or white shirt and be aware of patterns or textures on bras that may show through
- Consider how tight your pants are - are they practically leggings?
- Consider how tight a top is and how long it is - try moving around, putting your arms up, be mindful of midriff etc.
- Consider the pants you are wearing and try bending over and sitting down - does your underwear come out the back of your pants? Try tucking in an undershirt!
- 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

Please bear these guidelines in mind as you pack your suitcase for NET. If you have any questions, please bring them to your small group leader or contact me at [fernanda@netcanada.ca](mailto:fernanda@netcanada.ca). I can't wait to meet you in person!

**Note:** Know the difference between prudence and prudishness - it is important to dress well and look good!