

# Holy Redeemer: Catholic Christian Expectations

## Words, Behavior, and Appearance Policies

In fraternal love, we ask that you elevate your words, behavior, and appearance so that all you do gives glory to God.

*"God did not make the heavens in his image, nor the moon, the sun, the beauty of the stars, nor anything else which you can see in the created universe. You alone are made in the likeness of that nature which surpasses all understanding; you alone are a similitude of eternal beauty, a receptacle of happiness, an image of the true Light; and if you look up to him, you will become what he is, imitating him shines within you, whose glory is reflected in your purity. Nothing in all creation can equal your grander. All the heavens can fit into the palm of God's hand; the earth and the sea are measured in the hollow of his hand (Is 40:12). And though he is so great that he can grasp all creation in his palm, you can wholly embrace him; he dwells within you, nor is he cramped as he pervades your entire being, saying: "I will dwell in them, and walk among them" (2 Cor 6:16)."*

- St Gregory of Nyssa

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## WORDS

- Hate evil/hold what is good
- Anticipate one another in showing honor
- Be full of Zeal
- Be Fervent in spirit, serve the Lord
- Rejoice in hope
- Bless those who persecute you
- Rejoice with those who rejoice
- Do not think yourself wise
- Do not repay evil for evil
- Be concerned with what is noble
- Live at peace with all
- Conquer evil with good

## Examples of Words of Virtue

- **Praising God**
- **Affirming others**
- **Building one another up**
- **Words of fraternal correction and accountability**
- **Words of comfort and encouragement to those who are suffering**
- **Verbally defending a person who is being gossiped about.**

## Examples of Words of Vice

- **Swearing, cursing, and crude language**
- **Making fun of others**
- **Name calling**
- **Gossip**
- **Detraction**
- **Slander**
- **Words that are not age appropriate or glorify the improper use of drugs, alcohol, or sexual behavior.**

## BEHAVIOR

- Let your love be sincere
- Show mutual affection without preference
- Endure affliction and forgive wrongs
- Persevere in prayer
- Contribute to the needs of the community
- Exercise hospitality with each other
- Weep with those who weep
- Do not be haughty, associate w/ the lowly
- Do not repay evil for evil
- Live at peace with all
- Conquer evil with good
- Respect each other and the adults serving you

### Acceptable behavior according to the safe environment standards of the Archdiocese of Seattle:

- **High fives**
- **Side hugs**
- **Fist bumps**
- **Encouraging pats on the shoulder**
- **Linking arms for games**
- **Including those who are new**
- **Including those who are outside your normal friend group**
- **Acts of service/charity**
- **Encouraging those who are suffering**
- **Assume the best in others**
- **Alerting staff of safe environment concerns**

### Unacceptable behavior according to the safe environment standards of the Archdiocese of Seattle:

- **Front hugs**
  - **Hand holding**
  - **Piggy back rides**
  - **Sitting on laps**
  - **Picking up other youth**
  - **Bullying or any form**
  - **Sexual harassment of any form**
  - **Any physical touch (even if it is in the “acceptable” list) that a person is not comfortable with**
  - **Exclusive behavior (cliques)**
  - **Youth being one-on-one with an adult in a private setting**
  - **Mentors, catechists, and volunteers hosting events for the youth they serve at their private homes (holding a book study or having a small group or class party, etc.)**
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## APPEARANCE

- You are fearfully and wonderfully made!
- Your beauty should...be that of your inner self
- Let your outside and your inside be of one spirit
- Dress as to show humble heart, not seeking attention
- Shirts should have a minimum of 3 finger widths straps, no cleavage, not have large openings which show under arms, and not show midriff when hands are raised at full extension.
- Bras and Sports bras should not show through shirts or at the shoulder.
- Shirts that have a degree of transparency should be worn with a tank top.
- Skirts and shorts should be no shorter than 2 inches above the knee when kneeling.
- Pants should be free of holes above fingertips in the extension of the arms and should cover the elastic of your underwear.
- Pants that are legging-style, such as leggings and yoga pants, should be covered with tops that extends beyond the fingertips in the extension of the arms around the entirety of the body
- Only positive language on articles of clothing should be worn.