



Saint Dominic Savio  
1842-1857

### The Iron Law of Our Destiny

Every sense experience tends to become a thought;  
Every thought tends to become a desire;  
Every desire tends to become action;  
Every action tends to become a habit;  
[positively- a virtue, negatively- a vice]  
Every habit forms a character;  
Our character determines our destiny.  
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### Sacred Scripture:

“Now the works of the flesh are manifest, which are ...immodesty...  
But the fruit of the spirit is charity, joy, peace, patience, benignity, goodness, long suffering, mildness, faith, modesty, chastity”  
(Galatians 5:19, 22, 23)

## VIRTUE OF THE MONTH

# Modesty

### Catechism of the Catholic Church

“Modesty protects the intimate center of the person. It means refusing to unveil what should remain hidden. It guides how one looks at others and behaves toward them in conformity with the dignity of persons.

Modesty protects the mystery of persons and their love. It encourages patience and moderation in loving relationships. Modesty is decency. It inspires one’s choice of clothing. It keeps silence or reserve where there is evident risk of unhealthy curiosity. It is discreet. There is a modesty of the feelings as well as of the body. Modesty inspires a way of life which makes it possible to resist the allurements of *improper* fashion and the pressures of prevailing ideologies. Modesty exists as an intuition of the spiritual dignity proper to man. Teaching modesty to children and adolescents means awakening in them respect for the human person” (CCC 2521-2522, 2523, 2524).

### What is the Virtue of Modesty?

- Modesty is the virtue that presents goodness in the proper way, making no display of talents or attainments and being humble about one’s importance. Living the virtue of modesty moderates all the internal and external movements and appearance of a person in accordance with the proper time, place and persons present. Modesty protects the beauty and dignity of the body by guarding the privacy and dignity of oneself and others.
- God has given each person a natural sense and inclination of modesty and a healthy sensitivity to cover one’s body in order not to be viewed as an object.
- To live the virtue of modesty requires a conscious effort in the following areas: 1) a person’s comportment which includes manner of dress, manner of actions, motions, walking, gesturing, and touching; 2) a person’s interior thoughts and imagination requiring custody of the eyes - practicing self-control in what we view - and a guarding of the other senses; 3) a person’s manner of speaking.
- Temperance and moderation are necessary to live modestly and chastely.

### Why do we need the Virtue of Modesty?

- The practice of modesty is necessary due to the effects of Original Sin. (See insert “Why Chastity?”) A modest person does not seek to draw personal attention.
- Modesty is the defense of purity and chastity.
- The way a person dresses, acts, and speaks are powerful communicators of what she believes. Clothing and appearance send out a message as to the way that a person wants to be treated. Modesty protects the beauty and dignity of the body while keeping the focus on the whole person. Dressing, acting and speaking in a modest way helps to avoid the arousal of unhealthy, sinful passion in another.
- In order to always protect human dignity, we need to practice self-control in what we view, avoiding all entertainment that is morally objectionable.
- When we live the virtue of modesty, we set the tone of our relationships. People in our company are then careful how they dress, act, and speak, being careful of subject matter, avoiding “dirty jokes” or swearing. Our developed virtue of modesty ensures an appropriate and wholesome manner of speaking.
- Practicing modesty will help young people who are dating and couples before marriage “to draw a veil of respect over inappropriate revelations on matters affecting the deepest recesses of the human heart.” (Budnick, p.194) Praying together creates a powerful bond of spiritual intimacy, which can lead to physical intimacy. Unmarried couples need to maintain appropriate boundaries.

# Modesty

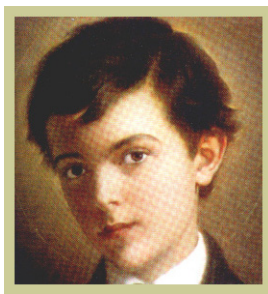
## St. Dominic Savio

DOMINIC SAVIO

CONTROL OF THE EYES

Adapted from his chiding words to classmates who were looking at a magazine with objectionable pictures.

*....You know well enough that one look at offensive, degrading pictures is enough to stain your souls, yet you go feasting your eyes on such things... It might be momentarily fascinating - though actually enslaving. Your eyes were actually created to behold a much more satisfying feast - the very face of God.*



### Also Known As:

Patron of choirboys  
Patron of the falsely accused  
Patron of juvenile delinquents

### Feast Day

March 9

### His Life

- Dominic Savio was born in 1842 near Turin, Italy, the 2<sup>nd</sup> child in a family of 10 children. His father was a blacksmith and his mother was a seamstress
- His parents were very devoted to their Catholic faith and passed their devotion on to their children.
- Although most children made their First Holy Communion at 11 years old, Dominic was permitted to receive his First Holy Communion at age 7.
- When Dominic made his First Holy Communion, he made four written promises to himself. 1. Receive frequent Communion and make frequent confessions. 2. Give Sundays and Holy Days entirely to God. 3. Keep our Lord and His Mother as best friends. 4. Choose death over sin.
- Dominic decided early on that he wanted to become a saint.
- During his school years, Dominic was different that most boys who were somewhat mischievous. When Dominic was falsely accused of inappropriate behavior, he kept his silence because he knew that the teacher would have expelled the other boys, and he wanted them to have another chance. Dominic also recalled that Jesus had suffered from being unjustly accused and Our Lord said nothing.
- Dominic wished to become a priest and was accepted at Don Bosco's Oratory of St. Francis de Sales in Turin, Italy in 1854. During that time, St. John Bosco allowed Dominic to undertake mortifications and called him to greater sanctity by remaining faithfully obedient in difficult circumstances.
- During Dominic's brief time of three years at the Oratory, he gained the love and respect of all the boys and the priests. He was not pushy and would not interrupt to state his own views, but he was not afraid to oppose wrong and could always give reasons why he knew a certain action was wrong. However, Dominic was often teased and taunted by his classmates.
- Dominic became a mentor to the younger boys, teaching them about our Blessed Mother and the saints. His stories about Mary were a favorite.
- Dominic formed a work crew named the Company of the Immaculate Conception to help St. John Bosco care for the lonely students as well as the building. All these men helped Don Bosco found the Salesian Order.
- Dominic Savio became ill and died of lung problems shortly before his 15<sup>th</sup> birthday. St. Pius X called him a true model for the youth of our times.

### How is St. Dominic Savio a model of modesty?

- Dominic was modest in all he did. He did not seek to draw attention to himself but was concerned with the relationship of others with God.
- Dominic Savio was tempted to join his classmates by swimming in the nude during the summer, but he avoided this activity.
- Dominic reprimanded his classmates who were looking at pornographic pictures: "You say just for fun but you are preparing yourselves to go to hell." He also tried to persuade his classmates to walk away from temptation by refusing to listen to dirty jokes and refusing to leer at the girls.
- Dominic also reminded others about the importance of avoiding profanity

## Activities to foster the growth of the Virtue of Modesty

*Pray this Prayer asking for Saint Dominic Savio's intercession:*

Saint Dominic Savio, you spent your short life loving and serving Jesus and our Blessed Mother. Help me to recognize the importance of God in my life. You became a saint through fervent participation in the Sacraments and living a life of virtue. Enlighten me to the importance of frequent confession and receiving Jesus in Holy Communion. Intercede for me that I may stay on the narrow road to Heaven. Ask God to give me the grace to practice the virtue of modesty at all times. St. Dominic Savio, pray for me.

- Make a list of the words from page one that describes the virtue of modesty.
- Why is it wrong to brag or exaggerate your importance? What is the difference between bragging and sharing the facts about oneself (e.g. I just won a race!)? (See 5a) What Commandment deals with bragging? How do we exercise proper control over what we think, say, or do? Explain the saying, "Think before you speak." (Parent Page 3) In what ways does respect influence modest behavior?
- How do we develop the virtue of modesty? What do we need to avoid in order to keep our minds and hearts modest? What can help us in the development of the virtue of modesty?
- What can be different motives and goals for the way a person dresses?
- Is it possible to spend too much time and money on what we wear and what we look like? Why can this be a problem? What is the source of our dignity? ("Our Personal Dignity" – Virtue of Respect.)
- How does Jesus want us to dress? (See 1Corinthians 6:19-20; See also 5b and 5c) Does He require us to dress in a way that has no style, which is prudish, unattractive, old-fashioned, and boring? Does dressing in a modest way mean dressing "out of style?"
- How does receiving Jesus in Holy Communion help us to live the virtue of modesty?
- How do the culture, our peers, and the media have an effect on what we believe, what we wear and how we act?
- How is our external appearance a reflection of our inner thoughts and attitudes? What messages about our values, character, and beliefs can our external appearance communicate to others by the way that we dress?
- Read a book about a saint or famous person and report to the class how he/she lived out the virtue of modesty. Examples: St. Perpetua, St. Catherine of Siena, St. Dominic Savio, Blessed Mother Teresa of Calcutta, Emily Dickenson, Abraham Lincoln, Flannery O'Connor.
- Make a list of the messages that we hear from the media and our culture about fashion, style, and the human body. Make a corresponding list of God's truth about our body and what we wear. (See 5b). How does our choice of music, TV, movies, reading material, games and company that we keep influence our attempt at remaining modest?
- How does modesty help to protect the dignity of the person, including the dignity of the body?
- What are the effects of living the virtue of modesty? (See 5c) What are the effects of immodesty? What is so bad about immodesty? (See 1Cor 6:9-20)bv
- How does the Sacrament of Reconciliation assist us to live out the virtue of modesty? How do we respond to and cooperate with the gift and power of God's grace that strengthens us to avoid situations that lead us to sin? (See 6c)

**Saint Paul said, "Whatever is true, whatever is honorable, whatever is just, what is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things."**

**-Philippians 4:8**

- What should a person reflect on before speaking? (See Parent section, page 2)
- Ask the girls and boys separately to develop a set of guidelines for dressing modestly. Ask the girls to develop a set of guidelines for the boys and the boys to develop a set of guidelines for the girls. Have both groups look at both sets to see how they agree and how they differ. (See 6a and 6b)
- How can immodesty be a manifestation of insecurity? How can what you wear cause another person to sin? (See 6a and 6b)
- How are women the gatekeepers of morality? What is the responsibility of men? (See 6d)
- How does living the virtue of modesty allow you to reveal your true worth to others and avoid distracting them from what matters most? (See 7a) Is it possible to be dressed modestly and still be inwardly immodest?
- How does living the virtue of modesty set the tone of relationships?
- Why is modesty appealing? Why does a person want to marry a modest person?
- Are there times when we as Catholics have to act in opposition to what is popular or a societal norm?
- How does the formation and development of any and all of the virtues form a person's character? A person's character is his or her disposition to live a certain kind of life.
- What are ways right now that people could change a pattern in their life to avoid immodesty?
- Why is humility the doorway to modesty? (See 7b) Humility is the virtue that helps us to remember our dignity as children of God and that our self-worth comes from being a child of God. A humble person does not try to draw attention to himself/herself, especially not to particular parts of the body.
- Why is it so important that a person recognize his/her inner beauty rather than trying to impress or gain attention with outward beauty? What is the source of inner beauty? (See 7b)
- Each week, memorize a Scripture passage that relates to modesty. Examples:
 

<i>Proverbs</i> 31:30	Beauty is vain but a woman who fears the Lord is to be praised.
<i>Proverbs</i> 18:13	While another is speaking interrupt him not. Answer not until you have heard to the end what they are saying to you.
<i>1Timothy</i> 2:8-9	Men should pray...women should adorn themselves modestly and sensibly.
<i>Romans</i> 14:21	It is right not...to do anything that will make your brother stumble.
<i>Ephesians</i> 5:3, 5	Let there be no filthiness, nor silly talk...but instead let there be thanksgiving.
- Discuss the meaning of custody of the eyes. (See Parent Page 3) How does pornography denigrate the dignity of the human person, the dignity of the body, marital relations, and the dignity of the person looking at pornography? (See 7c)
- What is the difference between the virtues of purity, chastity, and modesty? How is modesty the front-line defense of chastity and purity? How does chastity and modesty lead to purity of heart?
- Modesty is a life-long virtue. How are married couples called to live the virtue of modesty?
- How does our commitment to daily prayer have a role in living out the virtue of modesty? How does the prayerful reading of God's Word on a regular basis strengthen us to live the virtue of modesty? Why is our relationship with God to be protected as most important?
- If we develop an attitude of heart that is modest by seeking truth, beauty and goodness, what will our eyes reflect? How can we avoid immodest images? (See Monitor the Media)

**“The face is a mirror that reflects the soul; and according as eyes are modest or loose and wanton, they reveal the innermost secrets of the heart.”**

**St. Jerome**

## Additional Information on the Virtue of Modesty

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- **5a)** “The modest person does not draw undue attention to himself. He is self-assured but not self-absorbed. He is temperate in dress, language, and comportment and has a strong sense of his value of privacy. He knows that being a person is fundamentally incompatible with being an object for public consumption. Modesty is, as it were, his body’s conscience...He is more eager to know what he needs to know than to parade what he already knows. He has a healthy sense of himself as he is less concerned about how others view him. His enthusiasms center around what is real. Therefore, he has little patience with flattery and adulation. Nor is he inclined to exaggerate or boast. The modest person is aware of his limitations and retains the capacity to blush...The essence of modesty is self-forgetfulness...and self-centeredness can prevent modesty from taking root...Modesty allows the beauty of one’s personality to shine forth without the disturbing element of pride.” (*The Heart of Virtue, Lessons from Life & Literature Illustrating the Beauty and Value of Moral Character*, Donald DeMarco, Ignatius Press, p 168)
- **5b)** “Movies, magazines, television programs, billboards...for the most part, they depict a perspective of fashion and style that is entirely different from God’s point of view.”  
(list below adapted from *The Look, does God really care what I wear?*, Nancy Leigh Demoss, p. 17).

### World’s Philosophy

- 1) Beauty is external and physical
- 2) The body is your identity and is all important; the spirit is secondary or non-existent
- 3) Your body belongs to you.
- 4) Dress for people to notice you.
- 5) “If you’ve got it, flaunt it.”
- 6) To be loved, you must appear beautiful, sensual, and alluring.
7. Use your body to tempt or tease others.

### God’s Truth

Most importantly, beauty comes from within a heart and soul filled with God’s interior peace and joy; this interior beauty radiates externally.

The spirit is eternal; the body is temporal  
Your body is a temple – it houses your soul and the Gift of the Holy Spirit.

God formed your body (Psalm 139:13-16); it belongs to Him and He has given you proper stewardship over it.

Dress to please God and to reflect His glory. Dress for success and to show that you respect yourself and others. What you wear reflects your heart.

Exemplify humility and modesty – helping others to keep the focus on the person rather than on parts of the body.

You are perfectly loved by God; because you are created in His image, you *are* beautiful - reflecting His beauty - thereby giving Him glory.

Use your body to edify and strengthen yourself and others. Show respect for others by thoughtful, modest dress.

- **5c)** “Modesty is something good, desirable, and precious. There are many blessings you can experience as a result of modesty. They include:  
Peace – You’ll be experiencing peace because you will know that you are in harmony (through obedience) with God’s way, which will lead to true happiness.  
Power – You’ll be free from enslavement to fashion, fads, and other’s opinions.  
Protection – You’ll be guarded from the wrong kind of attention from the wrong kind of men. (Dressing modestly doesn’t guarantee this, but it sure helps!)  
Purity – You’ll attract the right kind of attention from the right kind of guys.  
Privilege – You’ll experience freedom in marriage as your body is reserved only for your husband.  
Praise – You’ll be valued for spiritual and heart qualities more than physical characteristics.  
As you choose to pursue modesty, you’ll find that you are beautiful to God and secure in your identity with Christ.” (*The Look, does God really care what I wear?*, Nancy Leigh Demoss, p. 32).

- 6a)** “Live in a way that does not cause your brother to stumble” (*Romans 14:21*)  
 “Therefore, use this rule of thumb when you’re trying on clothes: If your heart is asking, ‘Is this too short?’ or ‘Is this look too tight?’ or [‘Is this too revealing?’] listen to it. It has already answered your question. Even if you don’t consider a particular outfit to be immodest, ask yourself what your parents or even your priest would think of it. Such honesty requires a good deal of humility, but will help you to choose clothing that is worthy of you as a daughter of God....A woman who is honest will wear clothing that reflects her intentions. For this reason, modesty is not only about what you wear. It is a virtue that influences everything from the way you dance to the conversations you have.” (*Modesty, What’s the point?* Pamphlet, Jason Evert, Catholic Answers, [Chastity.com](http://Chastity.com))  
 In summary, modest apparel and behavior reduce sexual temptation and the inappropriate arousal of sexual desire in others.
- 6b) Evaluating Our Wardrobe**  
 “The Bible doesn’t give us a list of do’s and don’t’s when it comes to modesty, but it does talk about the heart attitude that should reflect everything that we do: ‘Clothe yourselves, all of you, with humility toward one another’ (1Peter5:5). Do women today dress with humility and think of the effect their clothing has on others? Some do, but many do not. Here are some things to be careful about if you want to reflect God’s glory:  
 Exposing intimate parts of the body (e.g., thighs, hips, breasts, midriff)  
 Ladies, what do guys think when they see a slit half-way up the back or front of your skirt? What do they see when you walk, climb up stairs, etc? What about low necklines and unbuttoned blouses? Are intimate parts of your body revealed when you bend over or reach for something, emphasizing private or alluring parts of the body?  
 Immodesty can happen not only by uncovering these parts but also by partially covering private areas. Men say that partially covering the body can be even more seductive than totally uncovering the body. They call it ‘teasing’...another word is ‘tempting.’”  
 Is there writing (or pictures) on my clothing that emphasizes private parts of the body? If someone were to look at me, where would their eyes naturally go – to my face, eyes, hips, thighs, breasts etc.? Where do I want men looking when I come into view?  
 Is the fabric that I am wearing too sheer? Could someone see through it to private parts of my body?  
 Am I wearing tight, form fitting clothes? (A well-known designer once said, ‘Your clothing should be tight enough to show that you’re a woman but loose enough to show that you’re a lady!’  
 Do my pants fit correctly? Are they too tight? Do they cling to the hips, thighs, etc.?  
 Am I wearing anything provocative? (Today, underwear has become outerwear – often designed to be provocative. To expose undergarments is to tease men.)  
 Your heart attitude is key here. Ask the Lord to help you represent Him well. (*The Look: Does God really care what I wear?*, Nancy Leigh Demoss, Revive Our Hearts, p. 26, 29, 30).
- 6c)** “Grace is favor, the free and undeserved help that God gives us to respond to His call.” When we desire God, not resisting Him, we are cooperating with Him – the power of the Holy Spirit, Who enables us to do what we cannot do on our own. (CCC 1196-2005) No one can live this virtue of modesty or any virtue without the grace of the Holy Spirit and our cooperation. See the result of the woman caught in adultery and her response to Jesus. “Go and sin no more.” Speaking this to her, Jesus gave her the grace allowing her to live a pure life. Mary Magdalene became a saint. Even if we have sinned against the virtue of modesty because we did not know any better, Jesus gives us the gift of grace to change.
- 6d)** “Throughout history, women have been considered the gatekeepers of morality. This is not to say that men lack a conscience or that they are any less responsible for living upright lives. What it does mean is that women have a unique and irreplaceable influence on their cultures. Some females

resent this responsibility, seeing it as a remnant of outdated and sexist stereotypes. Other women view this role not as a burden, but as an opportunity to influence entire civilizations for the better. Most young women are aware that they have the power to seduce a man. But few girls are aware that their femininity also has the power to educate onlookers. Pope John Paul II once noted, ‘Men must be taught to love, and to love in a noble way; they must be educated in depth in this truth, that is, in the fact that a woman is a person and not simply an object.’ While every woman on earth would love for men to receive such an education, how many are willing to offer the lessons? Whether a woman realizes it or not, the way she dresses has an extraordinary ability to help shape a man into a gentleman or into a beast. Her clothes and demeanor send out an unspoken invitation for men to treat her the way she looks.

In order to appreciate the influence that women have on men, females must first realize that males are very visual creatures. This is partly because of how their minds work, but it is also because women possess great beauty. In fact, nothing on earth approaches the beauty of women.

With this great gift of feminine beauty comes a corresponding responsibility for how it is used. If a woman chooses to expose the beauty of her body to strangers, she will indeed receive stares. An immodest outfit will attract a man to a woman’s body, but it will also distract him from seeing her as a person...

As an antidote to the irreverence many men express toward the opposite sex, one woman suggested, ‘Modesty, on the other hand, instead of treating men like dogs, invites them to consider an idea.’ Without a word, modesty invites men to realize that women have more to offer than just their bodies. Because the beauty of the woman can be intoxicating to a man, he may find it difficult to see beyond it. Modesty does him the favor of concealing what he is not yet worthy to see. When the woman veils her body with modest clothing, she is not hiding herself from men. On the contrary, she is revealing her dignity to them. As a result, the man is free to take her seriously as a woman.” (*Modesty, What’s the point?* Pamphlet, Jason Evert, Catholic Answers, [Chastity.com](http://Chastity.com))

- **(7a)** Modern culture tells women, “If your body is so great, show yourself!” The woman who understands her worth resists such an invitation and replies, “Because of my value, I cover myself appropriately. My body was not given to me for the sake of exposing it to you. If I show too much I wouldn’t be revealing my true worth to you. I’d be distracting you from what matters most”, my personhood. (*Modesty, What’s the point?* Pamphlet, Jason Evert, Catholic Answers, [Chastity.com](http://Chastity.com))

**(7b)** Humility is the virtue that bridles that innate tendency that we all have to estimate and evaluate ourselves greater than we are. Humility is part of the virtue of temperance through which we are enabled to control the exaggerated sense of self-importance, which is so deeply rooted in our fallen human nature. Humility is the foundation of the Christian life as it clarifies our entire dependence upon God. Humility is truth, but it is not about putting oneself down. We are perfectly loved by God. Because we are created in His image, we *are* beautiful - reflecting His beauty - thereby giving Him glory. If we know that we are beautiful to God, we won’t fear the effects of aging, any type of trauma or injury or anything that could disfigure the body. The gift of beauty then points to God and gives us a hint of His own beauty. Our beauty is a reflection of God’s beauty and so we do not want to claim it as our own. We want to let God beautify our inner selves through purification and sanctification. Inner beauty comes from believing the truth about oneself – that I am a child of God redeemed by the blood of Christ – by living according to this truth, and by having a personal relationship with Him through prayer.

- **(7c)** God created men to be visually stimulated so that they would be attracted to women, want to marry and have children in order to continue the human race. Satan seeks to pervert this gift. (See CCC 2354) Pornographic images are easily burned into people’s mind, especially young boys’ minds with even a five second glance. Pornography can be more highly addictive than cocaine. Without the grace of God, a person cannot get rid of it. (See Monitor the Media)

# Additional Resources on the Virtue of Modesty

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## Pre-School through Second Grade

- St. Dominic Savio, Catholic Story Coloring Book, Windeatt, Mary Fabyan, Tan Publishers.
- *Picture Book of Saints*, Lovasik, Rev. Lawrence G., S.V.D., Catholic Book Publishing Co.
- *First Book of Saints, Their Life-Story and Example*, Lovasik, Rev. Lawrence G., S.V.D
- *Little Book of Saints: #3*, Wallace, Susan Helen, FSP., Pauline Books & Media, 2005.
- *Book of Saints, Heroes of God, Part 2*, Lovasik, Rev. Lawrence G., S.V.D., Catholic Book Publishing

## Third Grade through Sixth Grade

- *Saints for Young Readers for Every Day, Volume I*, Wallace, Susan Helen, Pauline Books and Media.
- *Saint of the Day, Lives, Lessons, Feasts*, Foley and McCloskey, O.F.M., St. Anthony Messenger Press.
- *Saints and Heroes Speak, Volume III*, Fox, Father Robert J., Alexandria, N.D., Fatima Family Apostolate.

## Seventh and Eighth Grade

- *Saints for Young Readers for Every Day, Volume I*, Wallace, Susan Helen, Pauline Books and Media.
- *Saint of the Day, Lives, Lessons, Feasts*, Foley and McCloskey, O.F.M., St. Anthony Messenger Press.
- *Saints and Heroes Speak, Volume III*, Fox, Father Robert J., Alexandria, N.D., Fatima Family Apostolate.
- *Theology of the Body for Teens, Middle School Edition*, DVDs and texts, Ascension Press, 800-376-0520

## Ninth Grade through Twelfth Grade

- *Modesty What is the point?* (pamphlet) Jason Evert, Catholic Answers, Inc., 888-291-8000, [www.chastity.com](http://www.chastity.com).
- *The Look, does God really care what I wear?* (booklet), Nancy Leigh Demoss, Revive Our Hearts.
- *Theology of the Body for Teens*, DVDs with leader/student text, Ascension Press, 800-376-0520
- *Pure Womanhood*, (booklet) Crystalina Evert, Catholic Answers, Inc., 888-291-8000, [www.catholic.com](http://www.catholic.com).
- *Pure Manhood*, (small booklet) Jason Evert, Catholic Answers, Inc., 888-291-8000, [www.catholic.com](http://www.catholic.com).
- *How to find a Soul-Mate without Losing Your Soul*, Crystalina Evert, Catholic Answers.
- *Best-Loved Saints*, Lovasik, Fr. Lawrence G. S.V.D., Catholic Book Publishing Corp., 2007.
- *Saint of the Day, Lives, Lessons, Feasts*, Foley and McCloskey, O.F.M., St. Anthony Messenger Press
- *Raise Happy Children...Teach Them Joy!* Budnick, Mary Ann; R.B. Media, Springfield, IL
- *The Art of Loving God, Simple Virtues for the Christian Life*, de Sales, St. Francis, Sophia Institute Press.
- *The Heart of Virtue, Lessons from Life and Literature Illustrating the Beauty and Value of Moral Character*, DeMarco, Donald, Ignatius Press,
- *Catechism of the Catholic Church: Modesty*
  - of the body paragraph 2523
  - definition of paragraphs 2521-2522
  - purity requires modesty paragraphs 2521, 2533
  - as a sign of human dignity paragraph 2524

**“Modesty is the virtue that presents goodness in its proper color: confident without being demure, unpretentious without being self-defeating. He lets his actions and his words speak for themselves...Modesty retains an unmatched power, concerned with honesty, not deceit.”**  
***The Many Faces of Virtue, Donald DeMarco, Emmaus Road Publishers, p. 99***