

**One, Holy, Apostolic and Palmarian Church  
Order of Carmelites of the Holy Face**

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**Norms of Christian Decency for visiting the  
Cathedral-Basilica Of Our Crowned Mother of Palmar**

In order to understand the requirements for dress in the Palmarian Church it's important to remember the times when it was forbidden by the true Church (in those times the Roman Church) to enter churches dressed against the norms of christian decency.

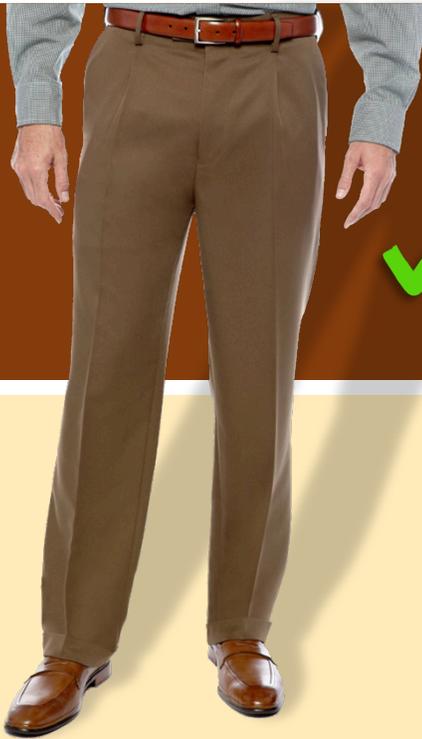
The Palmarian Church, now the true Church of Christ, requires all its faithful, as well as those who are not, to enter church perfectly dressed in accordance with the norms of christian decency.

Some might say that times change and we have to adapt to these changes, including in the way we dress. Yet we must make mankind see that it's not God who has to adapt to man's fashions, but man who must adapt to the laws imposed by God.

It is inconceivable that it would be pleasing to God for people to enter church who do not comply with the norms of christian decency; quite the contrary, this offends him greatly.

In order to avoid people entering church who are not dressed decently, the Palmarian Church makes use of certain general norms which must be respected in order to enter Palmarian chapels and grounds.

# For Men



## Trousers

Men will always wear long trousers. They cannot be close-fitting, transparent or translucent.



## Socks

Whatever their age, men are **obliged** to wear socks that cover up to the ankle at least.



## Shirts

They will be long-sleeved down to the wrist, completely buttoned up, including at the collar, so that arms and chest be completely covered at least up to the base of the neck. Moreover, shirts cannot be close-fitting, transparent or translucent.





## Those under Ten

They can use short trousers covering the knees, but in everything else will observe the same discipline as their elders.

## Hair

It cannot be long, coloured or standing up on end... Neither can men wear earrings or studs (piercing) or have tattoos.





## Jeans or denims

Denim wear is not allowed for entering the Sacred Precincts of the Palmarian Church.

## Shoes

Sports or gym shoes cannot be worn to enter the Precincts of the Palmarian Church, and less still within the Cathedral-Basilica.



## Designs, letterings and logos

It is forbidden to wear outer garments with any kind of excessively large letterings, designs (animals, cars...) or brand name logos.

## Hat

To enter the Sacred Place of the Lentisco, men must have their head uncovered.



# For Women



## Dresses

They have to be long-sleeved down to the wrist, and besides cover at least up to the base of the neck to exclude any kind of low neckline. They cannot be close-fitting, transparent or translucent, and the hem of the dress has to reach down to the ankle all around, from the age of ten. They cannot have openings or slits.

## Skirts

They cannot be straight or tube skirts, nor can they be close-fitting, transparent or translucent, and the hem of the dress has to reach down to the ankle all around, from the age of ten. They cannot have openings or slits.



## Blouses

They have to be long-sleeved down to the wrist, and besides cover at least up to the base of the neck to exclude any kind of low neckline. They cannot be close-fitting, transparent or translucent.

## Socks or Stockings

Women must wear socks or stockings or tights of any kind of material not transparent, which cover at least the ankle and the calf.



## Those under Ten

They will wear socks that cover at least the ankle, but in everything else will observe the same discipline as their elders. Though under this age, if they so wish, they may wear stockings or tights. They will wear dresses or skirts with hem reaching down closer to the feet than to the knees; that is, they will cover more than half the lower leg.

## Veil

To enter the Sacred Place of the Lentisco, women **must have** their head covered with a veil.





## Shoes

Sports or gym shoes, or high-heeled shoes, cannot be worn to enter the Precincts of the Palmarian Church, and less still within the Cathedral-Basilica.

## Trousers

**Under no circumstances** can women wear trousers, as this garment is proper to men.



## Jeans or denims

Denim wear is not allowed for entering the Sacred Precincts of the Palmarian Church.

## Designs, letterings and logos

**It is forbidden** to wear outer garments with any kind of excessively large letterings, designs (animals, cars...) or brand name logos.



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