

Kabbalos in Tznius

TAKE UPON YOURSELF A קבלה IN TZNIUS AND SUBMIT YOUR NAME
TO THE SKULENER REBBE שליט"א FOR A BRACHA. FAX TO: 646.448.2777

Tznius in Dress

I will בעז"ה...

- take the proper measures to ensure that my neckline is properly covered.
- would make sure my sleeves are long enough so they don't ride up even when lifting my arms.
- take care to prevent exposure when bending over. (eg. wear a full slip)
- insert a snap to prevent a gap between buttons on a particular outfit or robe.
- check at least two of my skirts (in front of a mirror or by asking someone else) to ensure that they comfortably cover my knee in all positions, including sitting.
- take extra care that my knees are fully covered while crossing my legs, or refrain from crossing my legs entirely.
- wear a slip to prevent my skirts or robes from clinging.
- dispose of my "pencil skirt" and/or "tulip dress".
- lengthen or let out at least one particular skirt, top, or outfit.
- shorten my sheitel.
- stop wearing eyeliner and/or eye shadow, or otherwise tone down my makeup.
- stop wearing one particular skirt, top or outfit that's too short, too tight, or too eye catching.
- make sure to wear proper stockings.

"Who knows which Choleh (ill person r"l) in the hospital is saved when one holds himself back from these practices! This is why they are called "Gidrei Tznius", the Gates of Tznius, because through them we protect ourselves from punishments and problems."

(Excerpted from a Drasha of the Skulener Rebbe שליט"א, given Yom Kippur 5771)

Tznius Outside

I will בעז"ה...

- keep my voice down when outdoors or in public.
- refrain from speaking loudly on my cell phone in public. (e.g. in stores, on a bus or on the street.)
- won't stand in front of shul or in front of the men's side of a Chasuna hall when the men are leaving.
- affix rubber soles to my heels so they don't make noise while I walk.
- take extra care that my knees are fully covered when getting in and out of a car.
- not look at immodest billboards/advertisements or read any secular newspapers/magazines, even at the doctor's office.
- not wear perfume outside my home.

"One may argue that it's too difficult. We're accustomed to the styles. Nu, if it's difficult, the Mitzvah is that much greater! Unfortunately, we have many sins and we need Mechilas Avoinois. We cannot bring a Korbon in the Bais HaMikdash today, yet we can offer a Korbon - from within ourselves. If one sacrifices his desires, his ill midos, the Eibeshter will accept it as a Korbon!"

(Excerpted from a Drasha of the Skulener Rebbe שליט"א, given at his grandchild's Chuppa, Kislev, 5771)

Tznius at Home

I will בעז"ה...

- take care that my hair covering completely covers my hairline at all times, even while on the phone.
- cancel subscriptions to all women's wear catalogues.
- refrain from rolling up my sleeves while working in the kitchen in a way that could expose my elbows.
- wear a robe over my sleepwear when leaving my bedroom.
- be careful not to answer the door when bare-legged.
- get dressed in a Tzniusdik way.
- have a daily study session/shiur in tznius.

The following women
are available to
assist you with any
questions regarding
צניעות:

Mrs. T. Tauber
718.435.7511

Mrs. S. Leitner
718.871.6238

Sheitelmachers ready to shorten your sheitel לשם תצורה

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