

## The Tunic

The tunic is a long-sleeved black garment. From its belt hangs a large rosary of five decades.

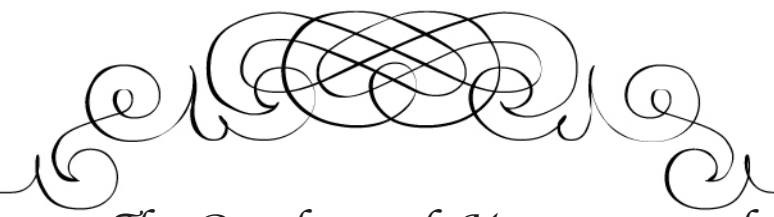
*Bless me, dear God,  
and this garb of humility  
and penitence  
that while wearing it  
I may die daily to myself,  
so as to live always  
as becomes a true religious  
according to Thy Sacred Heart.*



## The Veil

The veil is white for Novices and black for professed Sisters.

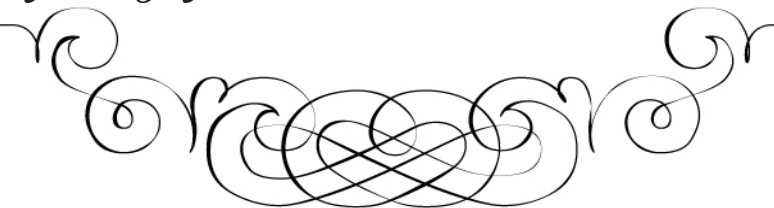
*I wear this veil over my head as a symbol of purity,  
humility, obedience and of my loving separation  
from the world and all its pleasures for the love of Thee.*



*The Daughters of Mary are eagerly looking forward to July 2, the Feast of the Visitation of Our Lady. On that day Sisters will renew their vows for one year, for three years or forever. In addition, our Novices will make their first vows and receive the black veil, and our Postulants will receive the white veil.*

*St. Therese, the Little Flower, spoke of beautifying her soul in preparation for receiving the religious habit. She said her soul was like a gown that, with the help of Our Lady, she was adorning with precious stones for her wedding with her Heavenly Spouse. Our Postulants, too, are preparing their souls and their religious habits for this important day.*

*The habit has special meaning. Every day as the Sisters dress, they say a prayer as they put on each part, reminding themselves of its significance.*



## The Scapular

The scapular is worn over the tunic.

It extends from the shoulders almost to the floor both in front and in back.

*Keep me, O Lord, as the apple of Thy eye.  
Shelter me under the shadow of Thy wing.*



## The Pulice

The pulice is worn over the scapular. It is similar to a short cape or mantle.

*Dear Mary,  
Mother of Our Savior,  
protect me, thy daughter,  
under thy mantle  
all the days of my life.*



## The Crucifix

The Professed Sisters wear a crucifix made of black wood with a corpus, inscription and rim of metal.

*We adore Thee, O Christ, and we bless Thee,  
because by Thy Holy Cross Thou hast redeemed the world.*