

Appropriate Dress in Shul

Posted by getting.better.24.7.365 - 07 Oct 2015 03:41

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Hi guys, I have no idea if this post is in the right place but I felt a strong need to talk about some things that have really bothered me this past Yom Tov. If it's out of place please forgive me.

I am struggling very much with this addiction. I have committed with new resolve to do better this year, to find some sanity. I go to shul and daven well but even in shul and afterwards I am confronted with views that are terrible triggers. I spent most of the past few days walking with my head down and at one point I even took my glasses off so that I could walk out of shul. Now I know I have a problem and it makes me very susceptible to wanting to look at things we shouldn't look at but the way women and girls are coming to shul makes it even harder for me and I strongly suspect that it can create problems for men who didn't have a problem to begin with. Honestly, the women I see in Shul are dressed more attractively than any non-Jewish women I encounter on a regular basis. Now I'm not saying that people should show up in garbage bags to shul but I think being dressed to the nines is a little over the top. Besides for being dressed to the nines, I believe that women and girls are really pushing the boundaries of Tznius if not out right crossing them. Every Yom Tov it seems the clothing is shorter, tighter, and more flashy. What is going on?! Are these women trying to incite an affair?! Do they want to be machshil the rabim?!

More importantly, is there anything that can be done about it? I have thought about approaching the Rav to voice my concerns. Couldn't one of the older ladies stand at the door and recognize when someone is not dress appropriately? It reminds me of a story with Rav Avigdor Miller zt'l. He was giving a shiur and an inappropriately dressed woman walked in wearing a low cut bright red dress. He stopped the shiur and asked if the Para Aduma could please leave. Extreme some might say, but is it really? I mean picture Arab women at a Mosque. Do you think that if one of them showed up dressed like one of these women in shul that they would be allowed in. Would it be so terrible to have someone monitor the standard of dress in shul? At least help us out in the place where we go to daven. Shouldn't shul be a safe place where we can go and not have to worry about running into triggers right when we walk in the door? Why do I have to take off my glasses to go into the hall to use the bathroom?

I would appreciate any help in dealing with this particular difficulty.

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Re: Appropriate Dress in Shul

Posted by cordnoy - 12 Oct 2015 10:01

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[eslaasos wrote:](#)

Anxiously awaiting Cordnoy's access to a computer to give us his dissection and explain why he loves the post while disagreeing with it.

My half a cent -

[waydown wrote:](#)

Firstly, why are you taking off your glasses when you walk? Do you realize every time you take off your glasses you are subconsciously thinking about women. Lust addicts have to work on being "normal" yet not taking in the shmutz. Doing crazy abnormal things never help the situation. That doesn't mean that you should walk down a shmutzadik untznuis alley or street just to train yourself not to look. But not only do I think it's useless, I think doing these farchnauikda stuff just exasperates the situation.

Everyone's different.

I could argue that your first 2 points contradict each other; that working on being "normal" includes acknowledging that there is a woman walking down the street towards me that I will do my best not to look at.

I once made a kabolah for one week in Elul to take off my glasses in the street only for the one block from my house to shul, and I didn't feel farfrumt, I felt good that I was actively expressing my desire to be more makpid on shiras eynayim. (I didn't tell my wife because I knew she would  
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Re ladies dressed up in shul, personally the fact that they wear makeup and dress their best incites me. Even if they were dressed tznius it would incite me. Yes non tznius adds to the incitement. But my point is a yiddisha lady especially on yom tov should look their best. Its yom tov and they should look the prettiest they can in a tznuisdik fashion. I just don't think the incitement comes from so much of the untznuis part as it does from our lust. Yes if they wore rags I wouldn't lust. (Maybe I would because I am a sick individual but most people).

Beautiful - women should look their best for Yomtov in a tzniusdig way. Thank you.

Generally, since it is the week of the hiliega berdichiva's yartzeit, I will say the following. In our own yiddisha circles our females have exceled in tznius tremendously over the past 75 years. My mother a hiemisha lady grew up wearing short sleeves till bas mitzva. And her bungalow had mixed swiiming for a while. When I grew up the schools were not nearly as strict as making little girls age 5& up wear at least knee socks even in 100 degrees. Our grandmothers pre WW2 dressed far differnetly from what we would like to envision. I am not knocking prior doros. They had their nisayns and they were more sincere and erlich. But I strongly believe that while the world has been taking off their clothing over the past 50 years us yidden have enhanced our tznius tremedously.

Obviously the nisayon of lust is a thousandfold stronger than it was, and just because they were wrong, (yes, not covering your hair is wrong for a woman, which is an example you didn't mention), in their accepted norms doesn't have any relevance to me today.

I loved his attitude, not the post.

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Re: Appropriate Dress in Shul

Posted by cordnoy - 12 Oct 2015 10:06

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In my humble opinion, the tznius of today, or better said, the lack thereof, is many times worse among the orthodox Jews today than it was in the past, although there were some that left their hair uncovered.

I hesitate (slightly) makin' this comment, for although I feel strongly that it is the truth, I do not wanna talk bad on klal yisroel.

Therefore, to be mesayem bdavar tov, BH for this website and the people who frequent it.

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Re: Appropriate Dress in Shul

Posted by Mesayin - 12 Oct 2015 14:07

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Personally I got glasses about 2 years ago and ever since I naturally take off my glasses when I walk the street or anytime I think I need to.

It also helps that I have a good enough eye sight that I don't bump into lampposts and

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mailboxes and say "excuse me"