

that would violate the Fourth Commandment?

- ✓ Would this particular act needlessly offend my family, friends, neighbors, and colleagues, and thus hinder my ability to lead others to Christ and His Church?
- ✓ Can the expense involved be justified in light of the needs of my family, the Church, and the poor?
- ✓

In most cultural contexts in the United States, a woman's decision to have her ears pierced is compatible with respect for health and bodily integrity, charity, and respect for the souls of others. Other acts of piercing and tattooing are more open to question. The criteria above can help one come to a prayerful and prudent decision.

See [http://www.vatican.va/roman\\_curia/pontifical\\_councils/migrants/pom2003\\_93S/rc\\_pc\\_migrants\\_pom93S\\_bhuriya.html](http://www.vatican.va/roman_curia/pontifical_councils/migrants/pom2003_93S/rc_pc_migrants_pom93S_bhuriya.html)

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## May I Get a Tattoo?

Is getting a tattoo immoral?

The Old Testament law strictly forbade tattoos. This was because in the surrounding peoples, these marks were related to the worship of other gods. Generally, Christian culture has not included the use of tattoos in worship or as adornment. There have been certain exceptions; for example, among the Copts of Egypt and among the Ethiopian Christians, very small cross tattoos were drawn on the finger or forehead. This was in

order to make apostasy from the Faith less likely, since it would always be evident that the person so tattooed was a Christian.

This being said, very moderate use of tattoos has not been regarded as evil – for example, with sailors. The current practice of large tattoos that cover principal parts of the body is wrong, however, since it is a simple truth that the human body already represents the beauty and the designs of God, and our adornment of our bodies should never replace their natural appearance and meaning. Thus St. Paul rails against exaggerated hairstyles and jewelry in women. Our body is not a billboard to advertise our interests but a way of reflecting the glory of God.

Of course, those who have been tattooed in this fashion should not be judged harshly. Their case is unfortunate, however, since they have an indelible mark, they may later regret and which would be painful and even disfiguring to remove. So, my advice is not to get a tattoo; but if you do, let it be in a place and of a size that you can ordinarily cover with clothing. And, of course, it should not represent anything immoral or irreverent.

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## Tattoos and Body Piercing

According to the Columbia Encyclopedia, a tattoo is: "The marking of the skin with punctures into which pigment is rubbed. The word originates from the Tahitian tattau [to mark]. The term is sometimes extended to scarification, which consists of skin incisions into which irritants may be rubbed to produce a permanent raised scar. The modern method of tattooing employs an electric needle. Puncture tattooing reached its most elaborate and artistic development among the Maori of New Zealand and among the Japanese, who perfected the use of color. It was introduced into Europe by seamen. In modern Western cultures, it has been alternately regarded as a somewhat vulgar practice and as a sign of high fashion.

It has been used by modern states as an instrument of control, as in the identification of criminals and political prisoners; it is also used to identify race horses. In medicine, it may be used to remove birthmarks by injecting a pigment of the color of the natural skin. Tattooing has been banned in some areas for health reasons; unclean needles can transmit hepatitis or HIV, the virus leading to AIDS. Tattoos may be removed by a slow, difficult process."

## **What is the teaching of the Church on tattoos and body piercing?**

Tattoos and acts of body piercing are not intrinsically evil. The Church offers principles by which Catholics can discern to be tattooed or have one's body pierced in particular situations.

### **What Sacred Scripture Has to Say**

Some Protestant authors have argued that the Bible forbids tattoos and body piercing. They typically cite the following verse: "You shall not make any cuttings in your flesh on account of the dead or tattoo any marks upon you: I am the Lord" (Lev. 19:28).

References to this verse are not present in important magisterial documents and in the principal writings of the Fathers of the Church. It is the consensus of Catholic biblical commentators that this prohibition is not part of the unchanging moral law, but part of the ritual law specific to the Old Testament. Many commentators believe that this prohibition was intended to separate Israel from its Canaanite neighbors; some believe that the cuttings in the flesh and tattoo marks to which the verse refers were part of idolatrous Canaanite worship.

The Church does not teach that Sacred Scripture forbids tattooing and body piercing, but the Church does offer principles by which to discern whether, in particular situations, it is sinful to be tattooed or have one's body pierced.

### **Respect for Health and Bodily Integrity**

The Fifth Commandment—"You shall not kill"—does not simply require respect for human life; it also compels Christians to respect the dignity of persons which includes, among other things, respect for the

souls of others, for their health, and for their bodily integrity. "Life and physical health," the Church teaches, "are precious gifts entrusted to us by God. We must take reasonable care of them, taking into account the needs of others and the common good" (Catechism, no. 2288). Prudence dictates that persons considering tattoos or body piercing research any health risks that may be involved. If a particular act of tattooing or body piercing entails a likely risk to health, it would be more or less sinful depending upon the gravity of the risk. If a particular act involves mutilation—if the act renders a bodily organ unable to perform its function—the act is immoral (Catechism, no. 2297).

### **Charity and Respect for the Souls of Others**

Catholics must also consider the common good when they decide whether to be tattooed or have their bodies pierced. In certain instances—for example, in indigenous cultures in which tattooing is a rite of passage to adulthood—the common good practically demands that a person be tattooed. In the United States and other Western countries, however, considerations of the common good generally lead one to pause before being tattooed or having one's body pierced.

The question of whether an act of tattooing or body piercing hinders a Catholic's evangelizing mission leads to the broader question of whether such an act harms the souls of others. Tattoos whose words and images celebrate the demonic, are unchaste, or otherwise offend against charity are immoral.

Even if a tattoo's words and images are not uncharitable in themselves, the act of

obtaining a tattoo can be rendered immoral if done so with an evil intention—for example, in order to spite one's parents or society (cf. Catechism, no. 1752).

Persons considering body piercing should also be aware of the implicit messages that the particular act of piercing conveys in a particular time and place. Some acts of body piercing can imply approval for the immoral homosexual lifestyle. Other acts of body piercing can imply active participation in, or a desire to participate in, other unchaste acts. In such cases, the acts of body piercing are immoral because they appear to manifest an approval of sin and thus scandalize others (cf. Catechism, no. 1868, 2284).

### **Questions to Consider:**

Catholics who are considering getting tattoos or having their bodies pierced may want to reflect on the following questions:

- ✓ Does this particular act of tattooing or body piercing involve a risk to my health?
- ✓ Would this act mutilate me—that is, would it inhibit the proper functioning of my skin or another organ of my body?
- ✓ Is the *explicit* message of my tattoo compatible with love of God and neighbor?
- ✓ Is the *implicit* message of my tattoo compatible with love of God and neighbor?
- ✓ Does it convey an implicitly unchaste message?
- ✓ Why do I want to get a tattoo or have my body pierced?
- ✓ If I am under the authority of my parents, would this act be an act of disobedience?