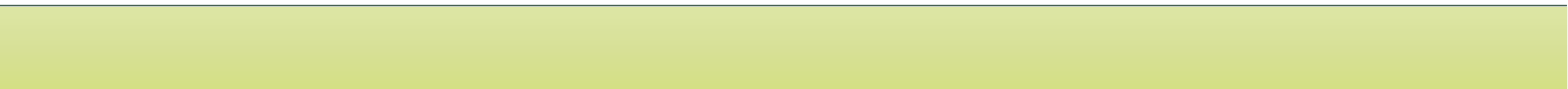


Climate Conversations Fall Fashion & The Season of Creation

St Mark's Creation Care Ministry

September 2025



Agenda

- **Land Acknowledgement:** Saint Mark's Cathedral acknowledges that we gather on the traditional land of the first people of Seattle, the Duwamish People, who are still here, and we honor with gratitude the land itself and the life of all the Coast Salish tribes.
- Opening Prayer
- Framework
- Discussion
- Actions
- Sharing and Q&A
- Closing Prayer

- **Fall Fashion and Creation Care**

The end of summer can signal the fall fashion season and back-to-school shopping for new clothes. In our fast fashion and convenience-focused culture, though, clothing has an outsized impact on climate. A creation care mindset can help us choose great clothing that is also better for the planet. We'll discuss the impact of clothing on climate, how to look for clothing that is more climate-friendly, and shopping solutions that are better for the planet.

Opening Prayer (Season of Creation)

Creator of all, we praise you for the gift of life and for the faith that unites us in care for our common home. We confess how estranged we have become - from one another, from your Creation, and from our truest selves. We acknowledge that our greed and destructive impulses have fractured our relationships with you, with others, and with the Earth. Fertile fields have become barren, forests lie desolate, oceans and rivers are polluted. Thriving communities have become places of suffering, and the earth cries out. Inspire us to work for the end of conflict, and for the full restoration of broken relationships - with you, with the ecumenical community, with the human family, and with all Creation. Amen



Season of Creation

- The Season of Creation lasts from September 1 until October 4
 - A celebration of prayer and action to protect our common home.
- Isaiah 32 14-18: The palaces shall be forsaken; the multitude of the city shall be left; the forts and towers shall be for dens for ever, a joy of wild asses, a pasture of flocks; ¹⁵ Until the spirit be poured upon us from on high, and the wilderness be a fruitful field, and the fruitful field be counted for a forest. ¹⁶ Then judgment shall dwell in the wilderness, and righteousness remain in the fruitful field. ¹⁷ And the work of righteousness shall be peace; and the effect of righteousness quietness and assurance for ever. ¹⁸ And my people shall dwell in a peaceable habitation, and in sure dwellings, and in quiet resting places



Season of Creation Activities

- Local clean-ups
- Tree planting for reforestation and biodiversity
- Recycling initiatives
- Community or parish gardens for sustainable food practices
- Organize environmental marches or campaigns
- Host film screenings or public dialogues
- Essay or drawing contests for children and youth
- Concerts or art performances celebrating Creation
- Bible studies on Creation care passages
- Community walks with reflections on greening
- Art or poetry exhibit themed peace with Creation



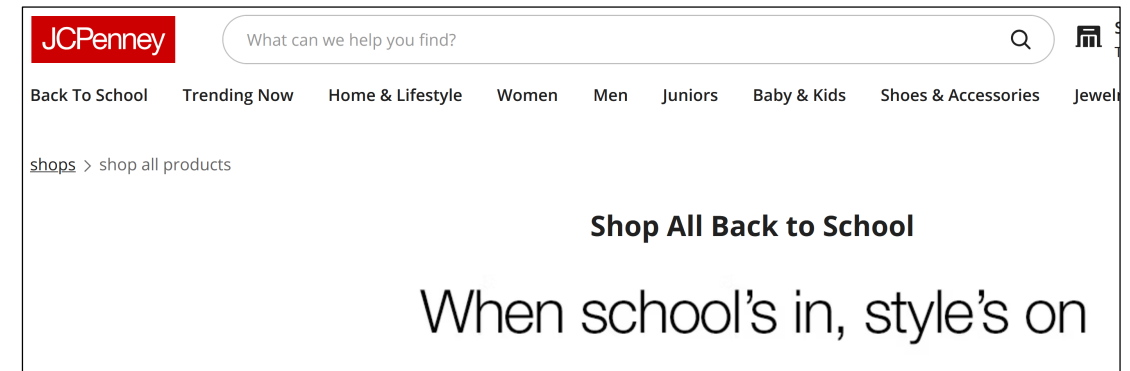
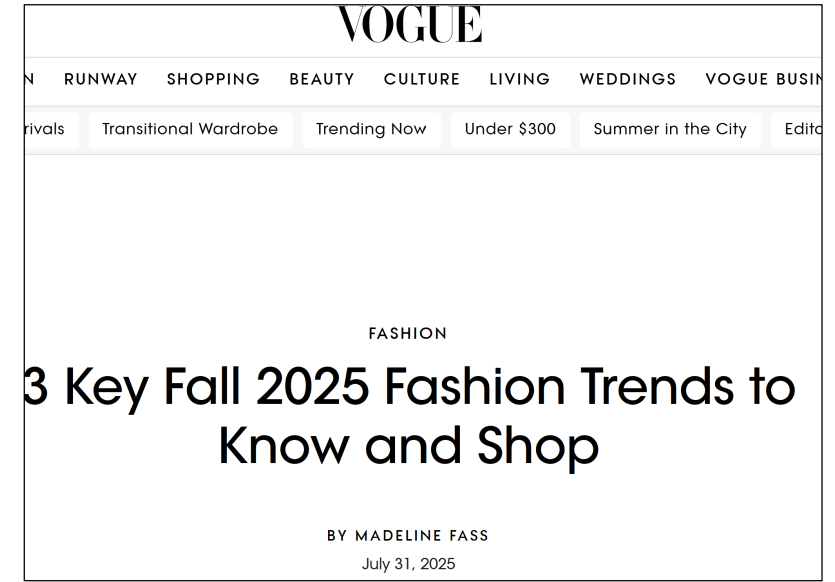
Season of Creation

A Celebration Guide for Episcopal Parishes
Perennial Edition 2025

Clothing is a Big Part of Our Daily Life

2025 Trends

- Fresh ways to wear and re-wear classic heritage pieces
- A farewell to ultra-quiet luxury
- Tangible elements such as fringe, tassels or extreme draping
- Brands use social media for promotion
- Influencers post new outfits
- 41% of women felt pressured not to wear the same outfit twice when going out
- Shopping is entertainment



Americans buy Lots of Clothes

- Americans buy an average of 53 new items of clothing per year
- 87% of clothing is bought new
- Consumers spend about \$1,445 per person per year to buy clothes and shoes
- Americans throw out 17 million tons of clothing and textiles each year, and 65% is thrown out within 12 months of purchase
- *Today, buying a dress is like buying a Big Mac; cheap, fast and, judging by the poorer quality seen in fast fashion clothes, not very healthy* - Christina Dean, Redress founder and CEO



The Impact of Clothing is Huge

- % climate pollution caused by fashion: 10%
- Gallons of water to manufacture 1 cotton T-shirt: 700
- Manufacturers produce over 100 billion pieces/year
- % of clothing made from synthetic fibers: 60%
- Barrels of oil used in synthetic fibers: 342M/yr
- Tons of chemicals for clothing production: 43M/year
- % of ocean microplastic from synthetic clothing: 35%
- % of clothing globally never sold: 30%



The Bible and Clothing

- Matthew 6: Do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?
- Matthew 6:28 Why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin,
- 1 Peter 3: Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self.



How Many New Clothes do we Need

- The average American woman has about 103 pieces of clothing; men, 77
 - 20% of clothing is worn 80% of the time
- 74 garments in a 2-season climate and 85 garments for a 4-season climate, some researchers found, is a “sufficient” wardrobe
- 20 is the magic number that makes up what Annmarie O'Connor, author of [The Happy Closet](#), calls a You-niform
 - The 20 items: 1 coat, 3 jackets, 5 bottoms, 5 tops, 1 dress, 5 shoes.



Discussion & Breakout Session

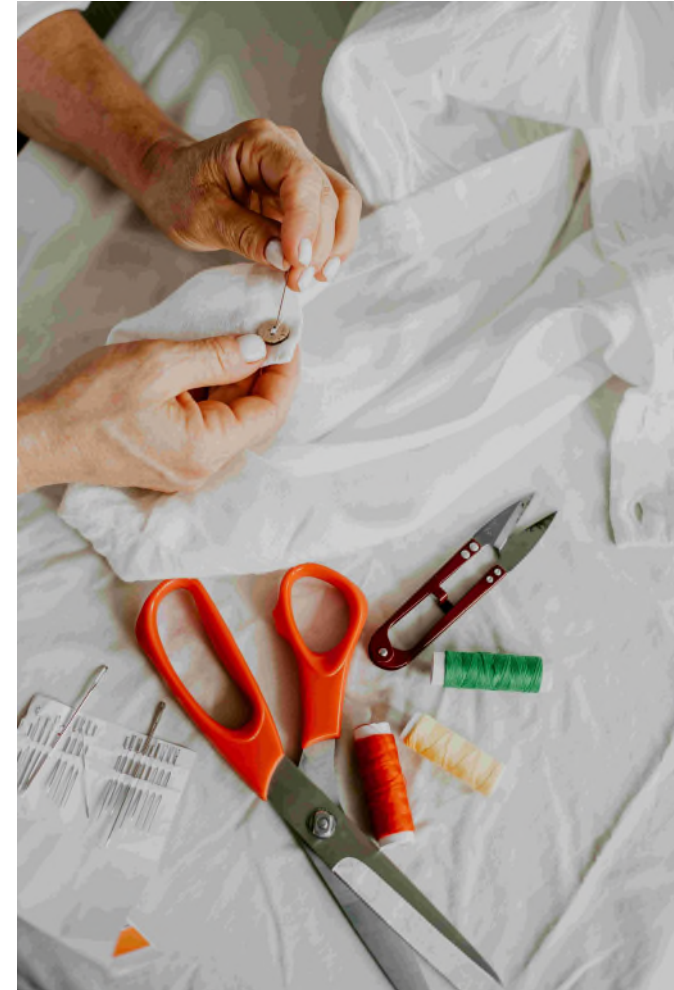
Questions:

- When do you go shopping for clothes?
- How do you decide what clothes to buy?
- How many pieces of clothing do you have in your closet?



Sustainability Framework for Fashion

- Love what you have
 - Modify or mend clothes
- Buy clothes to keep and wear forever
 - Timeless fashion
- Shop for vintage clothing
- Extend the life of clothes
 - Extending use by 9 months can reduce the carbon footprint by 25%
- Buy items that work year-round
 - Look for layerable, versatile pieces for more than one season



Do Eco-friendly Shopping

- Choose quality over quantity
 - Purchase durable clothing
- Buy vintage or second-hand clothing
 - [Vestiaire Collective](#), [The RealReal](#), [1stDibs](#)
- Buy local
- Choose sustainable brands
- Buy from brands that are transparent
- Avoid synthetic clothing
 - Natural includes cotton, linen, bamboo, flax, jute, silk, wool, and alpaca
 - Low impact fabric includes Modal, Lyocell
 - Avoid polyester, nylon, spandex, acrylic
- Buy organic
- Check for reliable certifications
- Spend more on what you'll wear every day



Shop Effectively

- Assess whether you love an item and will use it for a long time
- Only shop for items you need
- Check the quality
 - Look for high quality seams
- Make sure the item fits – avoid returns
- Shop for what you know looks good on you
- Avoid following the trends



Wash Clothes Better

- Over-washing our clothes is a sustainability issue
- Garment care is responsible for a large amount of an item's carbon footprint
- A [study by Levi's](#) found washing and drying was responsible for 37% of 501 jeans carbon footprint and 23% of total water consumption
- Over-washing contributes to shrinkage, color fading and deterioration of clothes
- Wash every 2-3 or more wears
- Use cold water and eco-detergent
- Put delicate fabrics in a laundry bag



Care for Clothes

- Consider steaming, not ironing
 - Leaves clothes smooth, fresh and wrinkle-free; reduces bad smells, kills bacteria, and removes signs of wear
- Good-quality wool such as is in a suit is designed to be brushed clean, not washed
- Store expensive items in cotton suit bags to prevent moth damage
- Fold clothes and stack them upright, so you can see everything you own
- Wash dirt off leather shoes and use a leather conditioner



Recycle Clothing

- Donate unwanted clothes you no longer wear to a good cause
 - Donating rather than keeping them helps others be more sustainable
 - Goodwill, and more...
- You can also sell your clothes
 - The RealReal, Depop, Poshmark...
- Swap
 - Buy Nothing, Olio and more...
- Have a one-in, one-out policy
- Recycle with [Threadcycle](#) in King County to reduce textile waste



Spread the Message

- Share your story
 - Tell stories about why you buy clothing the way you do
- Share a story about the benefits
 - Lower cost, clothes last longer, feel good about sustainability, and more
- Tell about your favorite brands
- Mending circles



Sharing, Discussion and Q&A

Questions

- What changes might you make to shop for clothes with a creation care mindset?
- How can you care for your clothes more sustainably?
- What do you do with clothes you no longer want or need?



Make a Difference

My bank balance doesn't have to suffer for me to create a sustainable wardrobe. I just need to care for what I already own by mending and washing carefully.

– Jenna Flood, sustainable fashion stylist at [The Ironic Minimalist](#)

Buy less. Choose well. Make it last.

– Vivienne Westwood, fashion designer

Whenever you face the decision of buying a new dress, first ask yourself if you really need it and imagine that the item will stay for you for a long time.

– Michelle Yeoh, actress

The most sustainable garment is the one already in your wardrobe.

– [Orsola De Castro](#), co-founder of Fashion Revolution

Closing Prayer

Lord, in a world where disconnection breeds contempt, where ignorance leads to neglect, and apathy can mean the difference between life and death, clothe us with wisdom.

Show us the connections between:
what we wear and what we believe,
who we are and who we affect,
how we love and how we spend our money.
Help us to read the labels and know our origins.
You are our Designer, we are fashioned by you.
Your garment of love, tailor-made, a design lovely
in every season. Amen

