

October 2025



[www.accotinkuu.org/learning/children-youth-spiritual-development/](http://www.accotinkuu.org/learning/children-youth-spiritual-development/)



## ACCOTINK UNITARIAN UNIVERSALIST CHURCH

CHILDREN & YOUTH SPIRITUAL DEVELOPMENT (CYSD)



# FAMILY NEWSLETTER

### Faith in Action Opportunities

Written By : Michele Andersen, Director of  
Spiritual Development, [dsd@accotinkuu.org](mailto:dsd@accotinkuu.org)

Accotink is a wonderful place to get your family involved in living your faith. There are SO MANY ways to get involved. The Family Newsletter highlights the most family friendly options, but there are so many!

A. New this year, the CYSD program is offering monthly Faith in Action sessions within regular CYSD programming. These are a chance for our children and youth to get to know some of the Organizations that we voted to partner with. Here are some examples:

- September = Beacon House & VOICE
- October = UNICEF & Food Justice DMV
- November = Meal Packs & Food Banks

B. Families can participate with Accotink Takes Action events like the Visibility Brigades (frequent dates) and the **No Kings Day** Actions (next one is October 18). Contact [Pam@Wagner-Cox.com](mailto:Pam@Wagner-Cox.com) or [Dotty1045@AOL.com](mailto:Dotty1045@AOL.com) for more information.

C. Families can **Help end Hunger** in our communities through:

- The Crop Walk November 2 - Join the AUUC team by signing up [burkecropwalk.org](http://burkecropwalk.org)
- Monthly Meal Packs. Dates are in "This Week" newsletter & here. Commit to bringing some of the items from this list <https://www.accotinkuu.org/justice/service-projects/no-child-goes-hungry-accotink/> each week you come to church.

D. Families can sponsor a child or children with school supplies (June-August), gifts for the holidays, and warm hats/mittens. More details to come.

E. Families can help with the Hypothermia Shelter, giving toiletries, needed clothing, and meals. Watch "This Week" & here for details.

### Upcoming Family-Friendly Events

#### OCTOBER - Theme = Cultivating Compassion

10/4/25. **Game Night - 7 pm**

10/5/25 Multigen Service - **Animal Blessing**

Meal Packs after worship

10/8/25 **Soul Matters for Parents (online: email DSD for link)**

10/10-13. Camping at Pohick Bay

10/12/25 CYSD groups: Lego ValUUes, ValUUe Challenge, No OWL

Potluck

10/18/25 No Kings Day Actions (offsite)

AUUC Services Auction - Register for childcare

10/19/25 CYSD groups: Lego ValUUes, ValUUe Challenge, OWL

10/25/25 Dinner & Movie Night *The Wiz* (recommended age 8+)

10/26/25 Treat or Trick for UNICEF (during worship)

CYSD groups Faith in Action, OWL

**Trunk or Treat PLUS Movie, Pizza, and Crafts 12-2 pm**



#### NOVEMBER - Theme = Nurturing Gratitude

11/2/25 CYSD groups: Lego ValUUes, ValUUe Challenge, OWL  
Crop Walk (off-site): [burkecropwalk.org](http://burkecropwalk.org)

11/9/25 Multigen Service - **Bread & Cider Communion**

Meal Packs after worship

11/12/25 **Soul Matters for Parents (online: email DSD for link)**

11/16/25 CYSD groups: Lego ValUUes, ValUUe Challenge, OWL  
Potluck

11/23/25 CYSD groups Faith in Action, OWL

11/30/25 CYSD Cooperative Game Day



### CAMPOUT at Pohick Bay October 10-13

Pohick Bay is a beautiful site with lots of activities that are fun for the whole family. If camping is not your thing, come for the Potluck on Oct 11 and then drive home whenever.

If you are interested in camping please contact the Community Events Committee as soon as possible for instructions on how to book your campsite, [community@accotinkuu.org](mailto:community@accotinkuu.org).

If you would like information on who else is camping with us, sign-up for the potluck, or what activities others are planning on doing click here: [more information on camp out](#)



## Family Support Corner

### RESOURCES on COMPASSION from Soul Matters (by April Rosario)



**Resource One:** "The True Power of a Family Kindness Practice"

<https://www.doinggoodtogether.org/bhf/blog/power-of-a-kindness-practice>

"My family of five has engaged in a weekly kindness practice for nearly five years, through toddlerhood, the birth of our third baby, and a major relocation..."

**Resource Two:** "How To Make Halloween Accessible to Families with Disabilities & Food Allergies"

<https://theraplayyoga.com/inclusive-halloween-tips/>

"Children with disabilities and those with food allergies are often excluded from holiday events, such as trick-or-treating. This article offers lots of tips on how to be an accessible and inclusive trick-or-treating house this year."

**Resource Three:** "Raising Kind Kids"

[https://greatergood.berkeley.edu/video/item/raising\\_kind\\_kids](https://greatergood.berkeley.edu/video/item/raising_kind_kids)

**Resource Four:** "How to Model Self-Compassion"

<https://www.childandfamilydevelopment.com/blog/how-to-model-self-compassion/>



**\*\*NOTE:** If you would like a copy of Octobers' Table Conversations Slips - grab a copy from the CYSD boards (upstairs above the DEIA library, or downstairs in the hallway).

Email [dsd@accotinkuu.org](mailto:dsd@accotinkuu.org) for more information.

## The Woodlands

The Woodlands is a monthly online gathering designed for trans children, youth, and adults—as well as the parents and caregivers of trans people. Each session will begin with a shared message and grounding ritual, followed by breakout rooms tailored to different communities within our circle, and we come back together for a release. Sessions will be about an hour and a half.



**Held on the First Sunday of each month at 4:00 pm EST**



**Register:** <https://www.uua.org/lgbtq/thewoodlands>



**New to Accotink UU Church?** At AUUC, we are committed to nurturing the spiritual growth of people of all ages through shared experiences, ministering to each other, and learning opportunities. Our cooperative lifespan spiritual development program is a key way we minister to children, youth, and adults in our community. We have a vibrant program administered by our Director of Spiritual Development, contact [dsd@accotinkuu.org](mailto:dsd@accotinkuu.org) with any questions. Learn more about our fun and enriching programs online: <https://www.accotinkuu.org/learning/children-youth-spiritual-development/>

## 2025-26 CYSD REGISTRATION

To keep all safe, we ask that **ALL children & youth be registered by their fourth visit to AUUC. We also need up to date contact information, allergies, and health information, so we ask for registration Yearly. Register online:**  
<https://forms.gle/AnrVjUMarJK6cEyB7>  
**(2025-26 form)**

Don't miss the AUUC Parenting Facebook group:  
<https://www.facebook.com/groups/auucparenting>