



The Third Way Mini Newsletter

Winter 2025

News from the Chair – Lesley Sparks

Dear Member,

Christmas is coming and many of our groups are celebrating by holding a group lunch, (Others are waiting until the dark days of January and February to raise spirits and banish the winter blues) I want to thank all the Group Coordinators and any group admin helpers for their work throughout the year – we cannot run as an organisation without these volunteers. Later in this min newsletter there is an opportunity to join in the next social event – Deck the Halls but you need to be quick as the last day to register is midnight tonight.

I look forward to seeing many of you in 2026 so on behalf of the Trustees I would like to wish you a happy and healthy Christmas and joyous New Year.

Best wishes as always, Lesley

The Social Team – STOP PRESS

Deck The Halls Social Afternoon – Wednesday 17th December 2pm

There are a few places still available for this social event which will take place on Wednesday 17th December in The Oak Tree Centre, Shenley Brook End, MK5 7GZ (Where we hold out general meetings) 2pm – 4pm. Mulled wine, and non-alcohol mulled wine, apple or orange juice, mince pies, tea/coffee and biscuits will be available; with Christmas Quiz and more, there will be festive music with a Christmas sing-along to add to the fun and of course time to meet old and new friends. £3

Please contact socialcommittee@mku3a.org by midnight Monday 15th December. Payment by Bank Transfer latest 5pm Tuesday 16th Dec. Full payment details will be in the reply to your request.

News From the Groups

Exploring World Faiths – Linda Morris

To celebrate the 8th anniversary of the Exploring World Faiths group we are having lunch in the conservatory at Frosts garden centre at noon on Wednesday 7th January. This will be followed at 2pm by a talk from a Ukrainian lady. She has recently been given a high award from the Orthodox Church.

You are welcome to join us. Please let me know if you are coming that afternoon for lunch, or the talk, or both!

Our February meeting takes us back to the OU. We are not hearing about Religious Studies this time. Instead, we are visiting St Michael's church to find out about its history and present use.

Please look at our group page for more information. ewf@mku3a.org

Italian – Intermediate Group – Tony Martingale

The intermediate Italian group meet on a Tuesday morning and have vacancies if you would like to improve your Italian. Please contact Tony on italian@mku3a.org

Walk Off 2025, Stride into 2026 – Frank Parisi

Upgrade your walking in the New Year – walk faster, feel fitter!

Our sociable walking group has the aim of building and maintaining a level of fitness and stamina which benefits us in so many aspects of our daily lives.

It's also of course a regular, social chatting opportunity in the great outdoors. We typically walk at around 3½ miles per hour over a distance of around 3 miles.

The scenic, circular routes are almost exclusively on redways, and they all start and end at the same point.

We walk every Monday and Friday morning, starting 9:30am from designated free car parks and end around 10:30, so not encroaching very much on your day.

To find out more and have a taster walk, please contact Frank Parisi – mkstriders@mku3a.org

Outing Group

3rd Anniversary Lunch

The Barn, Secklow Gate West MK9 3BZ

Thursday 22 January 2026 12noon for 12.30pm

MKu3a members only

£25 (Starter or Dessert and a main course tea or coffee+tip)

This is a chance to get together for all those of who attended the Outings during the previous year, sit, chat and enjoy good food and look forward to another year of Outings. Please contact Chris Behrendt if you would like to attend, there are still a few places available. outings@mku3a.org Last date to book 5th January 2026

Menu Choices.

STARTERS

Crispy Mushrooms with choice of dip

Double Crunch Prawn with choice of dip

	Soup of the day served with bread and butter
	Chicken Goujons with choice of dip
MAIN COURSE	Smothered Chicken Melt served with chips and coleslaw
	Cheese and Bacon Steak Burger served with fries and coleslaw
	Rump Steak served with chips, grilled tomato and mushroom
	Beef and Ale Pie served with chips and peas
	Butternut Squash, Spinach and Ricotta Lasagne
	Haddock and Chip served with peas and tartare sauce
DESSERT	Ice Cream served with a choice of raspberry or chocolate sauce
	Caramel Apple Betty – a slice of crumble topped apple pie drizzled with a toffee fudge sauce and served with custard
	Warm Chocolate Brownie – served with mince pie ice cream and drizzled with a chocolate sauce
	Sticky Pudding served with custard

Other Items which might be of interest

Quiz Nights – Pat Hodges

Friday 19th December at 7.00 Salvation Army Carol Concert in St Thomas's Church, Simpson, MK6 3AD. Free entry – collection for Church funds. Bring & Share Buffet

Saturday 3rd January at 7.00 p.m. in Simpson Village Hall, MK6 3AD – Quiz with optional Fish & Chip Supper. £15 p.p. or £7.50 p.p. without the food – Proceeds to be used for Quiz Equipment. Must be booked missquiz@sky.com

Saturday 17th January Quiz with Lasagne Supper proceeds to Help for Heroes – same as above

Saturday 31st January Quiz with Food to be arranged. Proceeds to Water Eaton Community Choir – details as above

If anyone wants to book or needs more information please e mail me or ring 01908 644785.

The Winter Night Shelters MK

The winter night shelters in MK are looking for volunteers to help put out beds, share a meal and be there to talk and listen.

One of the venues is in Netherfield and the times are Friday Evening 6 pm to 10 pm and Saturday morning 6am -10 am. If you would like more information on this venue and others in the area please contact me, Kay Roberts on knotwoodkr@outlook.com

Chair – Lesley Sparks email: chair@mku3a.org

Vice Chair – Wendy Barrett email vicechair@mku3a.org

Secretary – Deb Hodges email: secretary@mku3a.org

Treasurer – Diana Sears email: treasurer@mku3a.org

Groups Team – Tina Griffiths/Hazel Spencer email groups@mku3a.org

Webmaster – Dave Barratt email webmaster@mku3a.org

Membership Secretary – Tim Hadden email membersec@mku3a.org

Please refer to the website: www.mku3a.org for statements concerning MKu3a Policies and Guidance, on all aspects of our administration including Data Privacy, Disclaimers and Copyright.

Office: MKu3a, Margaret Powell House, Midsummer Boulevard, MK9 3BN.

Tel. 07521 218903 answerphone only. Please leave a message

Membership and Renewal Queries, email membersec@mku3a.org

Finance Queries email treasurer@mku3a.org

Group Queries email groups@mku3a.org

Miscellaneous queries email: info@mku3a.org

Registered charity number: 298693