# eNews July 2025

## What are you grateful for, even during hard times?

Being completely open and honest, I've been struggling with a number of issues for several years now. Yet the last year it felt as if life had doubled down emotionally, neurologically and physically. To complicate matters, my current workplace is dislocated from the main body of the Unit, which only amplifies the sensation of missing out and/or lack. This all led to what was a fairly significant melancholy. And yet, it's amazing what a change of scenery, and one night away on a task, can do for a person's mindset.



The past month I've been doing OJT to help me come back up to manager roles and capacity, and part of this training required me to go away to understand away-base needs of this platform. So, on day two of a planned eight day trip I took this photo while sitting on the apron, waiting for the Loadies to finish tying down the load so we could depart for home. I felt a stirring in my heart, a realisation that I'm doing something that others only dream of. I was able to reflect on the day and a half I'd spent so far on this task, watching and helping the crew load, unload and then load again. I recognised that I was delivering the first cadre home to their assembled families after an extended time away, and witnessing others preparing to depart.

I heard myself mumble, "We truly get to do some very cool and important things with incredible people." I felt a tangible presence beside me, yet I sat alone.

It doesn't matter that an eight-night trip ended up, for various reasons, being only one night. It doesn't matter that my plans didn't eventuate. What matters is that He used this time to refresh my desire to serve, and to refill my heart. I've returned with renewed vigour, humour and joy. And I thank God for His provision in my life.

So, my question to you today is, what are you grateful for? What, perhaps, should you be grateful for?

*Story from an MCF-A member, photo supplied and used with permissions - not for other use.*

## Thank you, praise points – and tax receipts

A huge thank you to everyone who's contributed to the running of MCF-A this past financial year. The MCF-A Treasurers, on behalf of the Exec, would like to take this opportunity to thank those who've donated financially over the past 12 months with the forecast budget deficit being much lower than expected. Praise be to God! This has been a journey of faith, and will be again next year as there is still a large budgeted deficit. This increase in expenses is due

to the inclusion of Public Liability insurance to support any MCF-A activities being run off-site, as well as now having to pay postage for all ministry items posted out to members.

MCF-A is staffed by volunteers, except for the part-time paid Staff Worker, and funded by donations. The only provision from Defence is some office space. Bible Society Australia also donate some Christian material. Donations over $2 are tax deductable and every $ is precious. You can donate to MCF-A via the donate button on the website, with various donation options below the big green donate button on the donation page. You can find all the information here: https://mcf-a.org.au/donate/

***If you didn't receive an automatic tax receipt when you gave your donation the MCF-A office will be sending one to you by the end of July 2025. If you do not receive your receipt by then, or need it sooner, please contact*** mcf.office@defence.gov.au

# Solid Rock – women's ministry

Solid Rock Ministry

Solid Rock Defence Ministry is a place where women (and their children) who are associated with Defence (partners, veterans, current serving members, mothers of those serving) can hang out together, give each other support and study God's word. You can also find them on Facebook. **Bible study locations:**

**Canberra** - Monday 9:30am & 7:00pm - Weston Creek and **Canberra** - Thursday 7:30pm - Duntroon (RMC Chapel)

**Townsville** - Monday 9:30am - Contact for location **Wagga Wagga** - Monday 7:30pm - St Aidan's Presbyterian Church

**Puckapunyal (NEW GROUP)** - Wednesday 7:30pm (Fortnightly) - Puckapunyal Chapel

OR would you like to be the link between Solid Rock Ministry and the ladies in your area? We are always looking for more women to get involved and share in community in what ever capacity and ways they would like to do. It could be a once a month coffee catch up, regular park meet ups and or walking together, its about women doing life together. As we continue to grow this initiative, we hope to expand its reach as a vital part of our ministry.

If you're interested in learning more or discussing the possibility of becoming a Local Link in your area, we'd love to hear from you! and if you would like to connect with one of local links please use the email address below.

We currently have **Local Links** in: Adelaide, Amberley, Fiji, Perth, Toowoomba and Wagga Wagga.

For more info or to find out about a Solid Rock gathering near you contact: coordinator@solidrockministry.org.au

*Solid Rock works alongside MCF-A in supporting and encouraging Christians in Defence. Please pray for this vital work and relationship and give thanks for all who support these organisations and partnership.*

# Alpha course – RAAF Williamtown




For the diary, RAAF Williamtown is planning to run an **Alpha Course starting 30 Jul. You can join after this date!**
Spread the word – this is a great opportunity to invite any mates who've ever expressed any openness or questions about God to discuss truth in an open and inviting space. All are welcome. They are also hoping to run an off-base Day-away as part of this, which will likely be **Sat, 5th Sep**.
***For more info or to register your intent to attend email:*** wlm.mcf@defence.gov.au

***If you'd like to run or have an Alpha course where you work email: mcf.office@defence.gov.au for more info.***

# A story of hope, encouragement and thanks

*MCF-A asked Sam Hays to write a short bio, which he diligently did, but MCF felt it didn't say enough about all Sam has done to support his fellow Christians in and around Defence, so here is the email that was sent to Sam's colleagues at RAAF Williamtown just before his farewell. Thank you Sam for gifting your talents to MCF-A and your fellow Christians in Defence for over 30 years and we are glad to know you are staying well connect to us all even though you've hung up your uniform. MCF-A hopes this story offers others in Defence encouragement and strength. Not everyone can do the things Sam has, but we can all pray and encourage each other.*



What were you doing in 1993? …Well, that was the year Sam Hays became a Christian – while serving as SENGO at 3SQN, RAAF Base WLM – Praise God!

Filled with the Holy Spirit and on fire for Christ, Sam joined MCF and individually distributed **1000 Gideon New Testaments across RAAF WLM over a period of 12 months**!

That year, while deployed at RMAF Butterworth he started a bible study which continued once back home at 3SQN, resulting in the 3SQN FLAMO (USMC) and his wife both becoming Christians and being baptised. SQNLDR Hays' farewell speech from 3SQN at the end of 1993 included his heartfelt testimony… causing quite a stir, as you can imagine!

In 1994, Sam was posted to TFLMSQN where he started a regular prayer meeting for unit and base needs, and continued to harvest for the Kingdom with some family siblings becoming Christians as well. Over 20 years of outreach and involvement in MCF-A followed – Sam has organised events and outreaches far too numerous to list, but I've highlighted a few examples below:

- Multiple Alpha courses
- Many fundraising campaigns for locals in need (Bald for Bucks for the Abbot family, 2008), and other charity organisations (White ribbon, Mental health, Movember)
- Many prayer days, prayer breakfasts, prayer meetings, National days of prayer for Defence (2012-2020 – connecting with local Churches and Units), prayer lists and progress updates!
- Organised accommodation and transport to Hillsong Men's conference 2011
- Faith Under Fire Course 2015
- Hosted Annual MCF conference at WLM in 2016
- Weekly MCF meetings, local BBQs and welcome to WLM events
- Extensive involvement in MCF-A council, serving as Member's rep 1997-2024 (27 years!)
- Solid Rock Ministries support
- Etc. etc.

I think you'll agree - what a ministry and legacy Sam is leaving. I personally have been inspired and encouraged by Sam's faithful service and consistent love for Christ's people, and his passion for bringing God's kingdom to RAAF Base Williamtown.

From the new MCF-A Rep, Robbo

*Please give thanks for Sam and his faithful service over many, many years. Give thanks that he is still involved in MCF even now he's left Defence and that he pulls together the Word@Work email devotional each week. (Email the MCF office if you'd like it delivered to your inbox each week.) Give thanks for the many, many individuals like Sam that bless MCF and Defence in so many different ways both now and those who have gone before.*

# Other items that may be of interest

# Save the Date




Dear MCF-A members and supporters,

We warmly invite you to join us for the 36th Australian National Prayer Breakfast, hosted by Mr David Smith MP and Mr Henry Pike MP, Co-chairs of the Parliamentary Christian Fellowship.

Leaders from across the political spectrum, of different faiths or none, come together over breakfast as we pray for God's blessing on all who serve our great country. ***This important annual event will be live-streamed*** from The Great Hall at Parliament House Canberra, enabling households, schools, churches, and workplaces to join us as we pray for Australia and its leaders.

Although the date is yet to be confirmed, please save the date: **Monday, 3rd November 2025.** We anticipate final confirmation of the date during the first parliamentary sitting week starting 22 July 2025.

Warm regards,

Chaplain Leon Hribar - On behalf of the Parliamentary Christian Fellowship

# The Battle Initiative




The Battle Initiative is a faith-based organisation run by and for veterans, service personnel, first responders and their families. We teach our Warriors struggling with post-traumatic stress and common challenges how to be over-comers and live their lives in the manner God intended. For more info click this link

*Note: Details of this program is for your information only and is not endorsed by MCF-A.*

# Other items

## Have you posted or moved house? Are you deploying or away from home for a long time?

**Posted or moved**, please update your details HERE

**Deploying or on a long exercise?** MCF-A would love to support and pray for you while you're away. Let us know at: mcf.office@defence.gov.au

## Membership

Membership is free and ***open to every Christian***. If you've not had an association with Defence or you don't identify as Christian you can be an associate member via the same link.

## Donations

**MCF is supported almost entirely through freewill donations by members and supporters.** Please look at Supporting MCF in prayer, with your time and through financial support. (Direct debit preferred – details below the DONATE button of the webpage link)

***Note that donations (over $2) to MCF-A are tax deductible.***

## Prayer requests

To put forward prayer points for inclusion in the Prayer Calendar please email the MCF Prayer Coordinator Dr Daniel Solomon HERE

You can also send through **urgent prayer points** that are sent on confidentially to the MCF Prayer Warriors, or enquire about becoming an MCF Prayer Warrior, by contacting Daniel or MCF Office.

## Contacting the MCF Office

**PHONE**: 02 6132 7845 **EMAIL**: mcf.office@defence.gov.au You can also find us on Facebook.

To unsubscribe from this newsletter please contact: mcf.office@defence.gov.au