



eNews August 2025

Fear not



Fear not for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. Isaiah 41:10

As humans we all experience distressing or deeply disturbing experiences as we journey through life, I have had my fair share over the years. Despite the inference on the daily news feeds traumatic experiences are not something new. Isaiah speaks of it, the Old Testament prophets speak of it, King David in his Psalms records some of his depression, anger, fear, and despair as he cried out to God, even Paul had his moments of doubt and despair.

However, they all, once they had cried out to God, vented and shook their fist, be it physically or spiritually, all remembered that God was there sustaining them and helping them. He is the light at the end of the tunnel which at times seems to go on forever without end. In A

Pilgrim's Progress by John Bunyan, he, a former soldier in Oliver Cromwell's Commonwealth Army, wrote about this when Christian and Hopeful are locked up in Doubting Castle.

Christian contemplates suicide however Hopeful encourages him to hold fast and that there is always Hope. Christian then remembers that he has a key called Promise hanging around his neck that will open every door in the Castle. They were able to escape and continue their pilgrimage.

Jesus is the light that shines into our souls bringing light, hope and relief from the crippling darkness of depression and despair. I have always found focussing on Him when I am down enables me to look up, to look out and to live.

Some years ago, I wrote a poem speaking of this, it is produced below.

The fall of Fear (2018)

Fear, that tyranny, from the bowels of hell,
Exacerbated by the tolling worrisome bell.
Fear, the soulmate of despondent anxiety,
The worry of all things with no proprietary.

Fear, that brings cavernous darkness into one's heart.
Striving to snuff out the Hope spark,
Of life, love and all things spiritual,
Fear that focusses one's mind on things temporal.

The castle giant of despair and doom,
With club and chains and dungeons of gloom.
Binds the spirit and strives to restrain the soul,
Wrestling it towards the deep black hole.

But wait, a thin ray of light,
Rapier like pierces the darkness and deep night.
Hope glimmers weak then stronger still,
The shadow of the Cross looms from across the crucifixion hill.

A flash of light and with thunderous voice clear,
The King on his white horse rides in to conquer fear.
A flaming two-edged sword slices the darkened place,
Fear falls before the Heavenly onslaught of Grace.

The sinner falls, repentant to his knees,
Cries out 'Lord, save me please'!
A pierced Heavenly Hand reaches out,
And lifts the penitent to stand about.

The rescued soul is stood upon the Rock,
Fear banished from heart to sock.
Replaced with love, hope and charity,
Feet firmly placed on the Way with clarity.

Chaplain Steve Neuhaus RFD, MCF-A Chair

Tax receipts

Thank you to those who contributed financially to the running of MCF-A in the past financial year as well as all the other ways our wonderful volunteers contribute. All tax receipts should now have been received via email. If you believe you should have received a receipt but haven't seen it, please contact the [MCF-A Office](#)

MCF-A is run almost entirely on donations from people like you, with only the part-time Staff Worker being paid.

Because of our generous volunteers, all other money goes directly to supporting and building God's Kingdom in the ADF through the MCF-A Small Groups, their resources and courses like Alpha and Faith under Fire, along with various other support to people like you. All donations over \$2 are tax deductible and every \$1 is precious and counts. There are various ways to donate which can be found via the [DONATE](#) button on the MCF-A website. *Scroll down the webpage past the large donate button to view all the information.*

A visit to Timor Leste – By LTCOL Jamie van Heel

Jamie van Heel, AMCF VP of the Pacific visited Timor Leste between 16-22 June to meet with and encourage the Timor Leste Military Christian Fellowship. Two delegates from Timor Leste, Chaplain Rui Gomes and LT Tome Soares attended the AMCF World Conference in Sao Paulo Brazil in October 2024. They were escorted by LTCOL Eric Bettanin who is currently posted to Timor Leste as part of the Defence Cooperation Program. Eric generously offered for me to let me stay with him and his family in Dili, which was much appreciated.

The purpose of my visit was to meet up with the two Timor Leste delegates who attended the AMCF World Conference, as well as, LTCOL Salus De Vasconcelos (left in first picture below), and Captain Christian Dias (Police), of the Timor Leste MCF (right in first picture below) and others. My role in the Pacific is to encourage and mentor the leadership and members of MCFs in the Pacific Region to enable them to grow their MCF. On arrival on Mon 16 June I was picked up at the airport by Timor Leste members and taken to a local café where we were able to introduce ourselves. Cristian then took me to the Christos statue where there are great views back to Dili. On the Tues evening I was hosted by the Timor Leste MCF at a restaurant in Dili where further conversations took place about challenges and opportunities of the Timor Leste MCF. On Wed 17 June Eric and I were taken to a Police Unit where we met three of their mascots (crocodiles) and were able to feed them (a definite highlight). Another important connection was made here where Tetum Bibles were offered to the Police Company Commander who then was provided with 100 Bibles on the Friday to distribute to his company. Cristian is also looking to distribute these Bible to new Police recruits. On the Friday I met with Chaplain Rui Gomes at the F-FDTL Headquarters and socialised an opportunity to have a Timor Leste military camouflage Bible produced in Tetum language with the Commanders foreward and suitable Timor Leste military photos.

On the Saturday there were two locations for a Timor Leste MCF Conference held at a rural church 40 minutes outside of Dili, and then an evening service in Dili itself. Both services had local worship bands and I was able to provide them with a presentation on AMCF and how they could grow spiritually. At the conclusion of the presentations I was presented with a Timor Leste scarf that was particular to that region. I was also able to provide gifts to the pastors and Timor Leste leadership that MCF-A generously provided to me.

I am planning to visit Tonga toward the end of September with the new Association of Christian Conferences, Teaching and Service (ACCTS) Executive Director Terry Wichert while he is visiting the Pacific. I also plan to visit Fiji in 2026 to encourage their MCF leadership teams. Jamie

Feel free to contact Jamie or the MCF-A Office if you'd like to discuss being involved with [AMCF](#) or [ACCTS](#).





Alpha course – RAAF Williamtown



RAAF Williamtown is running 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.

MCF-A visits

The MCF-A Staff Worker, as well as the Chair, have been fortunate enough to have either personal or work travel interstate in the past few months allowing them to catch up with MCF-A members and visit some MCF Small Groups.

In April the Staff Worker, Julie, travelled to WA for a wedding where she was able to meet with MCF members and Chaplains from HMAS Stirling. She was inspired by the courage and commitment of the mostly young group, and gained a better understanding of Navy and ship life. The MCF Chair, Steve Neuhaus, and family were also able to visit in June and could assist with advice and support for some of the items raised during the Staff Worker visit. Both Julie and Steve would like to thank the Small Group and MCF Rep Christiaan Pretorius for their wonderful hospitality.

In mid June the Staff Worker travelled to Darwin to help support the 'Top End BBQ', as well as visit some family and friends in the area. It was another great opportunity to get to know more MCF members and supporters face to face, as well as meet with ADF Chaplains, Philanthropics and other stake holders in the area. Local Federal MP and Veteran Luke Gosling also dropped by for a sausage sandwich and was very supportive and encouraging, offering help and advice where possible. The BBQ saw some new and old faces attend and fun was had by old and young alike. MCF would especially like to thank Mates 4 Mates Darwin who gifted us the use of their amazing facilities, coffee machine and BBQ, with special thanks to MCF Rep Luke Eglinton who worked tirelessly to organise the event, connect the Staff Worker to key stakeholders, and gave generously of his time during a busy period in the dry season.

By incorporating personal or work travel with visits to Reps, Small Groups and ADF Chaplains it helps keep the overall cost to MCF low and the money saved can go into producing more material as well as equipping and supporting the MCF members and Small Groups. If you'd like a visit from one of the Exec or the Staff Worker, please let the MCF Office know and we'll see what can be worked out.



Prayers over the city



On Saturday the 5th July some of Edinburgh MCF group did a hike and prayer day on the Mount Osborne Reserve where we prayed for the City of Adelaide. We also took Communion led by ADF Chaplain Skipper while on the summit. A great outing and great time of fellowship.



A reflection by Dr Daniel Solomon - his perspective of an answer to prayer

I prayed several times, over many years, that one day I would get married. God told me to keep serving in my Church and He would send the right person to Church. In the meantime, I developed a list of qualities that I desired for my wife, based on 3 key aspects, which I think are very important for all of us. First and foremost is Godliness, since our spouse must be a Christian (2 Corinthians 6:14). If they are not a Christian, then we should not consider them. The second aspect was attractiveness, which is clearly important in marriage. The third aspect was compatibility, which is also important for a successful marriage. Based on these 3 key aspects, I developed an extremely ambitious list of 30 qualities!! These qualities included being a Christian, attends Church, very knowledgeable about the Word of God, full on for God, pretty, kind, caring, cooks nice food and a professional. Clearly, the likelihood of someone meeting all 30 qualities is extraordinarily low. I however prayed to God that He will give me a lady with all the 30 qualities.

In 2016, I first noticed this special person walk into the Church I attend, but it was in 2017 that God showed me that she was the one for me. From late 2016, she attended the home group that I jointly led, so I realised that she met many of the qualities I desired. Hence, I asked her out. She however mentioned that God had not told her that I was to be her husband! I hence continued to pray, fasting and praying on many occasions, and God was acting in the background. A few of her close Christian friends told her that she should consider me, and in 2024 God showed her that I was the one for her. We then got married in her hometown. I then realised she met all 30 qualities, plus she also met some other qualities which I desired but had not written down e.g. someone who would draw me even closer to God. God can truly give us our righteous desires (Psalms 37:4), if we delight in Him, earnestly seek Him and be guided by Him.

Daniel is the current MCF-A Prayer Coord. Please send any prayer points to the MCF-A Prayer Coordinator: Dr Daniel Solomon ([Prayer Coordinator](#)).

Other items that may be of interest



VISION KIDS

Music
Features your favourite Christian kids artists.

Radio Drama
Audio storytelling that captivates with suspense, emotion, and imagination.

Friendly Voices
Warm, inviting and fun voices that will embrace and uplift.

Adventures in ODYSSEY
Embark on thrilling and faith-filled escapades with Adventures in Odyssey. This beloved audio series blends exciting stories, memorable characters, and valuable life lessons, captivating audiences of all ages.

LAMPLIGHTER Theatre
Discover the magic of Lamplighter Theatre's captivating audio dramas. Immerse yourself in compelling stories that inspire character development, moral growth, and a deeper understanding of timeless virtues and principles.

Featured Artists

Colin Buchanan
is a much loved Christian kids performer who spreads joy and faith through his entertaining music and uplifting messages.

Dan Warlow
is an popular Christian kids performer, captivating young audiences with his inspiring music and meaningful messages of faith.

Sean W. Smith
is a dynamic force in Christian children's entertainment, enchanting young hearts with his energetic music and unwavering devotion to spreading God's love.

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In case you missed it....

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.

Date confirmed!

Please save the date: **Monday, 3rd November 2025**. Registration will be available for **attendance in person or online** — details will be provided shortly on our website.

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 also be **live-streamed** from The Great Hall at Parliament House, enabling households, schools, churches, and workplaces to join us as we pray for Australia and its leaders.

Now in its 36th year, the Prayer Breakfast continues to offer a moment of shared reflection, encouragement, and hope for all who care deeply about the future of our nation. This year's theme is **"Rejoicing in Hope"**.

Warm regards,

Chaplain Leon Hribar - On behalf of the Parliamentary Christian Fellowship

Why not lock this event into your MCF Small Group diary and watch it together if you can't attend in person. More details on registration will be in the MCF-A eNews closer to the date.

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 the MCF Office.

Contacting the MCF Office

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

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