Worship Schedule

YOKOSUKA: Chapel of Hope
• 243-6773/ 6774

Roman Catholic

Sun	Mass, Main Chapel	0800
Sun	Mass, Main Chapel	1100
Sun	RCIA Class, Blessed Sacrament	0930
Sun	CCD, classrooms	0930
Sun	Youth Group, Old Thew Gym (G-113)*	1200
Mon	Adult Bible Study, Rooms 2 and 4	1730
Wed	Confession	1600
Wed	Perpetual Help Novena, Main Chapel	1700
Wed	Mass, Main Chapel	1730
2nd Tue	Pre-Baptism Class	1730
Thu	Choir Practice, Main Chapel	1700
Thu	Women's Bible Study	1730
Fri	Choir Practice, Choir Room	1700
1st Fri	Mass, Main Chapel	1700
Sat	Vigil Mass, Main Chapel	1700
Sat	Baptism, Main Chapel	1500
Sat	Confession, Blessed Sacrament Chapel (or anytime by request)	1600

NOTE: Mass is held each day at 1200 in the Blessed Sacrament Chapel except for Wednesday (1200 in the Naval Hospital Chapel).

General Protestant

Sun	Worship Service, Main Chapel	0930
Thu	Choir Practice, Main Chapel	1830

Protestant Liturgical

Sun	Communion Service, Fellowship Hall	1100

Contemporary Christian

Sun	Worship, Main Chapel	1700
Thu	Praise Team Rehearsal, Choir Room	1600

Gospel Praise Service

Sun	Worship service, Main Chapel	1230
Tue	Women's Bible Study, Classroom 10	1800
Wed	Choir practice, Main Chapel	1830

Filipino Christian

Sun	Worship Service, Kinnick Little Theatre	1230
Wed	Prayer Meeting, room 3	1800

Church of Christ

Sun	Worship, Kinnick Little Theatre	0930
Sun	Sunday School	1100
Wed	Bible Study, rooms 2, 3 and 5	1800

The Church of Jesus Christ of Latter-Day Saints

Sun	Sacrament	0900
Sun	Sunday School	1020
Sun	Priesthood/Relief Society	1110

Location: Across from the City of Yokosuka Post Office (Off base)

Jewish Faith Community

Fri	Shabbat and Kiddush, Jewish Chapel (Chapel of Hope)	1800

Soka Gakkai International (Buddhist)

2nd and 4th Thu	Classroom 10	1800

Specialized Ministries

A.W.A.N.A. Children's Ministry (3 yrs. to Grade 6)*

Tue	Fellowship Hall/Classrooms	1615

Yokosuka Student Ministries (Middle School and High School)*

Wed	Middle School – Quest	1600
	High School – One Way	1830

Protestant Women of the Chapel*

Tue	Bible Study, Classroom 10	0900
Tue	Bible Study	1800
3rd Mon	Fellowship Program	1700

Japanese Women's Bible Study*

Tue	Main Chapel/Fellowship Hall, Classrooms	0900

COMPASS Spouse Support Group

Wed, Thu, Fri	(Last week of month), Room 5	0900

Men's Christian Fellowship

Tue	Study Group (Fleet Rec 3rd Deck)	1130
3rd Sat	Breakfast (Location varies)	

Runs from September to June

Negishi: Chapel of the Rising Sun
• 242-4183

Roman Catholic

Sun	Mass, Main Chapel	0800
Sun	Confession	1700
Sun	Bible Study	1730
Thu	CCD, classrooms	0900

Protestant

Sun	Worship Service, Main Chapel	1030

IKEGO: Religious Services
(Kyoto Tower Party Room, 243-6773/6774)

Roman Catholic

Sat	Vigil Mass	1900

Pentecostal

Sun	Worship Service	1000

Adult Bible Study

Wed	Nikko Tower Party Room	1800

A.W.A.N.A. Children's Ministry (3 yrs. to Grade 6)*

Wed	Ikego Elementary School	1630

Yokosuka Student Ministries (Middle School and High School)*

Thu	Middle School/High School – Q2 Kyoto Tower Party Room	1830

Note: In the event of an emergency, the Chaplain on Duty can be reached by calling CFAY Security at 243-2300.

Fleet and Family Support Center

Congratulations on the birth of your baby!

Josue Negron and Yvonda Negron are the proud parents of **NAZIRAH JA'NAE NEGRON** born Jan. 9, 2009 at 6:35 p.m., weighing 6 pounds, 13 ounces.

Tyler Caines and Katrina Caines are the proud parents of **KAYLEE RUTH CAINES** born Jan. 16, 2009 at 6:05 p.m., weighing 5 pounds, 14 ounces.

If you'd like to see your baby announcement published in the Fleet and Family Support Center's section of the Seahawk-Umitaka, stop by our New Parent Support office in Bldg. 1558.

Classes This Week

Please call us at 243-FFSC (3372) to sign up today!

Monday, Feb. 2

Area Orientation Brief and Intercultural Relations Class 8:45 a.m. (5 days): **Feb. 2-6, this class will be held at the Benny Decker Theater**. Welcome to the Land of the Rising Sun, kanji, yen and bowing. This combined class is offered weekly, and is required for all incoming military personnel, Department of Defense civilians and family members. Representatives from around the base will talk about the unique policies, procedures and benefits associated with living and driving in Japan. Local experts will discuss cultural issues and adjusting to your new home.

CASA – Communication, Anger and Stress Management, Assertiveness 2:30 p.m. (1.5 hrs.) four sessions: Does your life seem out of control? This four-day class is designed to help you build skills in these four important areas of your life!

English as a Second Language (ESL) 10 a.m. (2 hrs.): ESL is designed for anyone whose first language is not English. In this class, students practice basic, English skills and learn about American culture. Special attention given to speaking English in an everyday setting.

Labor and You 1 p.m. (5 hrs.): Bundles of joy take lots of preparation and planning. No need to "go it" alone! We have helped hundreds of families prepare for their new arrival with the knowledge needed to make informed choices during and after pregnancy.

Tuesday, Feb. 3

Boot Camp for New Dads 1 p.m. (3 hrs.): Yikes! What will it be like to have a new baby in the house? Boot Camp for New Dads is a unique program that brings "rookie" fathers-to-be together with "veteran" dads with newborns. The veteran dads will share their babies with the rookies for hands-on training, and demonstrate how to hold, comfort, diaper, swaddle, relieve gas/colic, and play with an infant.

Ikego – Japanese Craft for Adult 10 a.m. (2 hrs.): This class is a monthly craft class. The instructor will teach a variety of Japanese crafts such as Washi Eggs, Origami, etc. The first class will be learning to make Washi Eggs. A list of materials that the student needs to bring to complete the craft will be provided prior to the class.

Wednesday, Feb. 4

CASA – Communication, Anger and Stress Management, Assertiveness 2:30 p.m. (1.5 hrs.)

Japanese Spouse Group 10 a.m. (2 hours.): This class is focused on the special concerns of Japanese spouses that are new to the Navy and Yokosuka, Negishi, or Ikego Bases. Our bi-lingual instructors have valuable first-hand knowledge to share and will help you feel more comfortable with your new role as a Navy Spouse! The network portion of the class will give you the chance to make friends with other Japanese spouses and share your experiences as a military spouse. This class is conducted in Japanese.

Negishi – Thrift Savings Plan Overview 11 a.m. (1.5 hours): Is it possible to become a millionaire on a military paycheck? Yes it is. The Thrift Savings Plan can be one of the vehicles to becoming a millionaire. This brief will provide an overview of the Thrift Savings Plan, How to enroll, TSP Investment Options, Contribution Limits, Withdraw Options, Retiring and Separating Options, L- funds and more.

Negishi – Employment Overview 9 a.m. (1.5 hrs.): If you are interested in the local employment market, please join this class and talk with our full-time Spouse Employment Assistance Manager. Reservations are required for this crash course on employment availability in the Yokosuka/Yokohama area: including government positions, teaching English, modeling and other lucrative opportunities.

Negishi – Sponsorship Training 10 a.m. (2 hrs.): This class provides volunteer or designated command sponsors with background information and useful tips so that they can help new personnel before and after their relocation to Japan. Creative communication and support is discussed as a means to make newcomers feel that they are a valued part of the team as quickly as possible. Adult and teen family members are welcome to attend. Basic instruction in the management of an effective Command Sponsor Program in accordance with OPNAVINST 1740.3 will also be covered.

Negishi – Getting Started Teaching English 1 p.m. (1.5 hrs.): Learn how to get started teaching English in Japan. We will discuss types of teaching positions, legalities, marketing yourself, average prices to charge, topics for lesson plans and much more.

Thursday, Feb. 5

NMCRS' Budget 4 Baby 5 p.m. (2 hrs.): Bundles of joy take lots of preparation and planning. No need to "go it" alone! We have helped hundreds of families prepare for their new arrival with the knowledge needed to make informed choices during and after pregnancy. This class raises awareness about the impact a baby will have on the young parents budget. Helpful information is provided which participants can use to reduce the financial impact of the birth of a child.

Ikego – Play Morning 9:30 a.m. (2 hrs.): This Play Morning is held at Nikko Tower.

Friday, Feb. 6

Employment Overview 11:30 a.m. (1 hr.): If you are interested in the local employment market, please join this class and talk with our full-time Spouse Employment Assistance Manager. Reservations are required for this crash course on employment availability in the Yokosuka/Yokohama area: including government positions, teaching English, modeling and other lucrative opportunities.

Ikego – Japanese Culture Series – *Ukulele* 10 a.m. (2 hrs.): Immerse yourself in the Japanese culture by joining us to learn how to cover eggs in traditional Japanese *washi* paper. These delicate treasures make excellent souvenirs and add that special touch to any décor.

PCS Workshop 8 a.m. (4 hrs.): This 4-hour workshop provides service members and their families an opportunity to prepare for their next PCS move. Participants will benefit by receiving pre-move information from subject matter experts that represent the offices that handle the logistics of PCS moves. A wide variety of informative PCS materials are available at this class, free of charge.

Negishi – Kid's Craft Class 10:30 a.m. (1.5 hrs.): The Kid's Craft Class is a fantastic opportunity to interact with other parents and children while the kids do fun seasonal crafts. All ages are welcome and must be accompanied by an adult.

Yokosuka – Play Morning 9:30 a.m. (1.5 hrs.): This Play Morning is held at Ayame Tower.

Upcoming Classes

Feb. 9	Accelerated Transition Assistance (ATAP); Area Orientation Brief and Intercultural Relations Class Communication, Anger and Stress Management, Assertiveness (CASA) English as a Second Language; Enjoying Japanese Food
Feb. 10	Baby Basics; Healthy Relationships: For Your Child's Future; More Bang for Your Buck
Feb. 11	Bulls and Bears; CASA; Youth Enrichment Class (Middle School)
Feb. 12	Car Buying Strategies; Ikebana Class; Ikego – Play morning; Kerosene Heater Safety; Million Dollar Sailor
Feb. 13	Effective Resume Writing; Yokosuka – Play morning

Negishi FFSC 242-4125 | **Fleet and Family Support Center 243-FFSC (3372)** | **Ikego FFSC 246-8052**

Visit our Web site: www.cfay.navy.mil/ffsc/index.htm
Click the "FFSC" tab