

## MAIN BASE

### ROMAN CATHOLIC

Sunday Mass: 1000-1100

Confession: 1100-1130

Weekday Mass: Mon/Wed/Thur 1200

### NON-DENOMINATIONAL WORSHIP

Sunday Service @ 0800 & 1200

### LAY LED COMMUNITIES

### SEVENTH-DAY ADVENTIST

Every 1<sup>st</sup>, 2<sup>nd</sup> & 4<sup>th</sup> Sat @ 1100

### BUDDHIST

Every 2<sup>nd</sup>, 4<sup>th</sup> Sat @ 1100 (D&E classroom)

## HARIO

### ROMAN CATHOLIC

Sunday Mass: 0800-0900

Weekday Mass: Tuesday @ 1200

### GRACR COMMUNITY WORSHIP

#### (PROTESTANT)

Sunday: 1000-1100

### LAY LED COMMUNITES

### NEW LIFE (GOSPEL SERVICE)

Sunday: 1130-1230

## OUR MISSION

To facilitate the free exercise of religion for all authorized personnel by providing opportunities for worship, religious education, and spiritual development, to provide timely and effective pastoral care, and to promote the general well-being of the command personnel by providing counsel on matters of religion, morale, and ethics.

The Command Religious Program serves all hands in CFAS. Chaplains and Religious Program Specialists (RPs) ensure that spiritual needs of Sailors and all SOFA sponsored and their families are addressed, which includes visiting ships. While chaplains conduct and provide specific worship services and sacramental needs based on their religious faith groups, they also provide, facilitate, and advocate for freedom of worship of all faith groups. This is done in part through the certification and support of Lay Leaders who minister to specific Faith Groups that are not represented by a chaplain in CFAS

Lay Leaders provide unique religious ministries to their faith groups. If you are interested in serving as a lay leader, contact the Religious Ministries Office for more information. Certification that the individual has been identified by their faith group as a lay leader in the armed forces is required. Also required is a letter of recommendation from the leader of the home congregation or faith group. The candidate then receives lay leader training from a chaplain, which is followed by a formal letter of appointment by the Commanding Officer of CFAS.

## Religious Ministries Sasebo, Japan



**COMMANDER FLEET ACTIVITIES  
SASEBO, JAPAN  
COMMUNITY EDUCATION CENTER  
BUILDING 155  
PSC 476 BOX 61  
FPO AP 96322-0001  
DSN: 252-3380  
USA: 01181956503380  
Japan: 0956503380**

## PASTORAL COUNSELING SERVICES

Pastoral counseling is provided for all who desire it regardless of their religious affiliation. Chaplains can assist you in your search for a solution to personal, family, marital and spiritual concerns. These services are available:

- ◆ Marital/Pre-Marital Relational Issues
- ◆ Family/Parenting Issues
- ◆ Domestic Violence
- ◆ Confession/Absolution
- ◆ Spiritual Concerns/Care
- ◆ Military/Work/Culture Related Issues
- ◆ Resiliency after Trauma
- ◆ Workshops
- ◆ Short-term Pastoral Counseling
- ◆ Walk In or call to make an appointment

## **100% Confidentiality – 24/7 Availability.**

You can contact the Chaplains office at

**09-5650-3380** or **252-3380**.

For After hour emergencies: the Duty Chaplain can be reached at **090-3325-6494**.

For other emergencies, please contact Security at **252-3446/3447** (Main Base) and **252-8812/8816** (Hario) or call 911 when using cell phone (**0956-50-0911**), give address and name clearly. (CNRJ Regional Fire Dept. Sasebo)

## CREDO RETREATS

Chaplain Religious Enrichment Development Operation (CREDO) is a US Navy Chaplain Corps program designed to enhance Service Member and Dependent Family resiliency and toughness through single day, multiple day retreat and workshops. The Chapel has the latest information on upcoming retreats to include:

### **PERSONAL RESILIENCY RETREAT**

This retreat is designed to foster holistic personal growth: physically, psychologically, emotionally and spiritually.

### **MARRIAGE ENRICHMENT RETREAT**

This retreat is designed to assist married couples in developing and strengthening a healthy marriage. Conflict is inevitable in life and marriage. How couples resolve conflict can determine marital satisfaction-couples who effectively resolve conflicts can have lasting and loving relationships.

### **FAMILY ENRICHMENT RETREAT**

This retreat is designed to help military families increase positive functioning by strengthening individual and family resiliency. Your family will learn family wellness-life skills through interactive exercises, creative activities and group discussion.

### **WORKSHOPS & SEMINARS**

- Prevention Relationship Enhancement Program (PREP)
- Suicide Prevention: ASIST and safeTALK
- Operational Stress Control

## COMMUNITY RELATIONS & SERVICE PROJECTS

COMRELS are volunteer opportunities for those associated with CFAS and its Tenant Commands, and visiting ships. These usually involve service projects and/or interacting with local residents.

Through COMREL projects, Service Members are able to engage with the locals and build bridges for tomorrow. COMREL events will be posted and anyone interested should come the chapel office to sign-up.

Tenant Commands can request a COMREL for their Sailors, and this can be arranged through CFAS Chapel Office.

## RELIGIOUS MINISTRY TEAM

### **Chaplains**

LCDR Philip Carson	252-2150
LT Bradley Lawrence	252-2151
LT Michael Lanz	252-2154

### **Sasebo Chapel Staff**

LCS Desiree Davis	252-2154
RP1 Jacqueline Bellins	252-3507
RP2 Bradley Thacker	252-2153
ABH3 Craig Friend	252-3380
Mrs. Mari Demoto, MLC	252-2158

### **Hario Chapel Staff**

ABH1 Sarah Strong	252-8945
CS2 Desire Henderson	
Mrs. Sayuri Delaney, MLC	252-8949