

CHAPEL of STRENGTH

MAIN BASE

ROMAN CATHOLIC

Sunday Mass: 0830 - 0930

Sunday Confession: 0800 - 0830

Weekday Mass: MON/WED/THUR 1200

NON-DENOMINATIONAL

WORSHIP

Sunday: 1100

LAY LED COMMUNITIES

SEVENTH-DAY ADVENTIST

Every 1st, 2nd & 4th SAT: 1100 (Small Chapel)

BUDDHIST

Every 2nd & 4th SAT: 1100 (F&G)

CHAPEL of FAITH

HARIO

GRACE COMMUNITY

WORSHIP

Sunday: 0900 - 1000

ROMAN CATHOLIC

Weekday Mass: TUES 1200

LAY LED COMMUNITIES

NEW LIFE (GOSPEL SERVICE)

Sunday: 1100 - 1200

AWANA

Sunday: 1530-1700 (School Year only)

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
- ◆ Chaplains can meet in ANY Location
- ◆ Available 24 hours 7 days per Week
- ◆ Short-term Pastoral Counseling
- ◆ Walk In or Call to make an Appointment

**CHAPLAINS ARE HERE TO HELP YOU
DO NOT HESITATE TO CALL US.**

You can contact the Chaplains office at 09-5650-3380 or 252-3380. When emergencies occur after hours, 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)

**COMMUNITY RELATIONS
COMMUNITY SERVICE**

COMREL/COMSERV

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, we are able to engage with the locals and build bridges for tomorrow. COMREL events will be posted and anyone interested should come to our office to sign-up. Also, Tenant Commands can request a COMREL for their Sailors, and this can be arranged through our office. Once it is confirmed, it is imperative that the Tenant Command ensures that the COMREL takes place.

**CHAPLAINS RELIGIOUS ENRICHMENT
DEVELOPMENT OPERATION
COMMANDER, NAVY REGION JAPAN
“CREDO”**

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

Confraternity of Christian Doctrine “CCD”

Email: saseboffp@gmail.com for inquiries. Like & visit our **CFAS CATHOLIC COMMUNITY FB** page to get the latest updates for Catholic events and activities. Visit our **CFAS CATHOLIC WOMEN FB** page for fellowship, support and outreach opportunities. Visit **KNIGHTS OF COLUMBUS OF SASEBO, JAPAN FB** page for more information on membership.

CFAS CHAPLAINS

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

Staff

RP3 Bradley Thacker	252-3507
RP1 Barry Menges	252-2153
Mrs. Mari Demoto, MLC	252-2281
Mrs. Sayuri Delaney, MLC	252-2158