

# Duncan & Suzanne

Serving with Cadence International

Forbes

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## FOR SUCH A TIME

We often aren't aware of our assumptions. They just sit in the back of our minds and we are unaware of them, that is until something challenges them.

When we first applied to Cadence International, we had imagined a posting in Europe, most likely Germany or maybe at a base in the U.S. We had simply assumed we would be going somewhere that we knew and were familiar with. After all, Europe was where I (Duncan) had been stationed in the Army. It was where I was first introduced to Cadence. It was where Suzanne had been on a mission trip as a young woman. It was where we had gone several times on short-term trips to serve Cadence missionary friends.

So, at the end of candidacy in October 2022 when we were asked to consider Japan as a destination, we were quite taken aback. We had never considered it. Japan challenged our assumptions.

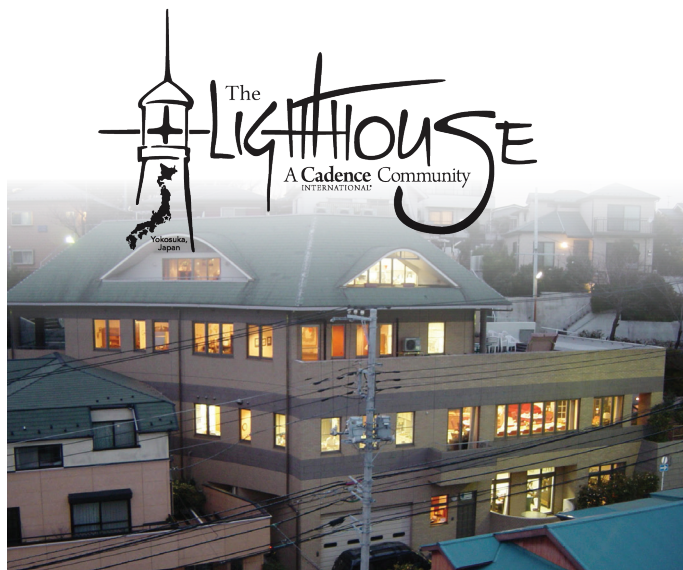
Our initial reaction was that we were not interested. We don't know the language; we can't even read the characters of their writing and have not been a fan of what we know of their food. Japan seemed like a truly foreign culture. But we promised we would pray about it and we did. Through that prayer, God started challenging us.

We also asked a crucial question to our Cadence coach: "Why choose **us** for Japan?" The answer we received was exactly what we needed to hear. We were told that several things make us stand out as ideally fitted for the ministry at Yokosuka. They told us our skill set is a great fit. They talked about how we build up and maintain teams of volunteers and how much that was needed. We are also "empty nesters" which means that we won't have the distraction or difficulty of raising children while juggling a large and active ministry.

What we have also come to realize is that it really feels like God has been preparing us for just this ministry for a while. Paul writes in 1 Corinthians 2:9 that *"no mind has imagined what God has prepared for those who love Him"* (New Living Translation).

Nineteen years ago, we had prayed hard about whether to apply to Cadence or take the position at North Kitsap Baptist Church. At the time, we felt that God had led us to NKBC. What we didn't see until now is how He was going to use this time at NKBC to prepare us for Yokosuka and help shape us for the ministry. We have grown in our skills and abilities, from teaching and preaching to premarital and marriage coaching, conflict resolution, leadership skills, and organizational tools. Our last eighteen years have been incredible preparation for the challenges of the ministry in Japan.

We have lived amid a Navy community here in Washington, a community of thirty-three thousand active-duty military and dependents and thirty-five thousand retired military. We have seen the flow of shore duty and sea duty and its effect on Sailors, Marines, and their families. We have gotten a first-hand flavor of the differences between



undersea and surface naval commands and the difficulties involved in those duties.

We are so excited that God has challenged our assumptions. We are humbled by the preparation He has done in us to lay the groundwork to use us to reach the military community in Yokosuka. We look forward now with eager anticipation to sharing the gospel and our lives in a place we didn't expect but that God knew about and has been preparing us for.

## CADENCE YOKOSUKA LEGACY

Several years ago, our friend Brian arrived at his first duty station in Yokosuka, Japan as a young naval officer. He had attended the Naval Academy at Annapolis, Maryland, followed by further education at the Surface Warfare Officer School. He was a follower of Jesus and had been involved in the Officer Christian Fellowship at Annapolis.

After being assigned to the carrier USS Independence, he deeply struggled emotionally, mentally, and spiritually under the harsh realities of his duties and command. In his words, "I was struggling with depression, but I didn't even realize I was depressed." When he was out to sea, he would battle depression and fall into sin.

He was introduced to the Lighthouse, the Cadence ministry in Yokosuka, and was immediately drawn to it. Larry Ingalls from Cadence really poured into him. He went as often as he could. When in port he attended a weekly small group as well as dinner and Bible study on Friday nights.

Brian describes this time as "medicine for my depressed soul." The Lighthouse held such an atmosphere of grace. Larry was a humble and broken guy and embraced understanding the plight of the Sailor with deep empathy. He shared his own struggles and how the Lord helped him.

"The Ingalls were supporting us in being strong in our faith during our military career, challenging us to serve both God and country with integrity and passion," Brian shared.

In addition to being discipled and mentored in his faith, Larry was instrumental in mentoring Brian in his career. Brian had begun supporting various missions with money and prayer in response to this impact on his life. After a

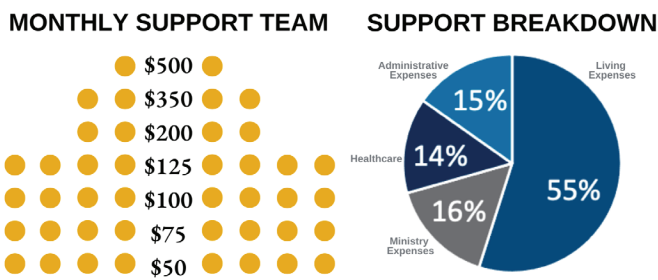
short-term trip to New Guinea, Larry then challenged him to consider missions as the next step.

God used Larry's challenge to open his eyes to the way he could serve, and after the Navy, Brian pursued biblical training where God led him onto the mission field. He is still serving overseas to this day, now in Greece.

**TIMING IS EVERYTHING**

The Cadence Lighthouse ministry has had a strong impact on those stationed in Japan for many years, and our goals for getting there fully funded are ambitious. The Lord has been laying the groundwork for our transition there and we are looking for those who would like to partner with us to allow this ministry to continue uninterrupted. We are halfway to our ministry financial goals and are excited to welcome new partners in this. If this is something you would like to be part of, please fill out the attached form or check out the online giving options listed here.

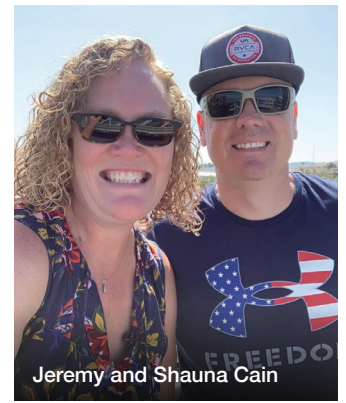
**LEVEL OF GIVING**



*For the Lord God is our sun and our shield. He gives us grace and glory. The LORD will withhold no good thing from those who do what is right. Psalms 84:11 (New Living Translation)*

**ON THE HOME FRONT**

As we will be living in an apartment in the Cadence-owned facility in Yokosuka, our adult children will live in and maintain our family home in Washington. This will give us a landing spot when we're in the USA, as well as provide them with affordable housing as they all launch into the next stages of their lives. We are so thankful for the extended friends and family who surround them here and are willing to step up if they need anything in our absence.



**PRAISE**

All those surrounding us who are catching the vision for how God has prepared us for this ministry and are coming alongside us in prayer and financial partnership.

Thankful for dear military friends Jeremy and Shauna who are also moving to Yokosuka—what a blessing to jump into something new and yet have faithful friends by our side to make the transition smoother.

**PRAYER**

Pray for our June visit to Yokosuka:

1. That we will be able to assess our ministry fit within the framework of the Lighthouse.
2. Get a better idea of all that the property requires.
3. Establish starting points for the transition between us and the current directors as we prepare to move in September.
4. Clear thought processes as we ask lots of questions.
5. Insight into how our strengths and weaknesses come into play within the context of the Lighthouse ministry.

Pray for a smooth process in obtaining visas.

Pray for many to come on as partners to reach our ministry support needs so we can launch into the Lighthouse ministry in a timely manner.

We are thankful for your friendship, support, and encouragement, and we look forward to seeing how the Lord will use us to continue to prosper His work in this ministry.

Gratefully,  
**Duncan and Suzanne**



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**Duncan & Suzanne Forbes**  
Partnership Involvement

Acct.# 10937

- I will pray for them
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Name of special project (if applicable) \_\_\_\_\_
- I would like to receive their ministry emails
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To give to their ministry, please donate with a check\* made payable to **Cadence International** or give online at **Cadence.org/Forbes**

\*Please do not write a missionary's name or information anywhere on the check. Instead, include this slip with your donation.

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