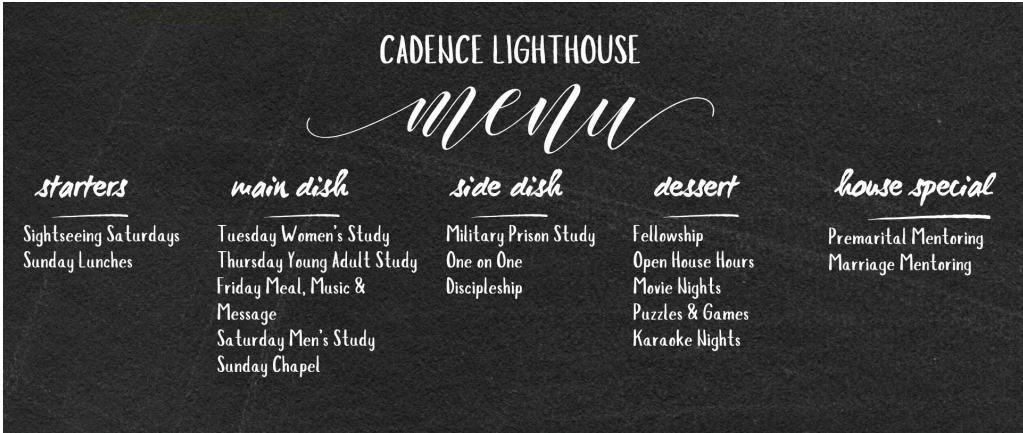


Duncan & Suzanne

Serving with Cadence International

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TASTE & SEE

As many of you know, I (Duncan) am a picky eater. One of my fears about moving to Japan to serve our military at Yokosuka Naval Base was whether there would be food I liked.

One very helpful thing I have found is that most Japanese restaurants either post pictures of their menu items or have plastic displays of them outside their doors. I can see what the offerings look like ahead of time.

A picture is said to be worth a thousand words; however, it doesn't tell you what something tastes or even smells like. So, I have had to taste and see for myself whether I like them or not.

Tasting and seeing is a concept that applies to many things. The idea is that once you taste something, you will see and understand how good it is.

June 2025 marks the two-year anniversary of our first visit to Yokosuka. Cadence called this initial visit a "Taste and See" trip. We were able to get a taste of the ministry here at the Lighthouse and see if it was a fit for us.

Taste and see is an invitation to come, to risk, to try, and verify that something is as good as the claims.

This is exactly what we do every week with the military community here in Yokosuka. We invite them to come and taste, to take the risky step to come and experience Jesus and the community of believers who follow Him. We invite them to our Friday night meals, our men's and women's groups, the young adult group, our outings, game nights, and anything else we have going on.

We invite them with the same invitation of David in Psalm 34:8, *"Oh, taste and see that the Lord is good!"*

The invitation to come and see, to get a taste of our community, is an invitation to meet Jesus through His Word that is preached and taught. It is an invitation to see Jesus lived out among His followers. It is an invitation to see that the Lord is good and to join our community in loving and following Him and loving and serving others.

A brief note from Darren & Lauren:

"It's no secret that service members and their families can struggle to find community. Being uprooted from loved ones and carefully fostered friend groups every few years can take its toll on even the strongest individuals.

When the Navy moved us to Yokosuka, Japan, with our children ages 17, 13, and 11, we struggled to find our footing. We had counted on finding a close community easily just by living our daily lives on base. We discovered quickly that most people here tend to keep to themselves.



We kept hearing the name "The Lighthouse" tossed around on base with members raving about their Friday night gatherings. But whether it was out of pure stubbornness or apathy, we waited over a year before finally deciding to walk through those doors. At that point, we were deeply homesick for the States and desperate for real connections with fellow believers.

Walking into the Cadence building for the first time felt like coming home. The smells of delicious cooking wafted from the big kitchen, and tables were set up everywhere for a family-style meal. Everyone was casually dressed and so kind and friendly. My children instantly made connections with other kids and young adults. After eating and worshipping together and hearing an encouraging message, we couldn't believe we had wasted so much time living without the warmth and comfort of godly community. The food nourished our bodies as the Word felt healing to our souls. It says in Psalms to "Taste and see that the Lord is good." It felt as if He had made a special place for us at The Lighthouse and had been waiting for us to come and discover it.

Before attending, we were waiting out our tour here in Japan like a prison sentence. But now, with a community that has become family, we know that when the time comes, we will be sadly reluctant to leave. Until that day arrives, we will continue to taste and see all the Lord's goodness as we bloom where he has planted us in this season of life."

WEEKLY PLANNING MENU

In the military community, a predictable weekly schedule is guaranteed to be unpredictable. While we interact with a lot of spouses and families with regular schedules here in Yokosuka, the frequency of ships going underway, combined with the duty rotation of our active-duty members while in port, means we have an ever-changing list of attendees at any given gathering. With this in mind, we work to provide multiple touchpoints throughout the week so our active-duty members can attend at least one get-together.



M.Hicks Birthday



Young Adults Playing Games

Aside from a focused study for women on Tuesdays and dedicated time for men’s breakfast and study on Saturdays, we also host a young adult study on Thursday nights. Follow that up with our weekly Meal, Music & Message (families included) on Friday nights, and we are rolling into the weekend, when we have an open-door policy for young adults to stay over in the bunkrooms, hang out and play games, and get a taste of feeling like they’re at home.

On Sundays, we all go to chapel together and then head to a local food court for lunch, where people can mingle and get to know one another in a meaningful way. These many opportunities for time together open the door for them to invite their friends to taste and see the community available here in Yokosuka.

A typical week has us also doing finance and administrative work (Suzanne), lesson prepping (both), meal planning and grocery shopping (Suzanne), meeting with those we’re mentoring (both) as well as weekly maintenance around the building that varies depending on the season. We also enjoy random get-togethers with friends we have made in the community and work to cultivate time with our peers.

Thank you for your ongoing partnership in allowing us to “Share the gospel and our lives” with the military here in Japan.

SPECIAL ORDERS

Pray for our community as many prepare for a long deployment. We worked hard this spring to equip them with a foundation of truth and the tools they need for community and time in the Word of God while out at sea. Since they are not guaranteed Wi-Fi access, we sent them discipleship books to use individually and as a group.

Pray that these tools will encourage and enable them to draw others into the community while at sea.

Pray with us that our marriage and family will continue to thrive as we set aside time for rest and strive to maintain deep, long-distance relationships with our children.

Praise for good communication and partnership with the various chaplains we interact with here in the community.

INGREDIENTS FOR MINISTRY

Certain items are difficult to source in a foreign country. Much like the local community volunteering their time and sourcing those hard-to-find items, your participation in the Lighthouse ministry through prayer and financial partnership is a vital ingredient. That contribution allows us to create an environment that provides a feeling of home for those who are far outside their comfort zone.

Some of the study tools we use here at the Lighthouse require an initial outlay of funds. On average, we have spent \$15 per person to have enough items on hand to give out for deployments.

If you would like to invest in some tools for the spiritual development of the young adults in our community, we would ask you to contribute to the cost of the discipleship books we purchase for them. You can mail a check or give a one-time gift online at Cadence.org/Forbes.

HOME FRIES

We thoroughly enjoyed having all three of our adult children visit us over the winter holidays. It’s been heartwarming to have them jump into friendships with the young military members and dependents in our community. We have been blessed to have Blaire come for two months this spring to be a part of the ministry here at the Lighthouse. We look forward to Paige coming for the month of June and are excited to add a daughter-in-law to the family in October.

Gratefully,
Duncan and Suzanne



Forbes Family at Christmas



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