

Duncan & Suzanne

Serving with Cadence International

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Fully Known And Fully Loved

Life in Yokosuka, Japan, can be fast-paced, demanding, and often lonely for U.S. Navy sailors stationed here. Far from family and familiar rhythms, many wrestle with feeling unseen and unheard. But in the midst of it all, God is at work—reminding each sailor that they are fully known and deeply loved. It’s a privilege for us to step into their world and reflect that truth every day.

We all have this desire to be seen, heard, and known to one degree or another—which isn’t surprising, because we were created to know God and be known by Him. It is how He made us.

This is the power of Cadence military ministry. We share the gospel and our lives. We help servicemen to see, hear, and know God. We help them to feel seen, heard, and known by God through our transformative community.

GOD SEES YOU—BEYOND THE LOCATION

In a place where many feel like just another uniform, we’re watching God remind sailors that they are never invisible to Him.

“Behold, the eye of the Lord is on those who fear him, on those who hope in his steadfast love.” Psalm 33:18

“You’re the meanest person I know.” Nine months ago, I had a coworker pull me aside at work and say those very words. It wrecked me. I grew up in the church, and for all my life, I have claimed to be a follower of Jesus. But at that moment, I realized I had been lying to myself. In no way was I living my life for Christ. At the time, I was living with my girlfriend and doing anything and everything to fill the loneliness I was feeling. I’d like to say that moment opened my eyes—that I dropped everything and came running back to Christ, but it definitely was a turning point.

About two months later, I broke up with my girlfriend and asked her to move out of my house but didn’t change anything else in my life. I still lived for the weekend and the bars, just trying anything to be happy.

Twelve weeks ago, I walked into church, not really knowing why I had come that particular Sunday after not going for so long. That very same morning, Duncan and Suzanne asked me to lunch and got me connected with the Lighthouse, and ultimately started my walk back to Jesus. These last few months have not been easy, but I found the answer to my loneliness and sadness. It was JESUS and fellowship with other believers. —Isaac A.

GOD HEARS YOU—ABOVE THE NOISE

Between long shifts, constant demands, and fear of revealing weakness, many sailors carry heavy stories. We’re cultivating a culture of transparency where people can be heard.

“Then you will call on me and come and pray to me, and I will hear you.” (Jeremiah 29:12)

The Lighthouse is nothing short of a family. As the name suggests, the Lighthouse has guided me in the right direction in my faith—not just through the studies and the events, but also in the examples that are set. I feel safe to share my faults and shortcomings because others at the Lighthouse do the same. There is no mirage of a “perfect Christian.” We are all sinners striving for God’s heart. I know I can come to anyone here with any problem and not be afraid of being condemned. Instead, I know I’ll be loved and properly guided. —Kyler W.



GOD KNOWS YOU—OUTSIDE THE UNIFORM

In a culture defined by rank and role, we're pointing sailors to a God who knows them personally—not for what they do, but for who they are.

“But if anyone loves God, he is known by God.” (1 Corinthians 8:3)

Being part of the Lighthouse community, and more specifically the young adult group, has been one of the biggest blessings in my life. In less than two years, God has provided me with a family of Christ-centered friendships and relationships that continue to remind me that I don't have to perform or put on an act. I am known and cherished here just as I am. This is also encouraging because that is how God sees and treats us. He knows us, He knows our hearts, He knows the darkest parts of us, and He still lavishes His perfect love on us. —Leah B.



GOD LOVES YOU—RIGHT WHERE YOU ARE

Far from home, many are discovering something unexpected—a place where they are fully known and deeply loved.

“For God so loved the world . . .” (John 3:16)

Like a lighthouse in its truest form, I have seen a living example of Matthew 5:14-16 in this place . . . these people have been a light in my world. I came here with self-hatred, self-pity, anger, bitterness, loneliness, fear, and lack of self-worth. However, I am moving to my next duty station with a new mindset and an understanding of the sanctification process—all because of how I was treated.

Loved. So I want to share with you all this one piece of encouragement. You may say, “I am not good enough,” but He says, “You are mine. I will always pursue you, and you will always be my child.” —Matthew H.



Feeling loved is the outcome of feeling seen, heard and known. And feeling loved changes everything.

CELEBRATE AND PARTICIPATE

The LORD has done great things for us, and we are filled with joy. (Psalm 126)
Join us in celebrating the work of God, as we have seen many accept the invitation to join our community after hearing testimonies such as these!



- Pray that God will continue to use those in our community to reach those who are isolated and lonely, who desire to be seen, heard, known, and loved.
- Praise God for faithful volunteers who maintain consistent meetings even in our absence.
- Pray for our upcoming travels as we celebrate our youngest's college graduation and visit family and friends throughout the U.S. before heading to the Cadence Worldwide Conference at the end of June. We are thankful we will have some extended time with our grown kids while in the U.S.



With deep gratitude for your participation in this ministry,

Duncan and Suzanne

Come See, Hear, and Know us at the following locations:

May 24—Groton Bible Chapel (Groton, CT)

May 31—Hansville Community Church (Hansville, WA)

June 7—Kingston Christian Church (Kingston, WA)

June 14—Grace Bible Church (Kelso, WA)

July 5—North Kitsap Baptist Church (Poulsbo, WA)



PARTNERSHIP INVOLVEMENT Duncan & Suzanne Forbes

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GIVE ONLINE



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