

# Lighthouse Chapel Events

# DECEMBER 2024



## CHAPEL NEWS:

The Chapel wishes everyone a very happy holiday season, and a reminder that the Chapel is open from 0800 to 2100 daily for your use, be it worshipping or quiet meditation. If we can help support you during your time here at TRACEN, please reach out early and often.

## ONGOING CHAPEL TRAININGS:

### APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) :

Led by local USCG facilitators, ASIST is an evidence based 2-day workshop that teaches formal and informal helpers practical intervention skills designed to keep a person at risk for suicide safe until formal resources can be marshaled.

### SAFETALK TRAINING :

Attend the half-day safeTALK workshop and learn to: Identify people who may have thoughts of suicide, Ask them directly about the possibility of suicide, then connect them to live-saving resources. Help someone when they need it most. **Suicide is preventable. Anyone can make a difference.**

### Chapel Office Hours

Monday-Friday 0830-1630  
The Chapel is open Daily  
M-Sun 0800 - 2100  
Office Phone: (707)765-7330

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1 Services:</b> Christian 1000 Chapel  <i>1st Sunday of Advent (Christian)</i>	2	<b>3</b> Lay Leader Led Christian Bible Study 1800	4	<b>5</b> Base Tree Lighting 1700 Galley  	<b>6</b> St. Nicholas Day (Christian)	7
<b>8 Services:</b> Christian 1000 Chapel  <i>2nd Sunday of Advent (Christian)</i>	<b>9</b> 	<b>10</b> Lay Leader Led Christian Bible Study 1800	11	12	13	14
<b>15 Services:</b> Christian 1000 Chapel  <i>3rd Sunday of Advent (Christian)</i>	16	<b>17</b> Lay Leader Led Christian Bible Study 1800	18	19	<b>20</b> 	21
<b>22 Services:</b> Christian 1000 Chapel  <i>4th Sunday of Advent (Christian)</i>	23	<b>24</b>  Christmas Eve Service 1800 @ Chapel	<b>25 Hanukkah Starts (Jewish)</b>  	<b>26 Kwanzaa Starts [Ends Jan 1st]</b>  Chapel Office Closed	<b>27</b> St. John Day (Christian)	28
<b>29</b> 	30	31	<div style="border: 1px solid black; padding: 5px;"> <b>Command Chaplain:</b>                      LCDR Abraham B. Jiregna                      Abraham.B.Jiregna@uscg.mil  <b>Admin Assistant:</b> Kim Sullivan                      Kimberlee.J.Sullivan@uscg.mil                 </div>		<b>Hanukkah Ends [Jan 2.] (Jewish)</b>	