

# Lighthouse Chapel

## Ongoing Programs

**Tuesdays @ 1800 – Christian Lay Leader Led Bible Study**

Join us at the Lighthouse Chapel Bible Study with your fellow students as we explore how God's word can help and guide us in our daily journey.

**Where:** Lighthouse Chapel **Who:** Open to everyone.

## Worship Services

**Sundays @ 0800 – Roman Catholic Mass**

Come join us for Roman Catholic Mass every Sunday morning. Led by Fr. Christopher from Santa Rosa Dioceses.

**Sundays @ 1000 – Christian Worship Services**

Come join us for Non-Denominational Christian Worship Services every Sunday morning. Chaplain Jiregna leads us in a time of praise, reflection and worship through song.

## 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.



QR for ASIST  
Sign-ups

**SafeTALK Training**



QR for SafeTALK  
Sign-ups

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.***

***Note: These trainings are FREE to take, but travel and lodgings are not provided. Contact the Chapel for training dates & to sign-up!***



**Chapel Hours**

Open Daily  
0800 ~ 2100

**Office Hours**

Monday ~ Friday  
0830 ~ 1600

**Social Media**

Find us on Facebook and YouTube by searching for "Petaluma Lighthouse Chapel"

Make sure to Like & Subscribe to get the latest posts & live events.

**Command Chaplain**

**Abraham Jiregna**

Office: (707) 765-7331

Duty: (913) 706-6043

E-Mail:

Abraham.B.Jiregna  
@uscg.mil

**Admin Assistant**

**Kim Sullivan**

Lighthouse Chapel  
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Updated: 29 Jan 2025

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QR for Chapel  
Facebook Page

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**Staying Sentinel Strong with Chaps**

Staying Sentinel Strong is a powerful stress management training tailor-made specifically for TRACEN Petaluma members. Participants will discover proven techniques and strategies to build resilience, maintain focus, and navigate the unique challenges faced by service members and their families. Contact the Chapel office to see when the next event is being held.

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Updated: 19 Nov 2024