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CFAY

Weekly
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This Week at Fleet Activities Yokosuka



Photos by Ryo Isobe, CFAY Public Affairs



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Chapel of Hope Anchors Warrior Toughness at CFAY

**Story by Seaman Yolimar Lara Llabres,
CFAY Public Affairs**

Life as a forward-deployed Sailor or family member comes with a unique set of challenges. When an unexpected deployment extension hits or the compounding stress of an overseas tour begins to build, the ground beneath them can feel like it's shifting.

To meet these challenges, the Navy relies on the core principles of Warrior Toughness. The Commander, Fleet Activities Yokosuka (CFAY) Chapel of Hope translates those principles into daily, actionable support directly reinforcing the CFAY Spiritual Readiness Proclamation signed by installation commanding officer, Capt. Jon Hopkins, on Jan. 6, 2026.

At the heart of this support is the pillar of spiritual readiness. But what does "spiritual readiness" mean for a Sailor who might not identify as religious?

According to Cmdr. Daniel Clark, the command chaplain at CFAY, it's all about finding and holding onto their "Why."

"We define spiritual readiness not just by religious affiliation, but by connection to one's 'why,'" Clark said. "The 'Warrior Toughness Playbook' frames this as the

Warrior Ethos, the foundation of our resilience. It's about knowing who you are, what you stand for and why you serve."

He added that "for some, that 'why' is rooted in faith. For others, it's their identity as a protector, their commitment to their shipmates, their love for their family, or the values they hold dear." Clark's role, alongside the religious ministry team, is to help every Sailor define and strengthen that core identity, providing an anchor that holds steady through the inevitable challenges of stress.

When the demanding pace of forward-deployed life threatens to overwhelm, the chapel emphasizes daily practices that anchor the soul. The chapel team teach Sailors how to establish a "Spiritual Sentinel" routine taking just five minutes at the start and end of every day to connect with their faith, read or engage in silent reflection.

When compounding stress requires a complete mental and emotional reset, the chaplains guide Sailors and spouses through a process of spiritual surrender and grounding.

"The first step is to quiet the noise to hear the 'still, small voice' within," Clark said. "We practice a spiritual reset by identifying what is a 'temporary storm' versus what is 'eternal truth.' He asks them: 'what are the core promises or values that cannot be taken away from you?'"

By shifting the mindset from carrying the weight of the world alone to walking hand-in-hand with a supportive community, Sailors and families can successfully hit the ultimate reset button.

To build mental fitness, the Navy provides tools like the Headspace app, which offers on-demand digital



mindfulness. The Chapel encourages Sailors to use this in tandem with their in-person, confidential services, describing it as a powerful "both/and" approach.

"The Headspace app is like having a gym for your mind in your pocket," said Clark. "I encourage Sailors to use it to build the fundamental 'muscle memory' for mental fitness, just as they would for physical fitness. Think of Headspace as the daily training, and a visit to the chapel as seeing the coach or the trainer."

While the app provides the what through daily stress management, the chapel provides the how and why in a personalized, supportive context when a Sailor faces a complex personal issue or a crisis of purpose.

The demands of life at CFAY can sometimes leave spouses and family members feeling isolated and far from their traditional support systems. For anyone feeling the weight of the mission right now, Clark emphasized that reaching out is a vital first step.

"You are not alone, and reaching out is a sign of strength," Clark said. "Feeling isolated and overwhelmed is a normal response to the incredible demands of this life; it is not a sign of weakness. The most courageous thing you can do in that moment is to connect."

The Chapel of Hope remains a completely confidential resource, available 24/7 to listen without judgment and connect the CFAY community with the tools they need. Clark said, "Your toughness is not measured by enduring hardship in silence. It is measured by your courage to take action. Let us be your first call."

A Sailor's spiritual and mental readiness is critical to their personal well-being and the success of our shared mission. Whether a Sailor needs a quiet place to reflect, a confidential ear to listen, or immediate crisis support, resources are always within reach.

The Chapel of Hope is located directly across from the Purdy Fitness Center. For more information, call DSN 243-2010 or commercial from Japan at 046-816-2010. Learn more about the chapel's program offerings on the CFAY Chapel of Hope webpage.

The Chapel of Hope accommodates a diverse array of faiths, hosting weekly worship services and religious education for multiple faith communities. Detailed

service schedules, youth events, and community flyers are updated regularly on the official <https://www.facebook.com/YokosukaChapelofHope/>.

If an emergency arises after hours or someone is in need of urgent care, the duty chaplain is available 24/7 at 090-1468-2779. For immediate suicide prevention or mental health crisis support, contact the Military Crisis Line. In Japan, call +1 844-702-5493 from off-base, or dial DSN 988 from on-base <https://www.veteranscrisisline.net/get-help-now/chat/>. Confidential 24/7 chat is also available online at the <https://www.veteranscrisisline.net/get-help-now/chat/>.

For daily stress relief, sleep hygiene, and mindfulness, eligible active-duty Sailors and their family members can download the Headspace app. Register for free access at <https://work.headspace.com/usnavy/join>.

CHECK IN ON A TEAMMATE.

A quick conversation
can save a life.

Your outreach
matters.



Connect with a
teammate **before a crisis**

Know the number.
Stay ready

Text 838255 | Dial 988, Press 1

#JoiningYourFight
#ConnectToProtect

JOINING YOUR FIGHT  CONNECT TO PROTECT

#SPM26

THE NEW SANNO
OCTOBER 10, 2026

YOKOSUKA NAVY 25th BIRTHDAY BALL

DINNER DRESS BLUE
BLACK TIE

RANK	EARLY BIRD (AUGUST 5 – 14)	REGULAR
E1 – E4	\$40	\$45
E5 – E6	\$50	\$55
E7 – O3	\$65	\$70
O4 – O10	\$75	\$80
CIVILIAN	\$65	\$70

Standard-rate rooms are limited
Available on a first-come, first-served basis

yokosukanavyball@us.navy.mil

TICKET SALES

August 5, 2026 – September 16, 2026
Monday – Friday | 11 a.m. – 1 p.m.
In front of the Commissary



BELLS ACROSS AMERICA FOR FALLEN SERVICE MEMBERS

Tolling in Remembrance of Our Nation's Fallen

Join us as we pay tribute to the men and women who died in service to our nation.
As bells toll across the country, we remember their sacrifices and honor those they left behind.

September 24 at 10 a.m.

Commander Fleet Activities Yokosuka

Kosano Park

Rain Location: C2 Auditorium



No Navy endorsement implied.

Campus Visit

with Yokosuka & Ikego Teen Centers

September 19

Depart Yokosuka Teen Center at 8 a.m.
Depart Ikego Teen Center at 8:30 a.m.

College can be exciting and overwhelming.
Get a head start by joining us on a Teen Trip
to Tokyo for a campus tour at Temple University,
a mock lecture and university Q&A.

**Plan for your
Future!**

\$10 / person • Register on myFFR
Bring yen for lunch and snacks
Registration deadline is September 11.



For more information, call the Yokosuka Teen Center at 046-896-2098.
No Navy endorsement implied.



MILES of HONOR

Honoring those who served and sacrificed.

VIRTUAL MARATHON

September 1 - 30

ALL AGES ARE
WELCOME!
\$20 / PERSON



Those who complete the event will receive
a unique finisher's medal and a T-shirt.
Participants may complete the required
mileage at their own pace and in a location
of their choice.



Use any running app to track
your distance and time.



Register in person at Purdy Gym or the
Fleet Fitness Office, on the third floor of
the Fleet Recreation Center.



Once you have completed the event,
submit a screenshot of your miles to
mwr_fitness@us.navy.mil and claim
your prize at the Fleet Fitness Office.

GIVE PARENTS A BREAK

Saturday, Sept 5 • 2 - 8 p.m.

Location

**Gridley Lane CDC
& Ikego CDC**

**Children ages
6 weeks to 5 years* old**
*Pre-kindergarten



For more information call 046-816-3033 or 046-806-8060



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familysupport@militarychildcare.com

2026
**GREAT NAVY
CAMPOUT**
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SUPPORTING SPONSORS

T Mobile



MILITARY
STAR

DISCOVER
NETWORK



September 5 - 6
Ikego Campgrounds

Come out to Ikego Hills and enjoy an evening full of activities before spending the night under the stars.



Register at the Outdoor Recreation Center from August 17 - 31.
For more information, please call 046-816-5732.

No Navy endorsement implied.

BEYOND THE GATE



Iicha-icha Okinawan Festival Sept. 5 (Saturday) and 6 (Sunday)

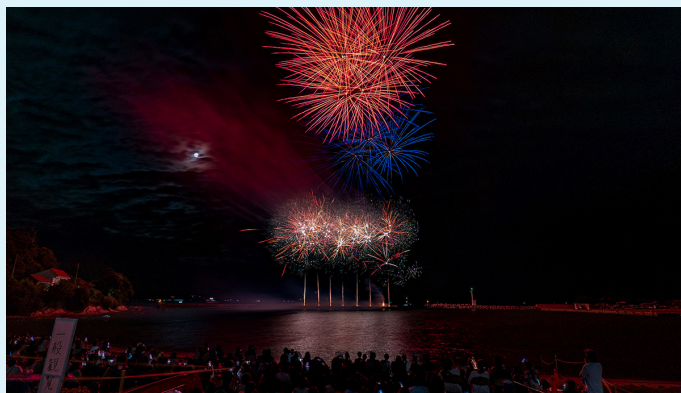
10 a.m. to 8 p.m. (Saturday), 10 a.m. to 6 p.m. (Sunday) | Yokosuka City Hall Park, Lidre Yokosuka (10 a.m. to 4 p.m.), Ichigo Port Market (11 a.m. to 6 p.m.), Yokosuka Chuo Station Y-Deck (10 a.m. to 2 p.m.) (10-minute walk from Womble Gate)

Enjoy an exciting lineup you won't find anywhere else, featuring traditional Okinawan performances such as Eisa and sanshin music, along with performances by the U.S. 7th Fleet Band – something uniquely Yokosuka. Come experience the spirit of Okinawa right here in Yokosuka!

Yokosuka West District Traditional Arts & Autumn Bon Odori Sept. 12 (Saturday)

1 to 7:45 p.m. | Soleil Hill (30-minute drive from Yokosuka main base, 20-minute bus ride for Soleil Hill from Keikyu Misakiguchi Station, KK-72)

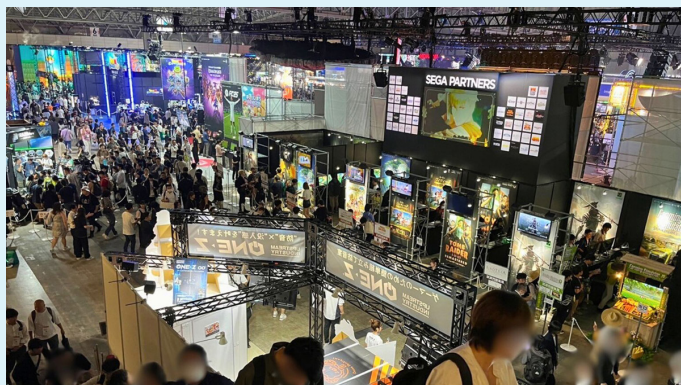
The event will feature traditional local music and dance performances, a dance showcase by local children, a Japanese festival-style fair, and a Bon Odori dance. In the evening, 300 drones will light up the night sky in a spectacular display. Don't miss this breathtaking entertainment experience, where cutting-edge technology meets visual artistry – the Drone Show! Postponed to Sunday, Sept. 13 in case of rain.



Kamoi Port Fireworks Sept. 5 (Saturday)

From 6:30 p.m. Food stalls and trucks, 3 to 7:30 p.m. | Kamoi Port (8-minute bus ride from Keikyu Uruga Station, KK-64)

The fireworks festival will be held again this year along the coast at Kamoi Port in Yokosuka City. This fireworks festival is planned and organized primarily by local young people, who work together with members of the community to make the event a success. There will be food trucks and stalls, 1,000 shots of fireworks.



Tokyo Game Show 2026 Sept. 19 (Friday) - 21 (Monday)

9:30 a.m. to 5 p.m. (Sept. 19 and 20)/9:30 a.m. to 4:30 p.m. (Sept. 21) | Makuhari Messe (10-minute walk from JR Keiyo Line Kaihin Makuhari Station, JE-14)

The Tokyo Game Show first launched in 1996 and celebrates its 30th anniversary this year – one of the world's largest gaming events. More than 300 exhibitors from almost 40 countries and regions gather for this annual gaming convention. Japanese game makers make up a significant number of those present, but many other international developers also join to exhibit the latest technology in areas ranging from artificial intelligence to smartphone gaming. Free admission for elementary school students and younger. <https://tgs.cesa.or.jp/2026/en/ticket?public=>

NEWS AND NOTICES

GREEN STICKER IS REQUIRED

Starting Oct. 1, a green sticker is required for a bicycle with an electric motor for gate entry. **How to get a green sticker? Get your bicycle inspected. Please see below:**

- Location: M3 (Main Gate Walk-In Guard Office)
- Date and time: Monday and Wednesday, from 6:30 to 7:30 a.m.
- What to bring: Proof of bicycle insurance, Bicycle owner's manual and the required items for bicycle registration. Gate entry will be denied for a bicycle with an electric motor without a green sticker starting Oct. 1, 2026.

DRIVER'S LICENSE OFFICE CLOSURE

CFAY Driver's License Office will be closed from 11:30 a.m. until close of business on Sept. 4 due to command function. For questions, please call 243-9089/6721/5647, or email: license@us.navy.mil.

POST OFFICE SERVICES NOTICE

Yokosuka and Ikego Post Offices will be closed on Sept. 7 in observance of the Labor Day holiday. Building G-59 and Ikego parcel mail lockers will remain available 24/7 for pick up. All services will resume during normal hours on Sept. 8. If you have any questions, call 046-

816-5486 or 243-5486, or send email to: yokosukamainpostoffice@us.navy.mil.

FLEET AND FAMILY SUPPORT CENTER BOOT DONATION DRIVE

FFSC is in need of old tattered boots for the Bells Across America Navy Gold Star event on Sept. 24. Please bring them to CRC building 4th Floor Room 407, or call 243-3372 to arrange a pick up by Sept. 18.

WOMEN'S HEALTH DAY

Join the U.S. Naval Hospital (USNH) Yokosuka OB/GYN Clinic for our late summer Women's Health Day on Tuesday, Sept. 15, offering convenient walk-in services to help you stay on top of your preventive care and reproductive health. Walk-in Hours: 8 -11 a.m. and 1 - 3 p.m. Services available include:

- Full contraception services (IUD/ Nexplanon placement and removal, birth control pills, Depo-Provera injections)
- Pap smears
- STI screenings
- HPV vaccinations

This event is open to all TRICARE beneficiaries and Space-A available personnel.

Taking care of your health today helps ensure you're ready for tomorrow. Whether you're due for a routine

screening, want to discuss birth control options, or simply want to stay proactive about your wellness, our Women's Health team is here to help.

CONSTRUCTION AND CLOSURES

Yokosuka: Sampson Avenue and Nimitz Boulevard closure from 7 p.m. to 3 a.m. until Sept. 4. All vehicle traffic will be secured.

- Womble Gate outbound traffic lane closure from 9 a.m. to 3 p.m., Sept. 5-6. All outbound will be redirected to Carney Gate.
- Ricker Drive partial road closure from 8 a.m. to 5 p.m. until Sept. 26.
- Sherman Avenue full road closure from 8:30 a.m. to 4:30 p.m., Sept. 7 - 11.
- Howard Street partial road closure from 9 a.m. to 3 p.m., until Sept. 30.
- Ongoing, high traffic lane modification from 5 to 8:30 a.m. Outbound traffic merges into one lane in front of the CPO Club. Inbound traffic will shift to the two middle lanes creating a two lane inbound pattern in front of building 1997.
- The parking lot in front of Afloat Training Group Western Pacific is secured through 2027 in support of the Navigation, Seamanship and Shiphandling Trainer construction.

Ikego: Imattumi Road partial closure until Dec. 30.

American Red Cross Classes

CPR Training, Basic Life Support, and Babysitting Basics

All classes are blended learning classes. Classes may be added based on community need and instructor availability. Enroll today!

CPR/AED/First Aid Course (\$18)

- Saturday Sept. 5, 9 a.m.-1 p.m.
- Saturday Sept. 19, 9 a.m.-1 p.m.

Email to sign up:
Yokosuka@redcross.org

To register, email: Yokosuka@redcross.org with the class and preferred date/time. You will receive a payment link and be asked to send your receipt in order to guarantee a spot in the course.

 Commander Fleet Activities Yokosuka

 @CFAY_Japan

 cfay-information@us.navy.mil

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