

The number of $TEM_{0,0,q}$ modes in that 120 GHz is = 2 x (120/0.75) = 320 modes where the extra factor of two comes from the fact that there are two polarizations.

Probability of emission into 1 mode =
$$\frac{320}{8.04+10}$$
 = 3.98 × 10⁻⁹

This is quite small, indeed it borders on an impossibility. However, once a photon appears in any one mode with a high Q, that mode will store it for about τ_p , and then stimulated emission will add new photons into that same mode.