



Sunset
Presbyterian Church



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SUNSET IRON MEN'S MINISTRY

“Making Disciples by Connecting Men to God and Other Christian Men”

Overview: Sunset recognizes that Christian men often have difficulty forming strong relationships with other Christian men. Yet it is obvious from the Bible (e.g., [Proverbs 27:16-18](#); [Ecclesiastes 4:12](#)), as well as Jesus' lifestyle, that such interactions are essential. We all have struggles that are lightened by sharing with others ([Galatians 6:2](#)). Sunset offers a variety of activities for men at all levels of spiritual maturity as well as outreach events for their friends. If you are not connected with other Christian men, try one or more of these groups and find your community at Sunset.

Men's Morning Watch: Saturday mornings (7-8:30 am) 30-40 men gather at Sunset to study God's Word and its application to their lives around a hearty breakfast (\$3) and great fellowship. Candid open debate and discussion are encouraged as these men build stronger relationships with God and other men. Some of the men remain in impromptu groups and continue their dialogue at the conclusion of the formal meeting. Contact: Mark Palfenier at marepal@frontier.com or Mark Marquiss at cougman_17@yahoo.com.

Friday Morning Men's Group: This group meets Friday mornings (except on holidays) at 6:30 to 7:30 to discuss last Sunday's sermon over breakfast at the Village Inn in Beaverton. Our focus is to better understand and apply the Sunday message to our life - this includes Bible study, prayer, fellowship and care for each other. The discussion leader is rotated between several of the regular attendees. There are currently about ten men regularly attending, but this is an open group and all men are welcome. This men's group had been meeting for several years and strives to help men continue to grow as followers of Jesus. Contact: jamesiblanchard@cs.com or 503-579-0248.

Wednesday Evening Bible Study: This all-church Bible study (6:45-8:30 pm) starts with a half hour introduction/summary followed by small group (men, women, couples) in-depth study of the lesson and its application to our lives. See church bulletin and News and Views for details on the current study.



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Righteous Brothers: Righteous brothers, men over 60, meet each Wednesday from 10:30 am – 12:00. The first half hour is fellowship and from 11:00 am to noon is Bible study. Approximately 8-14 men attend. This is a great place for men to connect and form a strong bond with other Christian men. Contact: Bill Tait at billtaitjr@comcast.net or 503-267-2342.

Small Groups: There are several groups of 5-8 men who meet regularly to grow in relationships with other men and God. The fellowship of other Christian men is a gift God wants to place in each man's life for strength, encouragement and protection. These groups meet at various locations weekday mornings or evenings. Contact: trsoderling@comcast.net.

Sunset Dads: Dads and kids 2-10 years old get together every 1st and 3rd Saturdays, 10-11 am, at church. Give Mom a break, let your children play, and meet other Dads. It will be fun. Contact David Steward at david@skylark64.com.

For Men Only (FMO): It is estimated that half of all men involved in church struggle with sexual purity issues. They fear sharing this struggle with their church leadership and community and so they live in daily shame, pain and isolation – letting this addiction destroy their marriage and family. This is too big of a problem to ignore. FMO works with numerous churches and is making a difference. Hundreds of men have experienced change through Jesus' healing power. We meet in highly confidential small groups to encourage each other and to honestly share our struggles. Contact: fmo@purelifealliance.org or 503-750-0817.

Men's Conference: Men from Sunset join men from other Portland churches to attend a fall men's conference sponsored by the national organization Iron Sharpens Iron. The Sunset men meet for a "kickoff" breakfast at church, caravan to the conference site and attend as a group. There are keynote talks and multiple seminars on men's topics. Contact: trsoderling@comcast.net.

Sporting Events: Sunset sponsors "tailgate" parties in the gym with multiple big screen projections of the BCS football and NCAA basketball championship games. Great food and fellowship are enjoyed with a short message during half-time. This is an outreach activity to invite your friends/neighbors. Contact: trsoderling@comcast.net. Fred Cardino organizes a Saturday basketball league and Bible study at Sunset for men in their 20-30s. Contact fcardinooiii@gmail.com.



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Salmon/Steelhead Fishing: These one-day trips during the spring/summer/fall on the Columbia or Willamette rivers are intended for outreach and fellowship. We have several men with boats and all the fishing gear for these trips. In 2011 there were 30 men, often father/son, who participated in one of these trips. The number of fish caught is confidential! Contact: trsoderling@comcast.net

Crabfest: For the past seven years we have organized a crabfest for Sunset men and their guests in the fall (Oct/Nov). Crab are harvested by boat on the lower Columbia by men, cooked and brought back to Portland on Saturday. Sunday evening there is the crab/BBQ meal at church with a panel discussion of interest to men. Seating is limited to 100, so watch for announcements (bulletin, etc.) and register early. Contact: trsoderling@comcast.net.

White-water Rafting: These 3 day rafting trips (10 men) on the Deschutes (class I to IV rapids) are intended for outreach and fellowship. The hope is that Sunset men will invite their non-Christian friends to participate in a challenging outdoor activity. This is also a tremendous activity for a men's small group to get out and have a great time together. The \$225 fee covers all food, transportation, camping (except sleeping bag), permits and rafting gear. If interested for summer of 2013, contact trsoderling@comcast.net as early as possible (e.g., Jan/Feb) since several churches participate and bookings are based on demand.