

 THE ANCHOR

at Home



YOUR GUIDE TO THE ANCHOR AT HOME

THURSDAY, MARCH 4, 2021

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WATCH PARTY INFORMATION

Covid-19 Considerations

Given the new Phase 2 COVID-19 parameters for Washington State, we are encouraging you to plan your March Watch Party as an online event. You can “gather” your group virtually and be inspired together and discuss what you have heard once the event concludes.

If you are in another state, please make sure to be following your state mandated Covid-19 Guidelines when planning your Anchor At Home. These guidelines can be found on your state government website.

“FOR WHERE TWO OR THREE

gather IN MY NAME,
THERE AM I WITH THEM.”

MATTHEW 18:20



WATCH PARTY TO-DO LIST

1. Invite your family and friends to join you on Thursday, March 4th to hear from Guest Speakers Rachael Mitchell and Lori Jeremiah along with 5-time Grammy nominee Brandon Heath.
2. Make sure to communicate with your group and share the video link (coming soon), time, date and instructions to join a virtual discussion following the video.
3. Looking for inspiration for a snack or beverage? Check out page 4!
4. Be online and tune to the video link when it premieres on Mar. 4th at 7pm. Host your virtual discussion following the video.
5. Make sure to tag @theanchorgathering and #anchorathome on social media and “like” us on Facebook and Instagram!

VIDEO & ZOOM LINKS

The YouTube link for the Anchor at Home will be emailed out several days prior, and will go live at 7:00pm PST on Mar. 4th so that the whole Anchor community can watch together.

We will also be sending instructions for how to host the Post-Video discussion virtually!

MIXER PROMPTS



CHOOSE ONE, TWO OR ALL THREE PROMPT(S) TO DISCUSS SO THE WOMEN AT YOUR VIRTUAL WATCH PARTY CAN GET TO KNOW ONE ANOTHER.

1

What is your favorite flower or plant?

2

What have the best and hardest parts of your week been?

3

What are a few words that describe how you are feeling tonight?

ABOUT OUR OPENING MUSICIAN

BRANDON HEATH



If Brandon Heath could offer a word of advice about how to navigate a well-lived life, he would sum it up in three words: faith, hope and love. These tenets of the Christian faith have provided an unshakable foundation for his own journey with Jesus through the years, and they continue to be the three virtues he claims in times of both joy and struggle. For Heath, it's simply "instruction for a good life," and this trifecta of wisdom converges on his sixth studio project, Faith Hope Love Repeat (Provident Label Group), an album that fuses his signature pop sensibilities with his storytelling gifts.

A Nashville native, Heath quickly won the hearts of listeners when he released his major label debut in 2006. With four No. 1 singles to his credit, including the RIAA Platinum-certified "Give Me Your Eyes," the singer has garnered five GRAMMY® nominations, an American Music Award nod and an Emmy Award. In addition, he's earned eight Dove Awards, including two consecutive Male Vocalist honors (2009, 2010) and a win for Song of the Year ("Give Me Your Eyes"). He's also been recognized as a top lyricist in his field with numerous songwriting accolades, including being named BMI's 2014 Songwriter of the Year.

There may never be a time when he doesn't battle fear of some sort, but for today, Brandon Heath is taking his own advice, choosing to say "yes" to the open invitation of faith, hope and love. Repeat.

ABOUT OUR ANCHOR MOMENT SPEAKER

LORI JEREMIAH



Lori Jeremiah was born in a rural village in South Korea. She spent her early years fighting to survive before eventually being adopted into the Millard family at age ten. She moved around the United States as her new father was assigned to different military basis. Eventually Lori found her way to Northwest Bible College in Kirkland, Washington, where she met the love of her life, Randall Jeremiah. Lori has spent the last few decades raising her three beautiful children, Hadassah, Mariah, and Benjamin. She has gone by many names and titles throughout her life including 은숙, Patty, Lori, Mom, wife, supporter, cook, shuffer, and peace keeper. Above all else, Lori prizes her relationship with Jesus Christ and strives to live in and resemble his love and image.

ABOUT OUR MAIN SPEAKER

RACHAEL MITCHELL



Rachael Mitchell, writer and speaker, wife and mom, relies on faith, humor and an up-to-date Google calendar to make it through. There's a high chance you'll catch Rachael dressed in sweatpants with a book in one hand, a cup of tea in the other, totally forgetting that she's supposed to be in the car picking up a kid from soccer practice. Connect with her on Instagram: @mitchellfreelancewriting

Rachael will be speaking about finding hope even when life's circumstances make us feel like we're walking in a dark, lonely valley. Drawing on a comfortable and familiar passage of scripture, she reveals some surprising discoveries about the valley.

POST-VIDEO DISCUSSION

WE HOPE YOU ENJOYED THE ANCHOR AT HOME! AT THIS TIME, YOUR HOST CAN LEAD YOUR SMALL GROUP THROUGH THESE DISCUSSION QUESTIONS.

1

Where are you in relation to the valley right now? Deeply in it?
Emerging out of it? Barreling towards it?

2

What do you usually do in relation to pain? Avoid? Numb? Deny?

3

Is there one step towards trusting God with your pain you can take tonight?

COCKTAIL & MOCKTAIL INSPIRATION

THE COZY SWEATER

Makes 1 servings

Recipe by Carol Buchan | <https://northwestcookingafloat.com>



INGREDIENTS

- 8 oz cup of brewed Earl Grey tea
- 1 shot of amaretto (cocktail)
- ¾ tsp. non-alcoholic almond extract (mocktail)

DIRECTIONS

1. Pour 8 ounces of very hot water into a mug or clear glass cup and brew a serving of Earl Grey tea.
2. **COCKTAIL VERSION:** Pour 1 shot of amaretto into the hot tea.
MOCKTAIL VERSION: Pour ¾ tsp. non-alcoholic almond extract into the hot tea.

Covid-19 Considerations: please make sure to be following your state-mandated Covid-19 Guidelines when planning your Anchor At Home. These guidelines can be found on your state government website.

Please share this recipe with your Anchor at Home group of women so they can make it in their homes too!

Given the Phase 2 COVID-19 parameters put in place in Washington State, we are encouraging you to plan your March Watch Party as an online event.

Please drink responsibly.

APPETIZER INSPIRATION

OVERNIGHT PICKLED CARROTS

Makes about 2lbs of pickled carrots

Recipe by Carol Buchan | <https://northwestcookingafloat.com>



INGREDIENTS

- 2 lbs carrots, peeled and sliced in long diagonals $\frac{1}{4}$ " thick
- 2T sugar
- 1 cup water
- 1 $\frac{1}{2}$ tsp. salt
- $\frac{3}{4}$ cup cider vinegar
- 3 cloves of garlic, sliced lengthwise about $\frac{1}{4}$ " thick

DIRECTIONS

1. Bring the water, vinegar, salt and sugar to a boil in a sauce pan.
2. When the mixture is boiling, add the carrots and garlic and take the pan off the burner.
3. Let it cool and pack carrots in a mason jar. Be sure the liquid covers all the way to the top.
4. Keeps for two weeks or more in the refrigerator or several days without refrigeration (it it's not too hot out).

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VIRTUAL MEETING INSTRUCTIONS

After your group has each tuned in to the Anchor at Home video at 7pm, you can move onto the virtual discussion.

We suggest using a free platform like Zoom, Skype, or FaceTime to be able to communicate virtually. If you're not comfortable with one of those methods, a group phone call works too!

We will be praying alongside you and The Anchor community on March 4th that the women "attending" hear inspiring stories, have meaningful discussion, feel encouraged in faith and friendship, and renew their hope in Jesus during this tough season.