



YOUR GUIDE TO THE ANCHOR AT HOME

THURSDAY, MAY 6, 2021

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WATCH PARTY INFORMATION

Covid-19 Considerations

You can “gather” your group virtually or in person under Washington state’s new phase 3 guidelines to be inspired together and discuss what you have heard once the event concludes.

If you are in another state, please make sure to follow 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, May 6th to hear from Guest Speakers Dr. Rowlanda N. Cawthon, Erin Marshall, and Marybeth Launius along with Seattle-based independent singer/songwriter Jess Pillay.
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 May 6th 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 May 6th 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

Share two words to describe your day.

2

Where would you rather go for vacation: the mountains or the beach? Why?

3

What is your favorite time of day and why?

ABOUT OUR OPENING MUSICIAN

JESS PILLAY



Jess Pillay is an independent singer/songwriter from Seattle, Washington. Raised in a Christian family by Indo-Fijian immigrant parents, Jess spent her earliest years immersed in contemporary Christian worship music alongside traditional Hindi cinema soundtracks. Whether she was singing along to a Bollywood song during a family road trip or singing in the church choir, Jess knew at a young age that music was her life's passion and ultimate calling. She spent several years developing her craft as a singer and pianist and studied music formally throughout high school and college. She holds a bachelor of arts in English and a minor in music from Northwest University and has been involved with a variety of choirs, worship teams, and independent music projects.

In 2016, Jess launched herself as an independent singer/songwriter in the Seattle music scene. Since then, she has been writing and performing original music throughout the Greater Seattle Area. She describes her musical style as story-driven, introspective acoustic pop, and her lyrical themes explore a variety of subjects like hope, fear, love, loss, faith, doubt, and the ever-changing nature of personal relationships. You can stream or download her music on various platforms like Spotify, iTunes, and Bandcamp.

ABOUT OUR ANCHOR MOMENT SPEAKERS

ERIN MARSHALL & MARYBETH LAUNIUS



Erin and Marybeth are a mother-daughter, best friend duo who think, act and often accidentally dress alike. Last year, they supported each other in the chaos of covid and Marybeth's cancer, and came out even closer. The dynamic duo now has a third musketeer in Maeve, Erin's 2-year-old daughter, who adds even more sass and fun to the trio.

Marybeth lives in Gig Harbor where she and her husband raised their two children. She is a recently retired elementary school teacher, but still spends most days with little ones. Marybeth is a very active "Mimi", a volunteer for Harbor Christian Center's (HCC) children's ministry, and she also enjoys tutoring students. As an ovarian cancer survivor, she writes a weekly blog inspiring women to live in faith. You can read her encouraging words and funny stories at markedmoments.net.

Erin is a wife and mom of 3 very funny little people who keep her laughing and usually running after them. A UW graduate, Erin worked at Nordstrom for 12 years. She is still an avid Husky fan and a loyal Nordys customer! Now, Erin makes the most of naptimes, doing interior design work with her husband's development and construction firm in Kirkland. Erin loves supporting other women, especially young mothers, and is currently the committee chair for North Puget Sound Young Lives.

ABOUT OUR MAIN SPEAKER

DR. ROWLANDA N. CAWTHON



Dr. Rowlanda Cawthon serves as Dean of the College of Business and as an Associate Professor of Management. She completed Brandman University's inaugural Ed.D. in Organizational Leadership program in 2014, and was the first to complete her course work and defend her dissertation over 100 other doctoral students and candidates. Dr. Cawthon earned a M.A. in Organizational Leadership from Chapman University and B.A. in Communications from the University of Puget Sound.

She began teaching business courses for the School of Business and Professional Studies at Brandman University in 2010. With this experience, Dr. Cawthon acquired a full-time faculty position at Northwest University in 2015, teaching management courses at both the undergraduate and graduate levels. She currently serves as the Faculty Lead for the Business Leadership and Consulting Concentration for the Ph.D./Ed.D. program.

Dr. Cawthon worked in the criminal justice profession for eleven years before transitioning to higher education. While employed with the Department of Corrections, she held positions ranging from Business Analyst to Communications Consultant, overseeing media relations in multiple prisons and field offices in Washington State. In her last role, she served as a Correctional Unit Supervisor, managing a 104-bed unit at Mission Creek Corrections Center for Women.

At Northwest, Dr. Cawthon is known for her passion and willingness to go above and beyond her role as a professor and dean. She actively engages in the community and understands the value of serving as a mentor and source of inspiration for students and colleagues. She is committed to fulfilling her calling and has a genuine desire to be a reflection of Christ in all aspects of her life.

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

What resonated with you about the speaker's message?

2

Share a time when you experienced positive or negative self-talk. If negative, how did it affect you and how did you overcome it?

3

What does God's word say about negative thoughts? How might you be an inspiration to others struggling in this area?

COCKTAIL & MOCKTAIL INSPIRATION

MEYER LEMON LONDON MULE

Makes 1 serving

Recipe by *The.Grateful.Sip* (jarvis@thewelds.com)



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!

Please drink responsibly.

INGREDIENTS

- gin (cocktail), Seedlip Spice 94 or other Seedlip (mocktail)
- fresh lime juice
- citrus syrup (see below)
- ginger beer

DIRECTIONS

1. *Up to one week before the meeting:* Make citrus syrup. Combine $\frac{1}{2}$ c strained citrus juice (Meyer lemon, pomelo, or Cara Cara orange are particularly good) and $\frac{1}{2}$ c organic cane sugar in a small saucepan. Heat and stir constantly only until sugar is dissolved; do not boil. Remove from heat and cool. Label jar and refrigerate up to 1 month. This is excellent in iced tea or other cocktails.

COCKTAIL VERSION:

2. Into a shaker, add 2 oz gin, 2 oz citrus syrup, $\frac{1}{2}$ oz fresh strained lime juice. Shake and strain into copper mug or other glass filled with ice.
3. Top with only 4 oz ginger beer and gently stir.

MOCKTAIL VERSION:

2. Into a shaker, add 2 oz Seedlip Spice 94 or other Seedlip, 2 oz citrus syrup, $\frac{1}{2}$ oz fresh strained lime juice. Shake and strain into copper mug or other glass filled with ice.
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APPETIZER INSPIRATION

RISOTTO CAKES

Makes 8 servings

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



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INGREDIENTS FOR CLASSIC RISOTTO:

- 3 cups chicken broth
- 2T olive oil
- ½ cup finely chopped onion
- 1 cup arborio rice
- ½ cup white wine
- 6T grated Parmesan cheese
- Kosher salt and pepper

INGREDIENTS FOR RISOTTO CAKES:

- 1½ cups panko, divided
- ½ cup coarsely grated Parmesan cheese (2 oz)
- ¼ cup chopped fresh parsley
- 3T chopped green onion
- 1 egg
- 2T Canola oil
- Garnish w/ green onion slivers

DIRECTIONS

1. To cook risotto, bring 3 cups of broth to simmer in small saucepan. Reduce heat to very low; cover and keep warm.
2. Heat olive oil in medium saucepan over medium heat and sauté the onion until translucent.
3. Add the rice and stir until hot and evenly coated. Add the wine and simmer until it is absorbed.
4. Add the broth, ½ cup at a time, stirring constantly and adding more broth when the liquid is absorbed. Keep rice at a brisk simmer, cooking the rice until it is al dente and creamy, 18-25 minutes. Cool completely.
5. To form the risotto cakes, mix ½ cup panko, Parmesan cheese, parsley, chopped green onions, and 1 egg yolk (save egg white for dipping) into the cooled risotto.
6. Divide the risotto mixture into 8 even balls; flatten to rounds about ¾-inch thick.
7. In a shallow bowl whisk an additional egg with the divided egg white until well blended. Place 1 cup panko in another shallow bowl. Dip the risotto cakes into the eggs, then into the panko to coat.
8. Heat the Canola oil in a straight-sided sauté pan over medium heat. Working in batches, fry the cakes until golden brown on both sides, 3 to 5 minutes per side.
9. Transfer with a slotted spatula to paper towels to drain for a few minutes before serving.

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 May 6th 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.