Anglican News

a magazine for the Anglican Community of Canberra & Goulburn Vol. 39 No. 6



o you ever wake up in the morning to find the latest drama you are dealing with entering your mind as you surface? As you drive to work or engage with your favourite activity, do you start mentally turning things over, looking for a solution? Someone commented at a recent meeting I attended, 'Why isn't life more fun?'

Malcolm Fraser once said, 'Life wasn't meant to be easy'. He got that right. When we think back through Christian history and the struggles of the church, and the ultimate sacrifice of the martyrs, this is only too evident. Our own life experience will no doubt provide the same evidence.

Why isn't life more fun? It's because we're human. We make mistakes. Human nature is to leave God on the fringe rather than have him at the centre of our lives. This is at the heart of sin. This is why Jesus came to redeem us. His death and resurrection dealt with sin and its consequences, but for the redeemed it still takes time for the physical reality to catch up with the spiritual reality.

I often liken our struggle with sin to our struggle with physical illness. God has designed our human bodies to heal if the right conditions are in place. If we cut ourselves and keep the wound clean, it will heal. If we break a limb and set the bone properly, it will heal. It's this very principle, programmed by God into every living cell, which allows surgeons to make the difference they do in the lives of the suffering.

And so it is with the things that go awry in our personal circumstances and situations; the conflicts we become embroiled in; the relationships that turn sour; even the things that unravel in the world around us. These things too, can heal, given the right conditions.

Commandments: 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.' In our own difficult situations, healing can happen if we provide these conditions. Conflict and pain and fear can heal, just as our physical bodies can.

Broken relationships can heal if both parties are prepared to practice love for God and for one another, with the kindness, compassion, and forgiveness that characterise

Anything of real value is worth grappling with. It may be difficult to persevere and seek wholeness in the face of things that bring us down, but God continues to heal and restore us as we cooperate with his sanctifying work in our lives.

What are the right conditions? I am talking to the redeemed here. Those who have been saved; those who belong to God. For those who walk with the Lord, he works with us and in us to bring healing to the fractured circumstances of our lives.

God has given us two simple conditions that promote healing. They're found in the words of Jesus as he summarised the Ten it. Broken people can heal. Broken workplaces can heal. Broken parishes and ministry units and schools can heal.

Anything of real value is worth grappling with. It may be difficult to persevere and seek wholeness in the face of things that bring us down, but God continues to heal and restore us as we cooperate with his sanctifying work in our lives. If

we follow his commandments in the power of the Holy Spirit who lives within, his healing can flow into the darkest corners of our experience.

And then life is certainly more fun!

may sound simplistic, This particularly when conflict and difficulty involves another party who doesn't get it. However there is great wisdom in focusing on what we can change rather than what we can't. With God's help, we can change ourselves, and we can leave the other party to God. Whenever we serve God faithfully, inviting him into the parts of our lives we struggle with, it opens the way for his Holy Spirit to bring forth transformation in us.

As with physical healing, we may not experience final victory until we meet Jesus face to face. In the meantime, Jesus calls us to love God and our neighbour, to rejoice in what healing may come, and to trust him with the rest.

God's people and God's world are moving inexorably toward that time when all will be made new. However, we can still experience victory and healing in the here and now, by the power of his redeeming spirit as we partner with him in our sanctification.



Archbishop Prowse's annual ecumenical gathering

Story by Dom Smith from the Catholic Voice, adapted and reproduced with permission.

shared commitment to Christian unity was again highlighted during Catholic Archbishop Christopher Prowse's hosting of his annual ecumenical luncheon.

Thirteen local Christian leaders participated in the gathering on 30 June including for the first time His Grace Bishop Bartholomew, Archiepiscopal Greek Orthodox Vicar of Canberra.

It was also the first for Archpriest Alexander Morozow of the St John the Baptist Russian Orthodox Cathedral.

'I'm delighted to welcome so many leaders of the Christian churches,' the Archbishop said in his greeting. 'So important for all of us to see some gestures of Christian unity here in Canberra.'

In welcoming Fr Morozow, Archbishop Prowse noted he was particularly thinking of Canberra's Russian Orthodox community in these 'fragile times', an item that was also discussed during the lunch.

Other items raised around the table included proposed changes to the Australian Capital Territory's discrimination legislation, proposals for the legalising of hard drugs, and the euthanasia issue.

The Archbishop also wished to hear the leaders' thoughts on the release of Census 2021 figures asserting religious affiliation is in decline in Australia.

The Archbishop's ecumenical lunch has been a regular event over recent years and for some is much anticipated.

'This is one of my highlights every year and I look forward to it,' said the Reverend David Campbell, Senior Minister of Canberra's Presbyterian Church of St Andrew's. 'I am delighted to be back again.'

Bishop Carol said how 'important these gatherings are, because it gives leaders a sense of the breadth of the kingdom of God in our patch, and of the diversity of the work that we do in Christ's service. It was so encouraging to fellowship with the churches of both east and west, catholic and protestant, and underlined the importance of our unity in Christ'.

Clergy Moves

The Reverend Dr Guerin Tueno has had his licence as Assistant Priest p/t Canberra Parish extended until 31.01.2023 and has been appointed p/t Chaplain at The Canberra Hospital from 4.05.2022

The Reverend Tracey Sutherland has had her licence as Assistant Priest p/t Canberra Parish extended until 31.01.2023

The Reverend Kenneth King has resigned as Area Dean Goulburn from 28.06. June 2022

The Reverend John Jenner's ATO has been renewed from 23.06.2022

The Reverend Stephen Neuhaus's ATO has been renewed from 23.06.2022

The Right Reverend Ian Lambert's ATO has been renewed from 30.06.2022

Mr Will Mackerras has been appointed p/t Assistant Chaplain at The Canberra Hospital from 25.07.2022

Anglican News

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Article Submission Details

Articles for each edition need to be submitted by the 25th day of the previous month.

The Anglican News welcomes contributions of up to 600 words that highlight ministry and mission initiatives across the Diocese or explore new ways of engaging a world of difference with the love and truth of Jesus.

Any statements or opinions expressed in articles published in this newspaper are attributed to the identified author and are not necessarily endorsed by or representative of the Diocese or its officers.

New Chaplain continues a 96-year-old legacy at Canberra's oldest Anglican school

by Reece Cummings Interim Executive Director (Communications and Engagement)

n Tuesday, 14 June, the Canberra Girls Grammar School (CGGS) community gathered to celebrate the Commissioning of Reverend Chris Lewis as the new School Chaplain, after he stepped into the role in October 2021 following the retirement of Reverend Jenny Willsher.

Born and raised in Sydney, Father Chris was ordained in 2016 at St Saviour's Cathedral in Goulburn after receiving his Bachelor of Theology from St Mark's National Theological Centre at Charles Sturt University. Before joining CGGS, he served in the Royal Australian Navy, where he worked in various capacities that fostered his deep commitment to service and community, including fighting the fires on Kangaroo Island.

As CGGS Chaplain, Chris takes up the 96-year-old legacy in Canberra's oldest Anglican school. He looks forward to putting down roots and building something new in the community. When asked why Canberra, Chris said that 'Canberra marks a return to his "home" diocese with his wife and four children, where he'd have the opportunity to put down roots and build something new in the community'.

The School Prayer drew him to the position: 'I feel that the living faith is something that we truly inhabit. When we have a faith that is a lifeform, it holds everything, and I go back to the School Prayer: "Almighty God, in whom we move and live and have our being." We are within that.'

CGGS was founded in 1926 by the Community of the Sisters of the Church, an Anglican order led by Mother Emily Ayckbowm. Their pioneering spirit of forwardthinking, fearless leadership continues in Chris's thoughtful ministries challenging people to consider their faith on their terms and embrace it as a dynamic part of life.

'Faith is not simply some cognitive exercise in sense-making,' he says. 'It is the active, transformational and communal expression of life lived in light of the Gospel.

'Every footstep, every breath, every



heartbeat; our movement, our living, our being – is within God. In this sense, our faith is shared when we share our lives with others in a spirit of openness, genuine dialogue and faith in being.

'We know that the nature of religion and philosophy is changing. The Chapel at CGGS provides a way to create connection and preserve the School's spiritual heart, while providing good theology for students.'

Chris' Commissioning was held at the Senior School Hall and attended by CGGS students from Years 3 to 12. The Right Reverend Carol Wagner, Assistant Bishop at the Anglican Diocese of Canberra and Goulburn, led the ceremonies and formalised his appointment as Chaplain of Canberra Girls Grammar School. Also in attendance at the service were Mr David Holmesby, Chair of the Gabriel Foundation, the Very Reverend Phillip Saunders, Dean of St Saviour's Cathedral, and members of the School board.





Diocese Database Team - Positions Vacant

The Anglican Historical Society of our Diocese has through extraordinary volunteer effort over a significant number of years compiled a database of Bishops, Priests, Parishes, Churches, photographs and other important documents spanning the earliest days to the current era.

The desire and intention is to mount this database in a cloud product. However, before embarking on this feature new volunteer support is required, perhaps a small team, including a database coordinator, one or two data entry assistants and an administrator to scan photographs and upload them to a computer.

The database coordinator and the data entry assistants, would be required to continue the maintenance of the database including uploading new entries, photographs etc. The administrator would be the point of contact for public requests to access the database and to then provide the necessary link to the agreed records.

For more information please visit anglicancg.org.au/ahs-database-team/



Human Resource Professionals Required at ADS

The Anglican Diocesan Services HR team is looking for qualified Human Resource professionals who share a connection with the Christian Mission of ADS. Positions include:

- Human Resource Business Partner (Anglicare)
- Human Resource Business Partner (Schools)
- Recruitment Coordinator
- Human Resource Team Assistant

For position descriptions and further details, please email hr@anglicands.org.au



A Pentecost Confirmation at Manuka

by Reverend Kay Pendlebury

n the Feast of Pentecost, 5 June, the congregation at St Paul's were blessed with a spirit-filled service of Holy Communion with the Rite of Confirmation. As we gave thanks for the gift of the Holy Spirit, we welcomed and celebrated the affirmation of baptismal vows by seven members of our congregation. It was a special and holy occasion, and a splendid one with the church decorated with red and yellow banners and flowers.

Four children and three adults presented themselves as candidates for confirmation. Over the preceding months, the Rector, the Reverend Canon Dr Ben Edwards, met with the candidates and prepared them confirmation. Together they worked through the book, 'Faith Confirmed: preparing for confirmation' by Peter Jackson and Chris Wright. The classes required reading and responses, and the viewing of video clips, which involved a lot of thought and reflection, but also a lot of humour and fun.

Once the candidates were prepared, their sponsors presented them to the congregation on the Feast of Pentecost. Bishop Carol was the confirming bishop, and after laying hands on the candidates, she prayed:

Almighty and everliving God, watch over these your servants: Luke, Ava, David, Timothy, Monique, Alastair and Avisha upon whom we have now laid our hands. Let your holy spirit always be with them and lead them to know and obey your word, that they may serve you in this life, and dwell with you in the life to come: through Jesus Christ our Lord.

What a wonderful prayer! How blessed are those disciples of Christ who have reaffirmed their baptismal vows, and have the prayers of the community, and the cloud of witnesses, behind and before them. The Rite of Confirmation is also a call to the gathered community to support these our sisters and brothers in their promises. May we all serve God in this life, and dwell with him in the life to come.

By the grace and abundance of God, the candidates for confirmation were supported spiritually by the St Paul's Prep and Junior Choirs. The Introit Anthem, 'Jubilate Everybody' (Fred Dunn) was sung by the Prep Choir, which is made up of children aged 3 to 7.

The hymns and other choral works in the service were sung by the Junior Choir, made up of choristers between the ages of 7 and 12. The mass setting was 'Mass for young voices' (Kyrie, Sanctus, Agnus Dei) composed by Canberra-based composer Michael Dooley in 2020 for the St Paul's Junior Choir (commissioned by the Parish of Manuka Arts Foundation).

Our Prep and Junior Choristers make a blessed and life-affirming contribution to our worship, and in this service we also commissioned two choristers into the Junior Choir. These children have musical gifts, which we are asking them to dedicate to the worship of God and the strengthening of His Church. This will require discipline and practice.

The service was followed by a sumptuous feast of culinary delicacies and much joyous frivolity in the church hall.

If you would like to watch a video of the service, it is available here:

https://www.youtube.com/watch?v=LnAusFIExJ4







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Kindness garden planned for Boorowa

by Derrick Mason

strong Christian faith, which governs her outlook on life, and her work as local school counsellor, were the main topics chosen by Sorubi Thavaratnam for her recent talk to a Boorowa Combined Churches' dinner.

Sri Lankan-born Sorubi told her audience that it was her hope that her life might be an 'expression of worship'. She grew up in a family of Sri Lankan Tamils in a multireligious country dominated by Buddhism.

Sorubi's experience of life and faith has been enriched by living with her family in countries as diverse as Nigeria and Wales!

Although she admits to asking 'where is Boorowa,' when she first received her posting, Sorubi now says that living, and making friends, there has been 'a beautiful experience'. In addition to her counselling duties, Sorubi hopes to gain accreditation as a lay-minister in the local Anglican Church.

She said that her job as a counsellor required her to often meet people who were in a most raw and vulnerable mental condition. Sorubi is hopeful that more might be done to improve access for more people to have the benefit of psychological assessment. It is planned that the local Anglican Church might be able to assist by making facilities available for this work to be carried out on a regular basis.

Reaching out to local children and their families is a task which can have very beneficial results.

'I hope we can work towards a vibrant church community, as most people are open to God in some way.'

Sorubi indicated that planning included turning the now-disused tennis courts at St John's Church into a 'Kindness Garden,' where local residents might find peace, contentment and fulfilment.

Already there has been considerable support for the project, particularly from local schools.



Guest speaker Sorubi Thavaratnam with Ron Hoile and Catholic Deacon Patrick Whale at the recent combined churches' dinner at Boorowa. Sorubi spoke of her Christian faith and her work as a school counsellor.

'It may take as long as 12 months to get the garden off the ground. There will be a job for everyone!'

Sorubi's talk provoked a positive response from her audience, with

many indicating strong approval for a counselling programme directed by someone with a practical Christian faith background.



refreshed: a women's retreat at St Martin's College

St Martin's College is hosting *refreshed;* a four-day Women's Retreat on the campus of Charles Sturt University in Wagga Wagga from 22-26 November 2022.

The retreat is open to women of all ages and provides them with the opportunity to spend extended personal time with God in the beautiful college surroundings and the countryside of Wagga Wagga.

Each day will include morning and late afternoon corporate times together to sing, read God's word and pray. There will be opportunity to spend time alone with God before and after lunch, either on site or enjoying one of the many bushwalks nearby.

There will be optional workshops over the four days by a range of people on spiritual practices that the presenters have integrated into their own lives. Workshops will include: mediating on Scripture; ways to pray; the value of silence and solitude.

This is the first women's retreat to be held at St Martin's College and provides an opportunity for women to come and be refreshed as they spend time sitting at the feet of Jesus, listening to him.

Participants will have their own private bedroom (with King Single bed), in a cottage that has shared bathrooms and a kitchen. Meals will be provided. All rooms are air conditioned and there is plenty of free parking available.

Transport from the bus and train station or the airport can be arranged if required.

For further information about the Retreat contact stmartins@csu.edu.au or phone 02 6933 4966.



Call to Prayer for the 15th Lambeth Conference

Friday 22 July, 6-8pm, St John's Reid

Anglicans – and other Christians – from around Canberra are called to attend a Prayer Vigil on Friday 22 July at 6pm, hosted by the city centre parish of St John's Reid.

The Prayer Vigil will take the form of a Eucharist presided by the Rector of St John's, Rev Dave McLennan, and will include an extended time of prayer for the bishops of the Anglican Communion (including our own Bishop Mark and Bishop Carol) as they travel to England from all around the world to attend the 15th Lambeth Conference from 26 July to 8th August 2022.

For more information and to download the prayer guide please visit: anglicancg.org.au/call-to-prayer-for-the-15th-lambeth-conference/



'No Barriers between God and us'

Confirmation at St Edmund's Gunning

by Reverend Hadyn Swinbourn

n her address to the candidates for confirmation at St Edmund's, Bishop Carol Wagner, speaking from 2 Corinthians 5, reminded the confirmees that the reconciling work of Christ Jesus on the Cross has torn

down the barrier of sin that kept us from a full relationship with God. She also encouraged everyone who gathered to support the candidates, not to 'almost come to Jesus', or to, 'stop just short of the repentance and faith that will bring them (us) forgiveness and eternal life'.

The public profession of faith in Confirmation is an announcement of full allegiance to Christ. Georgia Granger and Charlotte Lees were supported by family and friends as well as the congregation of St Edmund's as they made their profession. When the congregation of forty odd were asked by the bishop, 'You have heard these sisters renew their response to Christ. Will you support them?' the resounding response was, 'WE WILL!'

Georgia Granger commented, 'Being confirmed was a step in life I wanted to make, to announce and rely on my own faith, and not just my parents. I could think of no better place to be confirmed than St Edmund's, a supportive community full of love and laughter. It was a lovely ceremony filled with thoughtful bible passages and comforting words. The church was packed and there was no hesitation to support us candidates throughout our Christian journeys. The service was nicely topped off with a spectacular morning tea filled with chatter and a delicious assortment of cakes, neatly tying up the perfect morning?

The Confirmation was held on 19 June 2022 in St Edmund's Church Gunning, and despite 19th century heating, the atmosphere was warm and the celebration enjoyable.

The ministry from St Edmund's continues to be a vibrant one, with younger people making strong faith statements this encourages not only those being confirmed but the whole faith community.

The congregation moved to the well-heated hall following the service. A hearty morning tea was enjoyed by all including the best egg sandwiches in the world. These have become a regular feature of after-service fellowship. St Edmund's is a welcoming church and spiritual home for many.



Georgia (front) & Charlotte (rear), in prayer before the laying on of hands.

Behind a Majestic Hymn

by Reverend Robert Willson

Recently I was leading worship in a small church and we sang a familiar hymn. We all know it. It is number 49 in the Australian Hymn Book and begins 'O God of Bethel, by whose hand your people still are fed...' It is in fact a paraphrase of Genesis 28, vss 20 to 22, and the words are by Philip Doddridge.

One of the first clergy to minister where the National Capital now stands was a Presbyterian Minister named Hamilton. The Reverend William Hamilton was born in Kilmarnock, Ayrshire, in 1807, the son of a clergyman, and was educated at the University of Glasgow. He was ordained a Church of Scotland minister.

He arrived in NSW in 1837 and

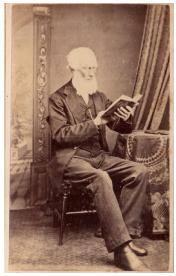


Photo courtesy of Mortlake and District Historical Society Inc.

immediately travelled to Goulburn, where he ministered for the next nine years. I often wonder if Hamilton met Bishop Broughton on Broughton's 1845 visit to Goulburn. In 1840 Hamilton took leave of his arduous ministry to go to Melbourne where he married Margaret Clow. The couple had five sons and three daughters.

Hamilton was a faithful pastor and

a dedicated evangelist, but he found himself caught up in the divisions of the Presbyterian Church at that time. These divisions were exacerbated by the outrageous conduct of Dr John Dunmore Lang. Several Presbyterian Ministers, including the Reverend James Allen of Braidwood, appealed to Bishop Broughton and took Anglican Orders. But Hamilton declined to take this course, being stubbornly loyal to his Scottish Presbyterian heritage.

Finally in 1846 Hamilton decided that, to avoid a split in his congregation, it was his duty to leave them and go to Victoria, and start afresh, out of reach of Dr Lang! The family packed up all their goods and loaded them onto a large dray and set out through the bush.

Hamilton tells us in his diary, now in the National Library, that the first day a shaft in the dray broke and forced them to camp by a creek, while the dray was repaired. Amid the silent bush the family and servants all sang this paraphrase, number 49 in AHB, 'Who through this earthly pilgrimage, have all our fathers led'. Read over the words and see how appropriate they are for the

arduous journey of life.

In Victoria Hamilton became pastor at Kilnoorat, and then at Mortlake where he died. I can never sing this paraphrase without thinking of his courage and determination in making that epic journey through the almost trackless bush, with Margaret and the small children and servants.

Philip Doddridge, the author of this paraphrase, was a dissenting or Congregational minister in the 18th century. He was a great scholar and served for a time as pastor in the village of Kibworth near Leicester. Kibworth was the village chosen by Michael Wood in the very popular television series 'The Story of England'. Wood told the story of that village from ancient times until now and mentioned the dissenting academy but not Doddridge.

These days Christians of all traditions share the great hymns. I was once at Mass in a Roman Catholic church and the congregation enthusiastically sang that inspiring Anglican hymn: 'For all the saints, who from their labours rest; who thee by faith before the world confessed...'



Persecution in Nigeria escalates

submitted by Amy Touzell, Anglican Aid

Persecution of Christians around the world continues to grow. It was reported* that last year 5,898 Christians were killed for their faith, over 1,000 people more than the previous year. The bulk of these deaths were in Nigeria with 4,650 Christians losing their lives at the hands of Islamic groups Boko Haram, Fulani militants and Islamic State West Africa Province (ISWAP).

Kidnapping for ransom and attacks on Christians and their property by these groups continues in Nigeria. More people are displaced with each attack on vulnerable villages, the kidnapping of people – predominantly women – has escalated, and poor villagers are forced to sell property to redeem their family members or they are killed by the Fulani Islamist militia groups.

On 5 June, armed men entered a Roman Catholic Church in Owo, detonating explosives and opening fire during a Sunday service, killing 40 people. Many more were injured. The identity and motive of the attackers has not been revealed.

A week earlier, Samuel Kanu, the head of the Methodist Church in Nigeria was kidnapped, along with two Methodist priests who were travelling on a highway with him in south-west Nigeria. Soon after the news broke, members of the Methodist Church in the country started hourly prayer chains for the release of Dr Kanu and the other priests. Praise God they were released two days later.

Anglican Aid, along with the Diocese of Canberra and Goulburn, has continued to work in partnership with the Diocese of Jos to support our brothers and sisters in Kaduna and Plateau States who have lost homes and livelihoods due to militant attacks. The Diocese has supplied maize, beans, water pumps, grinding machines and zinc roofing sheets to repair houses that have been burned down. In north and central Nigeria last year over 10,000 people were displaced by attacks

Mrs Andimini's husband, a Christian leader, was kidnapped and then killed. from Islamist groups.

The Bishop of Zonkwa Diocese, Right Reverend Jacob Kwashi, was the team leader in the distribution of the food and roofing sheets to villages in southern Kaduna. 'No organisation, not even the government, provided any relief to the thousands of people that were displaced by these senseless attacks,' said Bishop Kwashi. 'This has given us hope as well as assurances of the prayers of our brothers and sisters. We are grateful.'

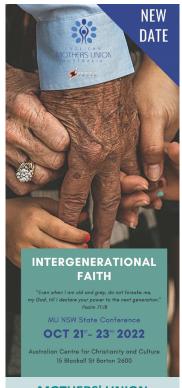
Mrs Lawan Andimi was given a grinding machine to help feed her six children. Her husband, a Christian leader, had been kidnapped and killed by Boko Haram in 2020. She said, 'Please give my gratitude to the brothers and sisters in Australia who have made this sacrifice'.

The Chairman of the Community Christian Association of Nigeria in Miango, Plateau State, said the aid from Christians in Australia was a tangible expression of God's love: 'I have had the confidence to stand in front of the congregation in church and proclaim the love of Christ as demonstrated by our brothers and sisters abroad through Anglican Aid. How else could I have told them that Jesus cares and how could God have proven his love but through the demonstration of the help, the food

and these roofing sheets coming from people we do not know and have never met? Look at the village now and see the re-roofing that is going on. Where would we have raised the funds to rebuild these houses and roof them? Brother, this is God, and we thank those who sent these funds.

Please continue to join us in praying for Nigeria, especially the central region. Pray for an end to the violence, for the safety of the Diocese of Jos project team as they travel to communities to distribute aid and that Christians in Nigeria will hold on to the gospel in the face of opposition. Please also keep Archbishop Ben Kwashi of Nigeria in your prayers. Sadly, due to ill health, he is no longer able to travel to Australia in August to speak at various engagements about strengthening Christians facing persecution. Please pray for his recovery, as Anglican Aid together with the Diocese of Canberra and Goulburn continue to build our practical partnership with the Diocese of Jos, in support of the gospel ministry in word and works of grace that Ben has pioneered and led so ably.

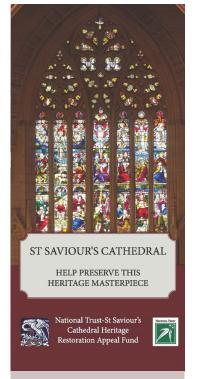
*The Open Doors World Watch List 2022



MOTHERS' UNION NSW STATE CONFERENCE INTERGENERATIONAL FAITH

New details and brochure available here:

anglicancg.org.au/mu-intergenerational-faith/



Donate to St Saviour's Cathedral Heritage Restoration Appeal to help preserve this masterpiece.

New brochure and details are available at: anglicancg.org.au/ wp-content/uploads/St-Saviours-Heritage-Appeal.pdf



Eat your food with gladness



Creamed Chicken with Buttered Almonds

This month's recipe is provided by Joan Eberlé from Mothers' Union.

Ingredients

500 gms of cooked chicken - thighs are best (chopped)

80 gms of butter

1/2 cup plain flour (gluten free can be used)

Salt to taste and a small pinch of cayenne pepper (1/4 teaspoon or according to taste)

500 ml milk and 500 ml chicken stock

Juice of 1/2 a lemon

1 or 2 gherkins finely chopped 3 tablespoons of egg mayonnaise (vegan or dairy free are options) 3/4 cup of grated tasty cheese 1 cup of soft breadcrumbs (gluten free can be used) tossed in 2 tablespoons of melted butter

2/3 cup of almonds (I use almond slivers but you can use whole almonds with skin removed) browned lightly in butter

Method

Melt butter, add flour, salt and cayenne. Cook for one minute.

Add milk and stock and stir over heat until it comes to the boil and thickens.

Add lemon juice, chopped gherkins, mayonnaise, cheese and chicken.

Pour into greased casserole dish and top with buttered bread crumbs.

Place in a moderate oven at approximately 180 degrees to heat through and until breadcrumbs are nicely browned.

Serve with the buttered almonds sprinkled over the top.

This casserole can be made in advance e.g. the day before and stored in the fridge.

Pine nuts are an alternative to almonds

'... eat your food with gladness ...' ~ Ecclesiastes 9:7

