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Most of the papers included in this volume were first presented at a conference convened by the Friends of Mount Athos at Madingley Hall, Cambridge, in 2003. Mount Athos is the principal surviving centre of Orthodox monasticism and the spiritual heart of the Orthodox world. The aims of the conference were to draw attention to the historic importance, the spirituality, and the religious legacy of the Holy Mountain and to shed light on the contribution made by Athonite monasticism not only to worldwide Orthodoxy but also to Christianity at large. Many of the papers focus on particular individuals who from the fourteenth century to the twentieth have exemplified the spiritual traditions of Athos and whose memory as spiritual fathers, confessors, and ascetics continues to inspire their successors today.