

**Friends of Mount Athos- Cardiff lunch in aid of the Axion Estin Appeal
Tuesday 17 May: Visit to St Nicholas church and lunch with speaker (Chris Thomas)**



**Lunch in Cardiff to support the Axion Estin Appeal.
Speaker: Chris Thomas, vice-chairman of the Friends of Mount Athos.**

Chris Thomas FRGS, FRSA is a seasoned path clearer, vice-chairman of the Friends of Mount Athos and co-author of *Encounters on the Holy Mountain*. He is a very proud father of three, owner of Dexter the ridgeback and a huge Arsenal fan.

Timetable 11.00 Coffee kindly provided by the church, followed at 11.30 by a guided tour of the Greek Orthodox church of St Nicholas, Greek Church Street, Cardiff Bay CF10 5HA. Our guide will be Father Nicholas (Price). The church, purpose built in 1906, is in excellent condition with a large number of recently painted icons. "A scholarly little essay in the Byzantine style" (Pevsner)

12.45 Leave St Nicholas church to walk to Cardiff & County Club, Westgate Street, Cardiff, for lunch which will be served at 1.15.

After lunch, Chris Thomas will focus on Mount Athos, one of the most beautiful, holy and treasure filled places on earth. Although it would be impossible to see, understand and appreciate all of it in one lifetime, visiting the monasteries of Athos and walking the ancient paths between them can dramatically change your life. Our speaker will tell us about the dramatic impact the Holy Mountain has had on his life and will illustrate his talk with striking anecdotes and breathtaking photographs.

We expect to finish around 3.30.

Both the church and the Club are within a 10-minute level walk from Cardiff Central station (for the church, use Cardiff Bay exit). Arrival by train (or by using Park and Ride) is strongly recommended as parking in Cardiff is difficult and expensive. Parking might be possible at the Club for blue badge holders- please enquire of the organiser.

Cost: £50 (sterling only) to include coffee, lunch (Fish of the Day or Fillet of Beef, with welcome drink), to include a donation to the Axion Estin Appeal. Please notify specific dietary requirements in advance. Please book **before 13 May** which is also the cancellation date. Guests are welcome

Dress: The Club requirements are (for men) a jacket and tie, smart trousers and shoes. Ladies should wear smart attire.

Organisers: Alun Davies, with David Lermon (Beech House, Cotswold Avenue, Lisvane, Cardiff CF14 0TA Tel 029 20751017 or 0755 7799933) Email david@lermon.org

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Please reserveplaces for this event at £50 per place.

- I enclose a cheque for £.....payable to David Lermon.
- I have arranged transfer of £.....to David Lermon's bank account Sort code 30-91-63 Account number 00943773. Please quote reference Your surname and initials- FOMA

Name.....

Telephone number and Email.....