FOR IMMEDIATE RELEASE

Practicing a Simple Life To Be Topic of April 23 Talk at Cal Poly

SAN LUIS OBISPO -- Paula Huston, nationally known author and a lecturer in Cal Poly's English Department, will speak about practices for a simple life -- the topic of her latest book -- at 7 p.m. April 23 in Philips Hall in the Christopher Cohan Center on campus.

Huston is associated with the New Camaldolese Monastery at Big Sur. She has traveled widely and written extensively on spiritual topics.

In Huston's forthcoming book, "The Holy Way: Practices for a Simple Life," she asserts that the stressful, complicated and demanding nature of contemporary existence creates the need for a simpler, purer and more focused life.

Tracing the history of spiritual simplicity from the ancient world to the present, Huston discovered 10 principles of living for modern seekers, according to Sister Mary Pat White of the university's Newman Catholic Center.

"Each principle arises out of Huston's own experiments with the disciplines of solitude, silence, ascesis, chastity, devotion, right livelihood, reliance on providence, integrity, charity and tranquility," Sister White said.

Huston is also the author of a novel, "Daughters of Song," and is co-editor (with Thomas Grady) of "Signatures of Grace: Catholic Writers on the Sacraments," for which she also wrote the essay "Matrimony."
Her short stories have appeared in American Short Fiction, North American Review, Missouri Review and Story, among others. She is the recipient of a National Endowment of the Arts fellowship in creative writing.

"The Holy Way: Practices for a Simple Life" is expected to be in bookstores in November 2003. She is currently at work on "Pilgrim Heart," a book about her trip around the world.

For more information, contact Sister White at 543-4105, mpatwhite@slonewman.org or go online to www.slonewman.org.

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