



Mount Saint Mary College
Catholic and Dominican Institute
FOUNDERS DAY LECTURE

**Dominican and Buddhist
Contemplative Practices –
Writing in Action**



Tuesday, October 3, 2023 • DC 218 • 4:00 PM

Anthony Russel Farina, M.F.A.

Please join novelist and Associate Professor of Humanities at Siena Heights University, Anthony Farina, as he shares his history with Dominican and Buddhist contemplative practices.

He will delve into his process for writing and how he uses active contemplation to complete everything from a text message to a 350-page novel. He will offer advice on how everyone can apply the principles to face the blank page and create thoughtful and purposeful writing regardless of the subject.

A.R. FARINA is an Associate Professor of Humanities and the Liberal Arts Studies Coordinator at Siena Heights University, MI. He has both an M.A. Ed. and an M.F.A. in Creative Writing. *Welcome to Mansfield*, the first book in his series *The Austen Chronicles*, a modern-day retelling of Jane Austen's novels, is available now. He is an avid writer and shares his empty nest with his wife, a librarian, where they read books and watch sunsets.

