

# Epicurean substitute for prayer

**Post by “Don” of August 26, 2020 at 8:08 AM**

I found these articles that may be helpful. Even the Buddhist ones appear "non-denominational"

<https://leftbrainbuddha.com/bedtime-ritual-help-thanks-wow/>

[https://amp.reddit.com/r/Parenting/co...s\\_bedtime\\_poem/](https://amp.reddit.com/r/Parenting/comments/bedtime_poem/)From there:

We are very thankful

We are very glad

For friends we meet

Food we eat

For home and mom and dad.