

Epicurean substitute for prayer

Post by “Mathitis Kipouros” of August 26, 2020 at 2:24 PM

[Quote from Don](#)

"I am grateful for this food, the work of many people..." On a basic level, it makes us stop and think how we're connected to people and the world from who made the meal to who grew the food to who shipped the food and so on.

Yes this is a good point.

[Quote from Don](#)

With Nature, maybe gratitude isn't the right word. I think we can feel fortunate that we're alive and able to experience the pleasure of the sunshine on our face, the sight of stars in the sky, the power of a thunderstorm.

Well, yes. Acknowledging that it is good that we are where we are and can experience what we can experience, and to be able to reflect on it. Lucky lumps of atoms we. I agree this is a reason to be happy and good to have in mind before going to bed.