

# **Sunday, October 5, 2025 - Sunday Zoom Discussion Topic - "Organization And Procedure In Epicurean Groups"**

**Post by "Cassius" of October 5, 2025 at 4:05 PM**

One of the things that I wanted to note as a result of this conversation is that Raphael asked us to hold a session at some point on how we might reconstruct practices / habits / techniques / routines that would be of use in applying Epicurean philosophy.

We've touched on that many times over the years but haven't recently generated an up-to-date outline. There's unfortunately a lot of speculation and subjective opinion in any such list, but yes that will be a good project so I'll work toward that goal.