



HOW TO EIKAS

A FEAST OF FRIENDSHIP AND WISDOM

And from the revenues made over by me to Amynomachus and Timocrates let them ... in consultation with Hermarchus, make separate provision ... for the meeting of all my School held every month on the twentieth day to commemorate Metrodorus and myself according to the rules now in force.

- Epicurus of Samos, Final Will and Testament



SOCIETY OF FRIENDS OF EPICURUS

SOCIETYOFEPICURUS.COM
@SocietyEpicurus

ASSEMBLE YOUR KOINONIA

A Koinonia is a natural community of like-minded Epicurean friends who practice philosophy together and become a steady presence for each other.

ASSEMBLE YOUR PROGRAM

Four Traditional Foods

- bread
- water
- wine
- cheese

Libation Formula

"We toast the memory of Epicurus of Samos and of Metrodorus of Lampsacus. Happy Eikas!"

Sources for the Program

Epicurus' Epistles and Principal Doctrines, Philodemus' scrolls, and Lucretius' poem *De rerum natura* feature prominently among our sources, but we are not limited to them.

The Eikas tradition is part of Epicurean philosophy's community-building toolkit. It includes two portions: a libation in memory of the two main founders, and an educational-ethical program.

TO PARTICIPATE IN SOCIETY
OF EPICURUS' VIRTUAL
EIKAS, YOU MAY JOIN US AT:

FACEBOOK.COM/GROUPS/EPICUREANGARDEN