

StoicDan Spoke at National Day of Prayer at AdventHealth in Altamonte Springs

For Immediate Release
May 12, 2025

StoicDan, (407) 327-7000
askstoicdan@gmail.com

(ORLANDO)—On May 1st, StoicDan, leader of the Orlando Stoics, was invited with other faith leaders to speak at the National Day of Prayer event. The event was held at AdventHealth Hospital at 601 E. Altamonte Dr., Altamonte Springs, Florida.

"The National Day of Prayer is an opportunity for Americans of all faiths and philosophies to pray and reflect," said StoicDan. "That includes secular groups like humanists and atheists."

The event is observed annually throughout the United States as a chance to promote unity and humility, especially during a chaotic time such as this.

"This is a time that many political groups are seeking to divide the population over the smallest issues," said StoicDan. "While we may not agree on the beliefs we all hold, we can at least unite in the fact that we *have* beliefs."

The National Day of Prayer also highlights gratitude for frontline healthcare workers. It also fans the hope for more wisdom from people in leadership roles, whether in the community, business, or government.

StoicDan followed prayers by Dr. Joel Hunter (Pastor of Action Church) and Imam Wali (Islamic American Muslim Community Center). StoicDan's secular reflection was a message that all groups can appreciate. He used the metaphor of taking time to self-reflect each day as a way to improve one's character.

He cited the example of Seneca the Younger, a Stoic philosopher who wrote a series of letters around the year 65 AD. In one letter, Seneca described staying up late at night and writing in his journal that we should "balance our books" each day.

This secular idea reinforces the Stoic notion that we cannot control other people, their ideas, or their decisions. Rather, we can only control our own thoughts and values.

StoicDan's message was that this idea can be applied by people of all faith and non-faith traditions as a way to improve ourselves.

The National Day of Prayer event was attended by hospital staff, chaplains, and some patients.

Azahel Almerida, Chaplain Manager of AdventHealth Seminole, told StoicDan, "AdventHealth serves thousands of patients from diverse faith traditions, and our team members reflect this rich spiritual diversity. As chaplains, we are deeply fulfilled by the opportunity to provide spiritual care that honors each person's unique beliefs and supports their healing journey."

###

About Orlando Stoics:

The Orlando Stoics is a philosophical discussion group that originated in April 2015 and is the third-largest Stoic discussion group in North America after Toronto and NYC. It hosts six weekly meetings, both online and in-person, uniting participants from the United States, United Kingdom, Australia, Thailand, and Nepal. The group examines Stoic principles and their intersectionality with diverse philosophical frameworks. All programming is free and open to the public.