

# An Epicurean Christmas

**Post by “Kalosyni” of December 4, 2023 at 9:43 AM**

As we enter into the holiday season, I've been contemplating Christmas...which is a Christian holiday, but which has been taken over by western culture and has come to be a time to gather with family and friends to celebrate the beauty of winter and the joy of exchanging gifts, regardless of whether or not one is still Christian.

So something that perplexes me is the gift giving aspect, because it feels like an obligation. And yet I do get joy from giving gifts. And then there is the "worry" of what to buy or (make a craft item) that will please the recipients.

And I don't want to buy into the commercialisation of Christmas...not only the noisy advertising that urges you to "give really good gifts" to everyone, but which also includes the over-indulgences in Christmas sweets (external food stimulus rather than actual internal hunger).

So then this comes down to a personal decision, as to how far to take things, and to really ponder what brings pleasure and joy (without stressing out on things).

And then to consider that gift giving is a way to express gratitude and an act which reinforces the mutually beneficial ties of friends and family.