

# Epicureanism as the spiritual essence or 'religion' of an entire community

Post by “Pacatus” of February 9, 2024 at 7:42 PM

Some of us see Epicureanism more as a philosophy, some as more religious in nature – some of us have a foot in both camps (as do I: I tilt toward the philosophical, which seems the safer space for me, but have some affinity for the more religious view). Some of us have more missionary interests; some of us are just trying to put the teachings into practice in our own lives as best we are able, given our personal situations – both as individuals and as part of wider communities, family and the like. None of those have to be polar, let alone adversarial, positions (though they can become so.)

There will be disagreements among us – some of them strongly felt, some of them sharply stated. None of us are immune from error (especially me, stubborn though I am); but none of us need shrug off our convictions. Some of us tend (at least sometimes) to learn more from debate than simple study; some less so. Argument among friends can be valuable and valued – among entrenched adversaries, generally useless (and sometimes erstwhile friends become such adversaries, irreparably so).

I have in the past relished such argument. But, as I've gotten older (slow learner!), I've realized that, more often than not, it has a corrosive effect on both my emotional and physical well-being. So, this year, I told myself I would swear off. Thus far, I have been less than successful at restraining my entrenched tendencies (and reacting unwisely to old indoctrinations). And I appreciate being called out on that, by friends, when I fail. I will try to do better. I will strive to be more *pacatus*: peaceful – outwardly and inwardly. Simply expressing my thoughts, and listening to others. (Still stubborn, though ... 🙄)