

# **January 1, 2024 - First Monday Epicurean Philosophy Discussion - Via Zoom**

**Post by “Kalosyni” of December 26, 2023 at 3:44 PM**

Happy  
New Year!



2024

# First Monday Epicurean Philosophy Discussion

January 1, 2024 - 8pm ET - Via Zoom



"While you are on  
the road, try to  
make the later  
part better than  
the earlier part..."

-- VS48



Next Monday is our First Monday Zoom on January 1st!

<http://www.epicureanfriends.com/thread/3607-january-1-2024-first-monday-epicurean-philosophy-discussion-via-zoom/>

This Meet-and-greet and Epicurean philosophy discussion is a great way for **both long-time members -and- new members** to meet with others who are studying the philosophy of Epicurus -- and as the Letter to Menoecus says: "So practice these and similar things day and night, by yourself and with a like-minded friend, and you will never be disturbed whether waking or sleeping, and you will live as a god among men: for a man who lives in the midst of immortal good is unlike a merely mortal being."

If you haven't yet participated in a First Monday Zoom meeting, please message Cassius for further info.

Agenda for the evening: We will run about an hour, and start with greetings. Since this will be the first day of the new year, a great topic to discuss is VS48 and the intersection of pleasure, planning, and New Year resolutions -- We'll have a few questions to throw out to spur on the discussion, and we'll also leave some time for open discussion as well, and Q&A for any who have questions.

Hope to see you there! 😊

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### **Post by “Raphael Raul” of January 1, 2024 at 2:34 PM**

Hello, Kalosyni, and members of Epicurean Freinds. My name is Raphael-Raúl, and I have been a member of Epicurean Friends for about a month now. I have been studying philosophy in general since I was about 19 years of age, sixty-something years ago. I have been reading Epicurean philosophy on my own, on and off, for about twenty years. After studying many philosophies over decades, I found that Epicurean philosophy was the one that most strongly resonated with my way of life as an artist, and how I have approached my life. Searching for freedom, especially freedom from the mob that is society in general, Independent self-sufficiency, the seeking of intellectual and artistic pleasure, and those of the body and heart, when not enslaving and disturbing, has been my approach to living. Epicurean philosophy, especially in the last two years through much reading, has again reaffirmed my own instincts towards how I want and have lived my life. I seek a deeper understanding of this most logical, practical, and pleasurable way to live by discussing it with other Epicureans.

...I want to attend the first Monday meeting today, January 1st, 2024.

Please let me know how to attend. I assume I will receive a link by email for the Zoom meeting today at 8 pm.

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### **Post by “Kalosyni” of January 1, 2024 at 3:04 PM**

<http://www.epicureanfriends.com/thread/3607-january-1-2024-first-monday-epicurean-philosophy-discussion-via-zoom/>

Hi [Raphael Raul](#) thank your for your introduction here and in your Welcome Thread 😊

You have now been added to the Zoom link conversation, and looking forward to meeting you tonight!

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## Post by “Kalosyni” of January 2, 2024 at 10:25 AM

Thank you to everyone who attended last night's meeting. We had a total of 9 people attend.

Our brief topic of discussion was: Would Epicurus be in favor of New Year's resolutions? (And people were welcome to add any personal thoughts on setting New Year's resolutions).

Here are some discussion comments from several participants (paraphrased):

- Would not want to guess what Epicurus thought, but he would likely be in favor.
- It works best to think of a resolution as an intention, so setting an intention.
- Being against the idea of "binge and purge".
- Importance of taking "baby steps" when setting a goal or resolution.
- No need to limit setting a resolution to only the start of the year - it can be done all year long.

### Pleasure, Planning, and New Year's Resolutions

VS48. While you are on the road, try to make the later part better than the earlier part; and be equally happy when you reach the end.

PD16. Chance steals only a bit into the life of a wise person: for throughout the complete span of his life the greatest and most important matters have been, are, and will be directed by the power of reason.

VS46. Let us utterly drive from us our bad habits, as if they were evil men who have long done us great harm.

### Excerpt from Letter to Menoeceus:

This is why we say that pleasure is the beginning and the end of a completely happy life. For we recognize it as the primary and innate good, we honor it in everything we accept or reject, and we achieve it if we judge every good thing by the standard of how that thing affects us. And because this is the primary and inborn good, we do not choose every pleasure. Instead, we pass up many pleasures when we will gain more of what we need from doing so. And we consider many pains to be better than pleasures, if we experience a greater pleasure for a long time from having endured those pains. So every pleasure is a good thing because its nature is favorable to us, yet not every pleasure is to be chosen — just as every pain is a bad thing, yet not every pain is always to be shunned. It is proper to make all these decisions through measuring things side by side and looking at both the advantages and disadvantages, for sometimes we treat a good thing as bad and a bad thing as good.

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## Post by “Cassius” of January 2, 2024 at 10:53 AM

<http://www.epicureanfriends.com/thread/3607-january-1-2024-first-monday-epicurean-philosophy-discussion-via-zoom/>

Thank you as always for your work in coordinating the meeting!

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### **Post by “Pacatus” of January 2, 2024 at 2:00 PM**

Thank you for the meeting and guiding the discussion.

One of my New Year’s resolutions is not to argue, even in the kind of cordial argument that takes place here – and even recognizing the virtues of that for learning. [And I do not mean argument here in any pejorative sense: merely “to contend or disagree with words” (Merriam-Webster) – which need not be “disagreeable”.] It is just a personal intention, trying to influence my own *ataraxia*. 😊

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### **Post by “Raphael Raul” of January 2, 2024 at 2:55 PM**

Thanks to everyone who attended the online meeting last night.

For me, it was wonderful to be in the presence of lovers of philosophy and particularly students of what I describe as the logical, practical, and pleasurable philosophy that a man named Epicurus remarkably developed more than 23 centuries ago, for us to guide our lives, to be pleasant and filled with the guiltless pleasures of the mind, and the body. ..Special thanks to Kalosyni for organizing the meeting and posing an interesting question for us to ponder.

....I would love to attend this Wednesday's study session, but I have an art class to instruct on Wednesday evenings.