

# An Epicurean Christmas

**Post by “Matt” of December 4, 2021 at 3:45 PM**

Since the time I joined the online Garden (which is coming up to a decade) and started learning about Epicurus, I made a connection with why I believe Christmas really is a deeply Epicurean holiday. Especially from a secular perspective. The 25th of December (rooted in the Germanic Yule and Roman Saturnalia festivals) was a time of merriment during the dark days of winter. Lights and decorations abound and people prepare for a gathering of family and friends to exchange gifts and eat sumptuous food. The experiences are explicitly rooted in pleasure. From the time a person is a child the pleasures associated with this time of year are absolute evidence of the Epicurean position that pleasure is the driving force behind why humans do anything and why many of us look forward to gatherings with friends and family.