

# "Religion is a part of me"... how to deal with that?

Post by "Kalosyni" of January 14, 2022 at 11:31 AM

## [Quote from Cassius](#)

What is "altruism"? Putting others first always? That would certainly not be Epicurean. What is "hedonism?" Putting pleasure first always? Yes, from a certain perspective, but absolutely no from a moment to moment perspective, because we often choose pain to avoid worse pain or pursue greater pleasure.

I heard it said that even Mother Teresa, who was the famous Catholic nun, who dedicated her life to altruism in the slums of Calcutta, was doing it because she was deriving some pleasure from it. I would guess that she was more focused on the mental pleasure of it than the physical pleasure. (Did she learn to enjoy it out of some kind of "Christian duty"?...hard to say). The danger comes when people think...oh, everyone should be like Mother Teresa. Everyone has different personalities and preferences and different ways of enjoying the world. I myself have never felt any calling to do volunteer or non-profit work, and I think it is because I am very introverted and those kinds of situations would cause me a lot of mental stress. However, I can imagine a very extroverted person finding a lot of joy in doing some altruistic work because of some aspect of it that gives them mental pleasure.