

# Social Media - Facebook

## Post by "Cassius" of September 27, 2022 at 4:17 PM

Just a reminder and a request for this topic:

Over the years we have received a lot of benefit from participating on Facebook, and were it not for the Facebook Epicurean forum I doubt this EpicureanFriends forum would exist.

However for the last couple of months (and years) I have been reducing my activity on Facebook largely to just posting notices of new podcast episodes, and wishing people a happy Twentieth. Martin and I continue to monitor the page each week, but we are not posting much original content there. The problems with Facebook are well known, but if you discipline yourself to mainly read and write in the Epicurean group itself there's a lot less downside risk.

So the purpose of this post is this: if anyone here at EF is as active Facebooker (or would like to be) and is interested in helping us use the Facebook group to spread "the message" of Epicurus in that location, let us know and Martin and I can help give you access to help us coordinating the posting.

I am particularly be interested in the help of any of us who are regular readers here at EF, because we want to maintain the quality of posts over there so it does not devolve back into "Gee the Stoics and Epicureans were just like the Buddhists and can't we all just get along and assume our lotus positions and hum our mantras together!" 😊 That's largely a joke but I assure you that if we don't monitor the posting that's exactly what will happen, given the general level of discourse on Facebook.

But there is a lot of opportunity there, as the Facebook group has a worldwide outreach that's very difficult to duplicate. So if you're interested in "meeting" people worldwide and helping us get EF-quality posting over at Facebook, be sure to post here in this thread and let us know.

Same goes for Twitter, but that's a different thread: [Social Media - Twitter](#)