

# Happy Thanksgiving!

**Post by “Don” of November 23, 2023 at 9:55 AM**

Today, we celebrate Thanksgiving in the United States (although there are similar festivals around the world).

I contend that Thanksgiving is the most Epicurean of modern holidays given Epicurus's emphasis on gratitude.

So, a Happy Thanksgiving to all. Take a chance to remember the good things you have and those you can look forward to.

Don't ruin the things you have by wanting what you don't have, but realize that they too are things you once did wish for. οὐ δεῖ λυμαίνεσθαι τὰ παρόντα τῶν ἀπόντων ἐπιθυμία, ἀλλ' ἐπιλογίζεσθαι ὅτι καὶ ταῦτα τῶν εὐκταίων ἦν.

Misfortune must be cured through gratitude for what has been lost and the knowledge that it is impossible to change what has happened.

θεραπευτέον τὰς συμφορὰς τῇ τῶν ἀπολλυμένων χάριτι καὶ τῷ γινώσκειν ὅτι οὐκ ἔστιν ἄπρακτον ποιῆσαι τὸ γεγονός.

Therefore, both the young and old must love and pursue wisdom. On the one hand, the old can be young by means of gratitude for the pleasures which have happened; on the other hand, the young can be as if they are old in years by means of the fearlessness of facing what is intended to be done or what is to come.