

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

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.