

# Welcome Julia!

**Post by “Julia” of May 4, 2024 at 8:31 AM**

Hello to Cassius, the entire podcast team, and everybody else,

I live in Western Europe, and found this happy garden at the end of a long and painful path of trial and tribulation, which wasted much precious time in confusion. May my past experience be the fertile ground in which to root my exploration of this newfound land, and may my appreciation for the pursuit of pleasure be deeper for the time by which it was delayed.

The most recent junctions, which led me to where I am today – which is to say, led me to my eventual arrival at Epicurus and his philosophy through listening to Lucretius today and during those past few days in Athens, which led me to finding you, my fellow Epicurean friends – is a most curious and unexpected of reversals: as I dove ever deeper into Stoicism to fortify my body and mind in preparation for my next attempt at victory in the battle that was my life, I, by chance, came across a summary[1] contrasting Epicureanism with Stoicism. From there, I eventually came across a post[2], again contrasting Epicureanism with Stoicism – and that's when I finally understood: Fate no longer improvises with me, I do not longer live in violent times, nor do I continue to depend on impulsive and changeable people, but looking forward, I may well expect to be able to spin a long thread, and therefore, my staunch stoic stance serves me not. That's when I understood that Stoicism might have helped me to weather the storms, fateful and inevitable as they were, but it will not help me chart a course, now that the skies are clear and the sun is out, nor will it help me steer my ship through the ocean of life, now that the sails are set and the winds are favourable!

More than merely being certain that Epicureanism will offer me a reliable guide for what time remains, I also feel this to be so – and take pleasure in the discovery.

Julia

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1. [“Epicureanism Vs Stoicism | Overview and Explanation” by Vox Stoica](#)
2. [Nietzsche - On Stoicism And Porcupine Skins](#)