

Sunday, September 28, 2025 - 12:30 PM ET - Topic: "Planning For Upcoming Sunday Zooms"

Post by "Cassius" of September 28, 2025 at 1:56 PM

- Today we had a great discussion on thoughts for future projects. The following are my notes from the discussion. Please remember this is my wording and not necessarily reflective of what the person said, but the list should be helpful for discussing this further.
 - Patrikios -- How was the school run in ancient times? Regular interactions daily/ Pamphlets/conversation starters. Topical focuses. "Optimal living framework. Balanced life, managed stress, friendships, life of well-being."
 - Raphael -- Email lists (lists have lower barriers to entry; inter-group conversations are always interesting). Raphael gets students through reviews others have written. The attraction of "Community" but avoidance of ghetto-ization.
 - Rolf -- Regular discussions of current thoughts and day to day experiences segment of each meeting? Developments in Natural Science. Travel related to philosophy. What's our "personal narrative?" What is an Epicurean role model? (What is our equivalent to Stoic / Marcus Aurelius "live like a Roman general")
 - Bryan -- Things to do in *addition to* (not in place of) our "letter writing." Regular social event (20th). Coordination/"consultations" (what would you do / support network) (Stoicism is always performative 😊)
 - Robert -- Continue to make available going through the core issues. Covering the known problem areas. "Dialog" with other philosophies is of interest to lots of people. Gassendi/Locke/Jefferson (modern variations) - Probably at some point need subgroups (Epicurean Women, etc.)
 - Kalosyni - Discuss relationship between virtue and Pleasure. Philodemus' surviving parts. History and abstractions are a turnoff for some. Need a senses of moving forward.
 - Joshua - Analogy to quarterly magazine devoted to topics (travel, medicine, city living, country living, death, youth, time, disaster, music etc...) Wiki focused on source materials.
 - Martin -- Food section? Great Epicurean "cooks" / "farmers"?
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