

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

Post by "Kalosyni" of September 28, 2025 at 7:38 PM

It was great to hear everyone's thoughts today at the Zoom! We had a total of 9 of us in attendance.

Here are a few rough notes that I took...I captured some different angles compared to Cassius' above list, and some points go beyond possible Zoom discussion topics into possible kinds of things to add to the Forum... (I will not state who said what).

-- Zoom discussion topic - applying Epicureanism to everyday lives

--Once every year (during summertime because that is when students have more free time) go back over core concepts

-- the need for developing an "Epicurean personal narrative" (stoics have the "stoic warrior" personal narrative, and so what would Epicureans have (?) ...just being happy is not particularly exciting, so we need to have a action based personal narrative.

--Little epitome vs Big Epitome

--discuss natural science and scientific things such as astronomy

--at the start of a meeting give everyone a chance to reflect and share how they applied Epicurean principals, such as hedonic calculus, etc, in the previous week

--role models pointing to actual people who embody the lifestyle

--a need to further develop the practical applications section of the forum

--a catch-22 between theory and development of practical applications because the Epicurean philosophy is presented in abstract terms and not in specific practical actions, and any development of practical applications could easily turn into an "eclectic" interpretation of Epicurean philosophy.

--contemplating theory is a kind of practice, especially regarding the "[death is nothing to us](#)" teaching within Epicureanism

--Epicureans given praise for being friendly

--discuss tips for developing and maintaining friendships

- Compare what is known about Philodemus' texts and with what is in the [Principal Doctrines](#) /Vatican Sayings/Letter to Menoecus
- Cover difficult concepts such as static/kinetic pleasures, highest pleasures, freedom from pain, etc
- add onto the forum "reviews" - people sharing about what they have learned and how it has helped them
- improvement of memory and teaching the art of memory
- the Epicurean view on music (and possibly other topics such as food, gardening, law, etc.)