

# Happy Birthday General Thread

**Post by “Onenski” of January 18, 2026 at 10:18 PM**

Hi, everybody! Thank you so much for the birthday wishes. I'm glad I share birthday with Dave (Happy Birtday, Dave!) 😄

I've finally turned 30, so I'm officially no longer one of the younger members of this garden.

I haven't been able to be very active or attend the meetings, but please know that I miss being able to join you all. I hope everyone is doing well. Receive a warm hug and my best wishes for this year.

Let me tell you that I've been practicing and reading Epicurus (and Lucretius, Diogenes of Oenoanda, and even Seneca, who make frequent quotes of Epicurus). Perhaps at this stage in my life, and after a very painful breakup, I've come to understand epicurean philosophy in a new way.

Despite its simplicity, the distinction between types of desires has been particularly helpful to me, as has the pursuit of a dynamic serenity. One of the Vatican Sayings (55) also stays in my memory, reminding me that the good things I've experienced remain with me as joyful memories and they're source of joy in my present.

I also found great peace in rereading Frances Wright. Her Epicurus makes me feel good (I know is a literary character, probably different from the historical Epicurus, but it's a great character if you ask me).

Once again, I hope you're all doing very well. Even though I don't know if I'll be able to participate more, be sure that I'll try. I hope I can see you all soon.

With affection,

Onenski.