

# Welcome Aeneadum!

Post by "wbernys" of April 15, 2026 at 1:29 AM

## [Quote from Aeneadum](#)

Has any one here used Epicurus as their Higher Power in a 12 step setting, or know of anyone who has?

Nope, sorry. My father has quit cigarettes after a long time though. I think the first tenet that we are powerless over our addiction would be completely rejected and is actually harmful. Recognizing that we do have power over our lives is fundamentally important.

I believe the most important part is the recognition that we have allowed our lives to be controlled for something unnecessary, and this this recognition be more appreciated and not taken for granted. Helping those in addiction actually feel more appreciated for actually trying when many don't.

Epicurus saying that "**Knowledge of sin is the beginning of salvation**" (Moral letters to Lucilius/Letter 28). Philodemus makes the same point in *On Frank Criticism* where he says "**For how is he going to hate the one who errs, though not desperately, when he knows that he himself is not perfect and reminds himself that everyone is accustomed to err?**" (On Frank Criticism, fragment 46) Recognizing that we have made mistakes but what matters is trying to fix our mistakes as important first steps worthy of celebration is extremely important to me.

Secondly, i think the emphasis on community is the best part of the 12 step program. We need to learn to cut out those bad motivations and "friends" who encourage unhealthiness, envy, and bad habits and truly find friends who actually look out for us. Emily A. Austin makes this point in "*Living for Pleasure*" of mutual goodwill and trust being the most important parts of Epicurean friendship. We need to learn to cut out those "friends" who only bring out the worst in us and seek a community of those who wants what's best for us and is happy with our success and efforts at improvement.

With my father i always encouraged and congratulated him for taking steps to end his cigarette addiction and congratulated him for trying to stay off it. I think that helped him finally kick it after a long struggle.