

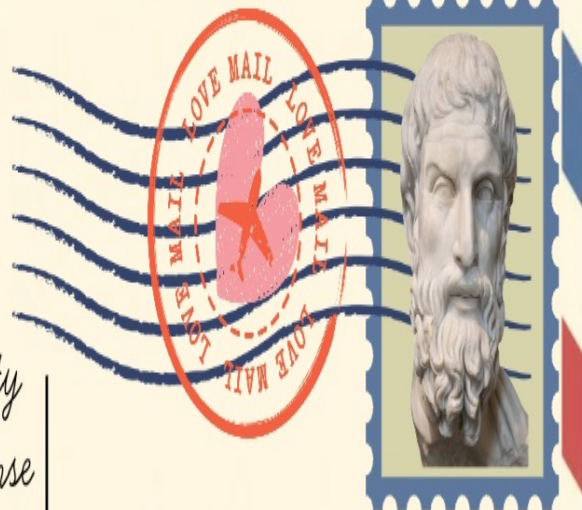
Happy Twentieth of May 2025!

Post by “Kalosyni” of May 20, 2025 at 8:39 AM



POSTCARD

May 20, 2025



When you get away from the big city on vacation, you find a renewed sense of being alive in the present moment, and you realize that "For most people, to be quiet is to be numb and to be active is to be frenzied." VSN

Philia Epicurean

4038 Pipeline Avenue

Happy Twentieth Everyone!

[VS11](#)

"For most people, to be quiet is to be numb and to be active is to be frenzied." (Saint-Andre)

"For most men rest is stagnation, and activity is madness." (Bailey)

It feels like summer is approaching soon, and this is the time that many people may be getting ready to get outside to enjoy the weather or go on vacations - so I thought I would do a vacation themed graphic - and this one has a picture of Samos, the birthplace of Epicurus. I've never been to the island of Samos, and not sure I ever will, but there are lots of beautiful pictures online.

It's been a while since I've gone on any vacations, but remembering the past ones is very pleasant. I think that one of the most beautiful places I've visited was Lake Garda, Italy.

When you go on vacation and you are in a place that you have never been before, it forces you to take notice of things and it brings up the feeling of being very present, in the moment, as it unfolds. Also, it's good to find a really nice spot and relax for a while, rather than feel like you have to hurry up and see everything.

And if you aren't going on vacation this summer (for what ever reason), then going on a day trip to a place you haven't been before is a great way to get out and look around and fully enjoy the present moment.

If you want to share any thoughts and reactions to [VS11](#), and thoughts on vacations, feel free to do so!

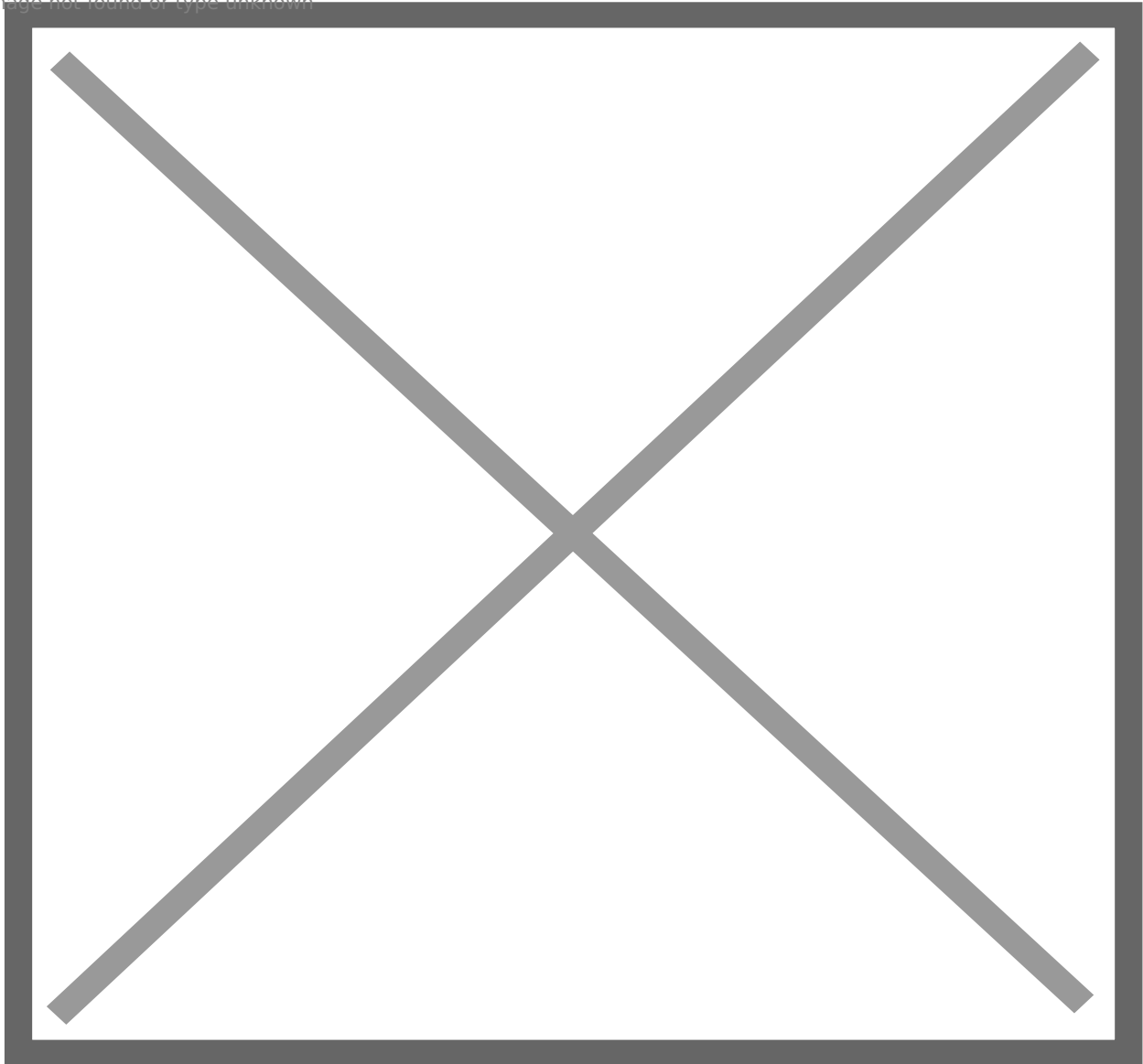
And Happy Twentieth! 😊

Post by “Rolf” of May 20, 2025 at 8:48 AM

Cheers! ☐☐

Post by “Cassius” of May 20, 2025 at 9:05 AM

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Post by “Don” of May 20, 2025 at 9:07 PM

Happy Eikas, hoi philoi kai hai philai!

<https://www.epicureanfriends.com/thread/4458-happy-twentieth-of-may-2025/>