

Sunday Nov. 23, 2025 - Epicurean Philosophy Discussion Via Zoom - Topic of Discussion

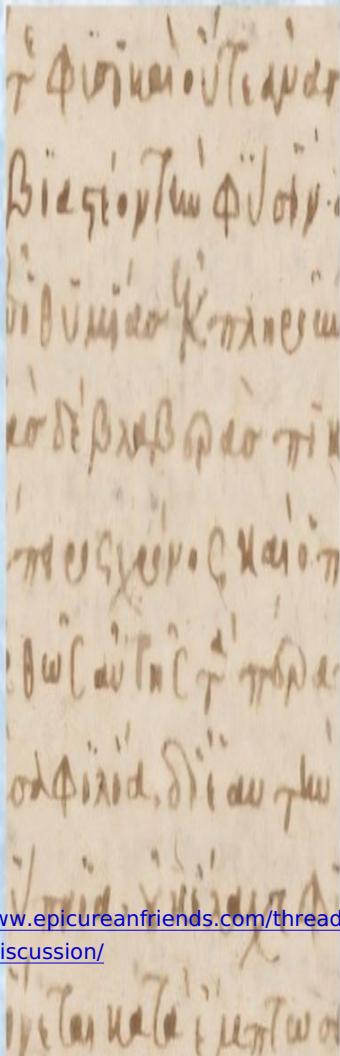
Post by “Kalosyni” of November 21, 2025 at 12:22 PM



Fourth Sunday

Epicurean Philosophy Discussion

12:30pm ET - Via Zoom



Coming up this Sunday - November 23rd at 12:30pm ET - Via Zoom...

Epicurean philosophy discussion - co-facilitated by Cassius and Kalosyni...

Discussion Topic: What role does food take in an Epicurean lifestyle?

What are the limits of pleasure with regard to food? What role should food take for the modern Epicurean? (special food on the 20th? ...or a Mediterranean style of eating? ...minimizing sugary and processed foods?). How would you describe your own personal take on the role of food in your life?...Do you have a healthy living role model (or influencer) that you follow and recommend with regard to eating and food choices (doctors/dieticians/famous chefs/bakers)?

We recommend people watch Don's presentation on "Bread & Water: Debunking the Myth of Epicurean Asceticism" (link posted below).

Kalosyni will give a short presentation, followed by an opportunity for everyone to participate in the discussion through prompted discussion questions.

Fourth Sunday discussion is open to all forum members who have completed their registration by replying to their welcome thread. If you have not previously attended a Sunday Zoom, please message Cassius or Kalosyni to RSVP to this meeting. The Zoom link will be given out the day before the meeting.

We also look forward to seeing longterm members join in on this more active meeting format.

Hope to see you there! 😊

Post by "Kalosyni" of November 21, 2025 at 12:26 PM

Here is the video recommended to watch before Sunday's meeting:

Post

[Bread And Water - Debunking The Myth of Epicurean Asceticism - By Don Boozer](#)

[youtube.com/watch?v=NYyjUkkC1fk](https://www.youtube.com/watch?v=NYyjUkkC1fk)



Cassius

January 21, 2025 at 6:20 PM

Post by “Kalosyni” of November 21, 2025 at 2:46 PM

It's also likely that we will want to discuss the category of desire "natural/unnecessary" which some people like to label as "extravagant". 😄😂😄

Post by “Tony Fox” of November 22, 2025 at 7:33 AM

I would very much like to attend, though I work on sundays. So I might consider bathtubs to be both natural and necessary that day

Post by “Kalosyni” of November 22, 2025 at 7:57 PM

From Horace, to Philodemus writing to Piso, to the Vatican Sayings - we've got quite a few passages on the topic of food, desire, and pleasure within Epicurean philosophy...which I will be bringing up in the short presentation tomorrow, and which may lead to more philosophical discussion questions!