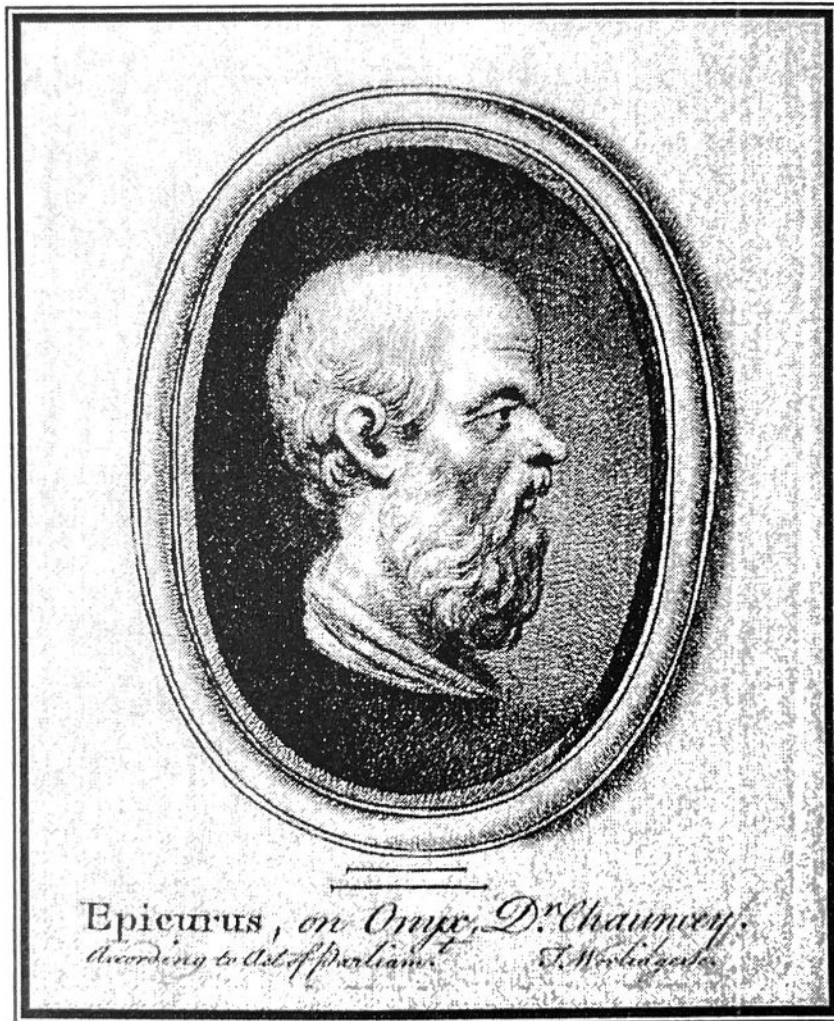


An Epicurean Gathering



Cambridge 2013

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¶ *Gathering around a table the Convenor begins by saying:*

Welcome. Your time will be pleasant here.

¶ *Those gathered respond by saying together*

**Here the highest good is pleasure which we
seek through remembering and practising the
four truths Epicurus taught us:**

**Don't fear god,
Don't worry about death;
What is good is easy to get, and
What is terrible is easy to endure.¹**

¶ *Lighting a candle the Convenor and those gathered
continue with some words from Book III of Lucretius' "De
Rerum Natura":*

In the murk of our darkness,
**you, Epicurus, raised your blazing
lantern to show us the blessings of life.**

And we follow you,
**walking with confident footsteps the trails you
have blazed,**
not to be your rival,
**but in admiration and love, and happy to have
your example to guide us.**

We begin to follow your thoughts, your arguments,
and your reasons, and our mind's terrors abate, while
the opaque walls of the world open wide to exhibit
intricate actions and movements

**that go on all the time throughout the
limitless void.ⁱⁱ**

Epicurus taught that all our fears and terrors, all the darkness of our mind, would be dispelled, 'not by the sun's light of its rays' shafts, but by careful observation and understanding of inner laws of how nature works'ⁱⁱⁱ and that true piety is 'to live with a tranquil mind surveying whatever one sees with a steady, clear-eyed acceptance.'^{iv}

**With these things in mind we gather to
together as friends to eat, to meditate^v and to
talk and reflect.**

¶ *There follows a simple shared meal.*

¶ *After the meal there follows a short time of led,
mindful-meditation the end of which will be signalled by
the ringing of a bell.*

¶ *With the following words from the opening of Epicurus'
"Letter to Menoeceus" someone introduces a reading from
the works of Epicurus, Lucretius or any other author who
encourages the leading of an Epicurean life:*

Let no one hesitate to study philosophy while young, and let no one tire of it when old, for it is never too soon nor too late to devote oneself to the well-being of the soul. Whoever says that the time for philosophy has not yet come or that it has already passed is saying that it is too soon or too late for happiness. Therefore both the young and the old should study philosophy so that, while old, we may

still be young with all the joy we have gathered from the past; and while young, we may at the same time be old through fearlessness of the future.

¶ *A reading followed by a time of open conversation.*

¶ *Following the conversation the Convenor calls for a short moment of silence after which they conclude the gathering with words taken from Epicurus' letter to Menoeceus:*

Practise these teachings daily and nightly; study them on your own or in the company of a like-minded friend and you shall not be disturbed while awake or asleep. You shall live like a god among humankind, because one who lives among immortal goods is in no respect like a mere mortal being.

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ⁱ Philodemus, Herculaneum Papyrus, 1005, 4.9-14

ⁱⁱ From DRN Book 3 trans. Slavitt, pp. 95-96

ⁱⁱⁱ *Naturae species ratioque* – the outward face and inner-workings of nature.

^{iv} From DRN Book 5 trans. Slavitt, pp. 237-238

^v One must attend [says Epicurus] to one's present feelings and sense-perceptions, to the common sense-perceptions for individual properties, and to every immediately clear fact as revealed by each of the criteria. (DL 10.82).