

Science and Ethics
for Happiness and
Well-being

FAITH, ETHICS, AND SCIENCE
FOR HAPPINESS AND SUSTAINABLE DEVELOPMENT



THE PONTIFICAL ACADEMY OF SOCIAL SCIENCES

4-5 NOVEMBER 2019 | CASINA PIO IV | VATICAN CITY

Since the teachings of Confucius, Plato, Aristotle, Buddha, Hebrew prophets, and Jesus in the Sermon on the Mount, the quest for *Beatitudo* (*Eudaimonia gr.*), or human flourishing, has been a central concern of moral teachers, philosophers, theologians, and scientists. St Augustine and St Thomas Aquinas considered the Beatitudes (the Sermon of the Mount) as the original proposal of Jesus Christ, just as the Commandments were for Moses. The ancient Greeks and the Classic philosophers asked how human beings should live in order to reach *eudaimonia*. The Church teaches that happiness is found through a combination of love, justice, faith and reason. Today, the human sciences, especially psychology and neuroscience, are adding enormously to our understanding of human nature, individual and social learning, and happiness.

Around the world, there is an urgent search for happiness, reflecting a current individualistic, greed-driven global economy that is producing widespread inequalities and suffering rather than happiness. Anxieties and addictions abound, in part because the modern economy deliberately creates them as part of the “business model” of major industries. We must realign our thinking, our behaviors, and our institutions both with the ancient and enduring wisdom based on the common good, and the modern neuroscientific, psychological, sociological, anthropological, and philosophical understanding of well-being.

The Pontifical Academy of Social Sciences (PASS) and the Pontifical Academy of Sciences (PAS) are ideally placed to investigate, understand, and bolster happiness in the 21st century. The Church’s social teachings are built on the Beatitudes and Matthew 25 (“when you did it to one of the least of these my brothers and sisters, you were doing it to me!”), which were repropounded by Pope Francis in his powerful appeal to the world to overcome the “globalization of indifference.” The Church’s wisdom of two millennia offer invaluable guidance for the lives of individuals and communities to be embedded with meaning, purpose, and virtue. The two Pontifical Academies include many of the world’s leading minds in the areas of natural sciences, neuroscience, philosophy, theology, psychology, sociology, political science and economics, all critical disciplines for a 21st-century investigation of the genuine pathways to happiness and for the building of a new civic economy that delivers integral and sustainable development.

The Blue Chip Foundation, Chiesi Foundation, Davines Group, and Ernesto Illy Foundation are generously and graciously partnering with the PAS, PASS, the Center for Sustainable Development (Columbia University), and the United Nations Sustainable Development Solutions Network to undertake a series of meetings in the coming two years to explore Faith and Science for Happiness and Sustainable Development (or, in short, The Vatican Happiness Project).

The objective is an actionable synthesis based on recent scientific findings, philosophical wisdom, and the Church’s teachings. Sessions will cover topics such as the philosophical and theological understandings and underpinnings of happiness, the cardinal virtues and happiness, the natural science of happiness, the sociology of happiness, the politics of well-being, the causes and cures of modern addictions, the global epidemiology of mood and anxiety disorders, the emerging neuroscience of happiness, well-being education and the happiness of the young, digital technologies and well-being, and global economics, sustainable development, and happiness.

With the leadership of the Pontifical Academies, and the Church’s Social Teachings, we have the opportunity to advance the pursuit of happiness beyond the narrow confines of material self-interest. That tradition, so influential today, unduly emphasizes individualism over the common good, competition over cooperation, and neglects the crucial need for friendship, collaboration, healthy competition and organized community to achieve well-being. A new human sciences, based on a more accurate and scientific understanding of human nature and the role of ethics could usher in new civic institutions that build trust and social capital and that foster sustainable and integral development in line with Pope Francis’ teachings in *Laudato Si’*, lessons that are perennial and at the same time

powerfully timely given the alarming social, environmental, economic, and human conditions amidst the unprecedentedly promising scientific, philosophical, and theological landscapes.

The Vatican Happiness Project will build upon and augment the happiness programs now underway at the SDSN. These include the **World Happiness Report**, in partnership with the Ernesto Illy Foundation, Davines Group, and the Blue Chip Foundation, and the **Global Council for Happiness and Well-being**, initiated and supported by the United Arab Emirates, also in partnership with the Blue Chip Foundation. It will also draw upon the findings of the **Ethics in Action** program, led by the SDSN in partnership with the Blue Chip Foundation.

+ Marcelo Sánchez Sorondo
Professor Jeffrey Sachs

Programme for Day One

Monday, November 4, 2019

9:00 – 9:10am	Welcome Marcelo Sánchez Sorondo (5 minutes) Jeffrey D. Sachs (5 minutes)	2:00-3:00pm	The Psychology, Neuroscience, and Genetics of Happiness: II Abigail Marsh (5 minutes) Kevin Ochsner (5 minutes) Meike Bartels (5 minutes) Elkhonon Goldberg (5 minutes) Wolf Singer (5 minutes) Open Discussion (30 minutes)
9:10 – 9:30am	Purpose of SEH Jeffrey D. Sachs (20 minutes)		
9:30 – 9:50am	Happiness in Church Teachings Marcelo Sánchez Sorondo (20 minutes)	3:00-3:45pm	Social Determinants of Happiness Batja Gomes de Mesquita (5 minutes) Kate Pickett (5 minutes) Yolonda Wilson (5 minutes) Anna Sun (5 minutes) Rocco Buttiglione (5 minutes) Open Discussion (20 minutes)
9:50 – 10:00am	World Happiness Report and Global Council on Happiness and Well-being Sharon Paculor (10 minutes)		
10:00 – 11:10am	Philosophy and Happiness Owen Flanagan (8 minutes) Anna Sun (5 minutes) Yolonda Wilson (5 minutes) Riccardo Pozzo (5 minutes) Stelios Virvidakis (5 minutes) Daniel Haybron (5 minutes) Open Discussion (35 minutes)	3:45 – 4:25pm	The Measurement of Wellbeing John Helliwell (8 minutes) Sabina Alkire (8 minutes) Open Discussion (25 minutes)
<i>11:10 – 11:30am</i>	<i>Coffee Break</i>	<i>4:25 – 4:45pm</i>	<i>Coffee Break</i>
11:30 – 12:30am	The Psychology, Neuroscience, and Genetics of Happiness: I Lara Aknin (8 minutes) Sonja Lyubomirsky (5 minutes) Richard Davidson (5 minutes) Barbara Fredrickson (5 minutes) Shigehiro Oishi (5 minutes) Open Discussion (30 minutes)	4:45 – 5:40pm	Economics of Happiness Mary Hirschfeld (5 minutes) Stefano Zamagni (5 minutes) Phoebe Koundouri (5 minutes) Luigino Bruni (5 minutes) Anthony Annett (5 minutes) Leonardo Becchetti (5 minutes) Andreas Papandreou (5 minutes) Open Discussion (20 minutes)
<i>12:30 – 2:00pm</i>	<i>Lunch</i>	<i>6:30 – 8:00pm</i>	<i>Dinner</i>

Programme for Day Two

Tuesday, November 5, 2019

9:00 – 9:40am	Learning and Well-being Nansook Park (5 minutes) Alejandro Adler (5 minutes) Open Discussion (30 minutes)
9:40 – 10:30am	Happiness and Religious Traditions Anna Sun (5 minutes) Avraham Berkowitz (5 minutes) Johannes Hoff (5 minutes) Open Discussion (30 minutes)
<i>10:30 – 10:50am</i>	<i>Coffee break</i>
10:50 – 11:50am	Enterprise and Happiness Andrea Illy (5 minutes) Davide Bollati (5 minutes) Maria Paola Chiesi (5 minutes) Jenn Gross (5 minutes) Helen Alford (5 minutes) Klaus Leisinger (5 minutes) Open Discussion (30 minutes)
11:50 – 12:30am	Open Discussion on Ethics and Happiness Owen Flannagan (5 minutes) Open Discussion (35 minutes)
<i>12:30 – 2:00pm</i>	<i>Lunch</i>
2:00 – 4:00pm	Topics for future sessions of SEH and initiative outcomes Open discussion (120 minutes)
4:00 – 4:30pm	Conclusions of the First Meeting Marcelo Sánchez Sorondo (10 minutes) Owen Flanagan (10 minutes) Jeffrey D. Sachs (10 minutes)

list of participants

Alejandro Adler	Columbia University
Lara Aknin	Simon Fraser University
Helen Alford	Pontificia Universita San Tommaso
Sabina Alkire	University of Oxford
Anthony Annett	SDSN Leadership Council
Meike Bartels	Vrije Universiteit
Leonardo Becchetti	University of Rome Tor Vergata
Avraham Berkowitz	Independent
Davide Bollati	Davines
Paolo Braguzzi	Davines
Luigino Bruni	Libera Università Maria Ss. Assunta
Rocco Buttiglione	Instituto de Filosofia Edith Stein of Granada
Maria Paola Chiesi	Chiesi Foundation
Richard Davidson	University of Wisconsin-Madison
Ismeni Ethridge	Columbia University
Owen Flanagan	Duke University
Barbara Fredrickson	University of North Carolina at Chapel Hill
Elkhonon Goldberg	New York University
Batja Gomes de Mesquita	University of Leuven
Giovanna Gregori	illycaffé
Jennifer Gross	Blue Chip Foundation
Daniel Haybron	St. Louis University
John Helliwell	University of British Columbia
Mary Hirschfeld	Villanova University
Johannes Hoff	University of Cambridge
Andrea Illy	illycaffé
Diane Isabelle Jeanblanc	University of Paris
Phoebe Koundouri	Athens University of Economics and Business
Klaus Leisinger	University of Basel
Sonja Lyubomirsky	University of California, Riverside
Gabriella Marino	PASS
Abigail Marsh	Georgetown University
Kevin Ochsner	Columbia University
Shigehiro Oishi	Columbia University
Sharon Paculor	Columbia University
Andreas Papandreou	National and Kapodistrian University of Athens
Nansook Park	University of Michigan
Kate Pickett	University of York
Sara Pinelli	Davines
Riccardo Pozzo	Università di Verona
Jeffrey Sachs	Columbia University
Sonia Sachs	Columbia University
Marcelo Sanchez Sorondo	PASS
Wolf Singer	Ernst Strungmann Institute for Neuroscience
Anna Sun	Harvard Divinity School
Mostafa Terrab	OCP
Jesse Thorson	Columbia University
William Vendley	Fetzer Institute
Stelios Virvidakis	National and Kapodistrian University of Athens
Yolonda Wilson	Howard University
Stefano Zamagni	University of Bologna

Logistical note for SEH November 4, 2019

Participants staying at Hotel Bramanate:

- Meet Ms. Ismini Ethridge in hotel lobby at 8:05am
- Ismini will guide group to Hotel Conciliazione

Participants staying at Hotel Conciliazione:

- Meet Ms. Ismini Ethridge in hotel lobby at 8:10am
- Ismini will guide group to the shuttle bus meeting point
(Via del Mascherino and Borgo Pio, right by McDonalds)

Participants not staying in either hotel:

- Please meet Ms. Ismini Ethridge and the other participants at the meeting point
(Via del Mascherino and Borgo Pio, right by McDonalds) at 8:15am

The shuttle bus will depart promptly for Casina Pio IV at 8:30am, which is the only way of entering the Vatican.

Participants staying at the Domus Sanctae Marthae:

- Please meet in the lobby at approximately 8:35am
- The bus will pick up guests at the front of the hotel at approximately 8:40am

Please see the following page for a map of the hotel locations and meeting point.

Please have your passport with you for entrance into Vatican City.

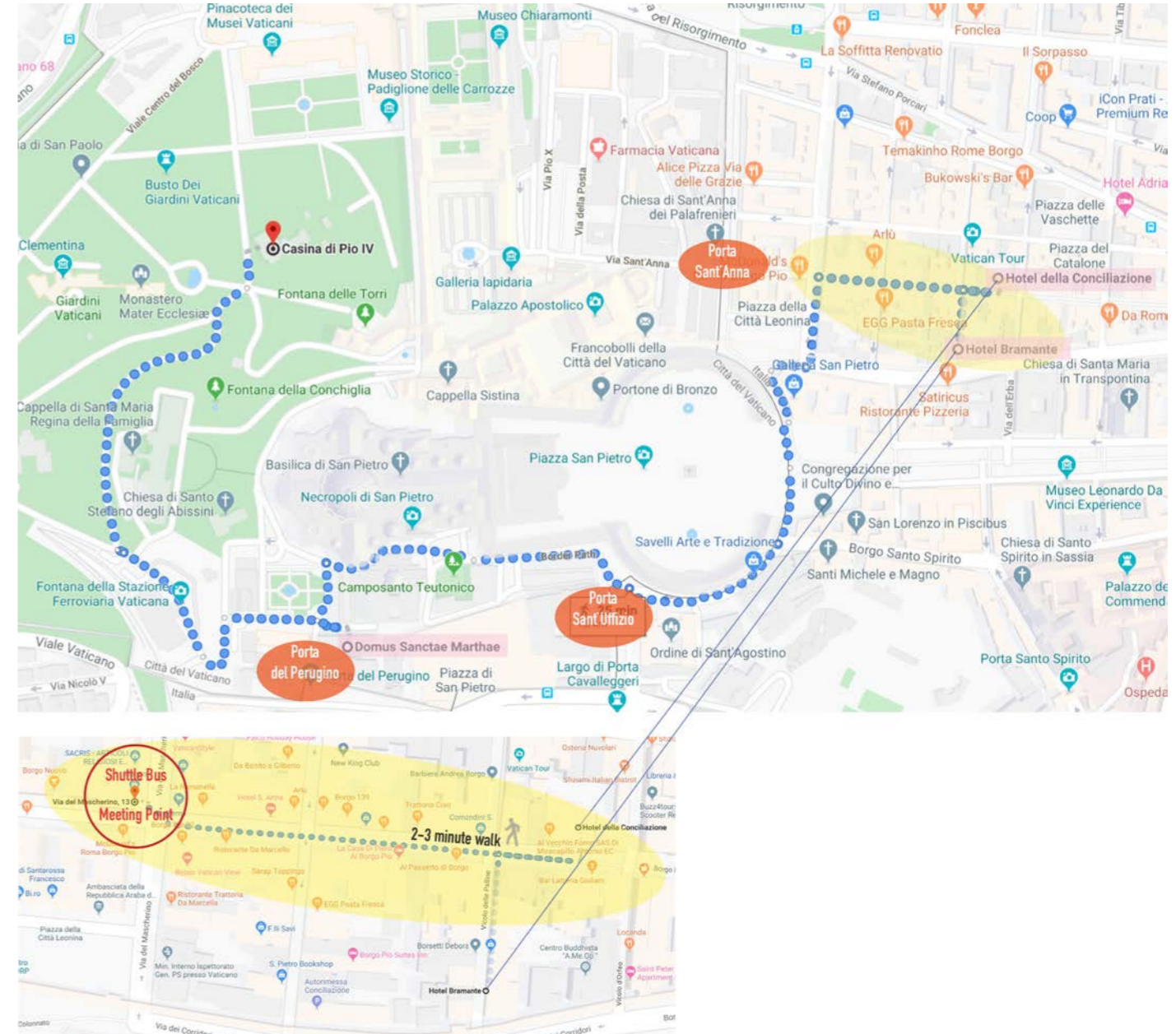
For emergencies text, call, iMessage or WhatsApp:

Mr. Jesse Thorson: +1 (646) 954-2761 (Columbia University)

Ms. Sharon Pacolor: +1 (347) 255-6971 (Columbia University)

Ms. Ismini Ethridge: +1 (347) 735-1555 (Columbia University)

Ms. Gabriella Marino: +39 (335) 830-1763 (PASS)



WI-FI NETWORK: WLAN_PADS (WPA2)
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FOR FURTHER INFORMATION PLEASE VISIT: WWW.PASS.VA AND WWW.ENDSLAVERY.VA

