

The Redwood Stoa

MINUTES FROM MARCH 19, 2017, SUNDAY

REDWOOD STOA GROUP MEETING

Met at Muddy's Coffee, Valencia St., San Francisco

10:30AM–12:30PM

Weather: Overcast

Attendees: James, John, Simon, Mark

This month's theme: *Desire and Aversion*

Open discussion

- Moving toward and moving away from a thing
- Appropriate actions; virtue, vice, and indifferents
- Rationality to guide desire
- Living with agency
- How to live a good or healthy life; the journey toward a better life

Stoic practice

- James has failed to continue his exercise, but pledges to get back on track!

Reports and Announcements:

- Meeting location will continue to alternate between Berkeley, at Au Coquelet, and San Francisco, at Muddy's.
- Open discussion section of the minutes has been reduced to key ideas/topics to facilitate timely dissemination of the minutes.
- Fremont Marcus Aurelius study group continues!
 - <https://www.meetup.com/Marcus-Aurelius-Meditations-discussion/>
 - Currently on Book 4.
- The Stoic Fellowship — Globally Connected – Locally Engaged
 - Activities, Membership, and Resources teams are fully operational.
 - Game day is planned for July.
 - Stoicon meeting is planned for September.
 - The group is soon to be incorporated.
 - <http://www.stoicfellowship.com/>
- May 5th for a group movie (Guardians of the Galaxy 2) and dinner.

Group goals achieved:

- We met!



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Next Month's Meeting:

- Next meeting will be in **Berkeley**, on **April 23rd** (Not the third but the fourth Sunday, to avoid Easter)
- Next month's theme: **Temperance**
 - *Thought question:* What purpose does the phrase "everything in moderation" serve?

Join the Redwood Stoa! Now you can become an official member of the Redwood Stoa by adding your name through the following web form: <https://redwoodstoa.wordpress.com/join-the-redwood-stoa/>
It's pleasant to do and will help the group effectively plan future events!

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