

The Redwood Stoa

MINUTES FROM
MAY 21, 2017, SUNDAY
REDWOOD STOA GROUP MEETING
Met at Muddy's Coffee, Valencia St., San Francisco
10:30AM–12:30PM
Weather: Sunny

Attendees: John, Katrina, Simon

This month's theme: *Temperance*

Open discussion

- Contemplating a desolate existence if technology were to fail us — how bad could it really be?
- Stoic emotions (bad emotions, the three good emotions), and the main enemy being passion/intemperance (obsessions, anger, absolutism)
- There is no such thing as “people” (or “man”, cf. Chryssipus), but really many individuals, where everyone is a little different — nature is so variable!
- Handles, categories, and distributions of what is a thing? — Limitations of our own knowledge
- Fickleness of fate, our lot in life, and value judgments
- Happiness (eudaemonia), a wellness and thriving, is a goal, for self and community (oikeosis)
- Temperance in prosperous times, and patience in difficult times; abstinence is easier than temperance, so thought Seneca (Robert E. Lee, too)
- Addiction, alcohol, and social conventions

Stoic practice

- Simon will try to bring personal on-going concerns into a Stoic perspective

Reports and Announcements:

- Discussion about whether on not to continue to alternate between Berkeley, at Au Coquelet, and San Francisco, at Muddy's, or just stick to Berkeley (Mark is on-board).
 - Include SF day as special events 3-4 days
 - July in the Berkeley Redwoods!
- Fremont Marcus Aurelius study group continues!
 - <https://www.meetup.com/Marcus-Aurelius-Meditations-discussion/>
- The Stoic Fellowship — Globally Connected – Locally Engaged
 - Toronto, Canada has joined the Fellowship as the newest member, and a University professor in Guatemala has contacted the Fellowship keen on starting a community there, which would be the first in Latin America!
 - Two Fellowship events are on the Calendar - Game Day for July and StoiconX in October.
 - The group is soon to be incorporated.
 - <http://www.stoicfellowship.com/>
- Guardians of the Galaxy 2 on Saturday was a lot of fun!



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Group goals achieved:

- We met!

Next Month's Meeting:

- Next meeting will be in **Berkeley**, on **June 18th**
- Next month's theme: **Wisdom**

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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