

The Redwood Stoa

MINUTES FROM

JULY 16, 2017, SUNDAY

REDWOOD STOA GROUP MEETING

Met at Café Au Coquelet, University Avenue, Berkeley

10:30AM–12:30PM

Weather: Sunny

Attendees: James, Seamus, David, Simon, Sean, Christine, John, Mark

This month's theme: *Justice*

Open discussion

- Giving a presentation on Stoicism at Burning Man, the similarities and differences of the two philosophies
- Relative perspectives in Stoicism and Epicureanism and others
- Justice like Heraclitus, the singularity of contradicting results
 - The conflict of human nature and justice as relative
- Justice as proportionality, as fairness, as natural rationality, as a methodology, as quality
- What is in our Power by way of Justice?
 - Participation in politics (hypothetical) or picking up dog poop (practical)
- What is the most Just meal?

Stoic practice

- Seamus will be taking on an intern at work next week, working through the pressure and taking it as an opportunity to see things fresh.
- Simon Stoically bared the heat of Paris during his vacation, because he was on vacation!
- Sean has gotten up to 5 minutes with his cold showers.
- *Eleanor Roosevelt, "You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do."*

Reports and Announcements:

- Meeting locations will no longer alternate between Berkeley, at Au Coquelet, and San Francisco, at Muddy's; we will meet in Berkeley unless otherwise announced.
- The Stoic Fellowship — Globally Connected – Locally Engaged
 - Three Fellowship events are on the Calendar – check the website!
 - <http://www.stoicfellowship.com/>
- Fremont Marcus Aurelius study group continues!
 - <https://www.meetup.com/Marcus-Aurelius-Meditations-discussion/>
- There is a women's Stoics group in Walnut Creek!
- A. A. Long, at UC Berkeley, will be invited to Game Night by Seamus.



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Group goals achieved:

- We met!

Next Month's Meeting:

- Next meeting will be in **Berkeley**, on **August 20th**
- Next month's theme: **Fortitude**

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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