

The Redwood Stoa

MINUTES FROM AUGUST 20, 2017, SUNDAY

REDWOOD STOA GROUP MEETING

Met at Café Au Coquelet, University Avenue, Berkeley

10:30AM–12:30PM

Weather: Overcast

Attendees: David, James, John, Simon, Darren, Bill

This month's theme: *Fortitude*

Open discussion

- The connection of wisdom and rationality to all Stoic virtues, including fortitude
- Taking time to apply rationality, and using fortitude to resist negative and positive emotions
- Instinctively not applying a moral judgment to, and tolerating, a situation
- Having a higher understanding about the Natural, healthy way of living, and the fortitude to change for the better
- Expectations of others and prejudices from others
 - Surprise at the first movement, but using rationality to realize that fewer things should surprise you
- Rationality as a way to deal with circumstances after they happen and to prepare for the potentiality of circumstances in the future
- Fortitude to get up in the morning

Stoic practice

- Darren, after premeditating on being late for this group meeting, worried less about it; Darren also deleted an emotional Facebook post he'd written intended to engage agitators.
- Simon meditated on how his job has been physically and socially tough this week but rationalized that the whole job helps him to live life according to Nature
- John is approaching his job with fortitude to endure the coming week

Reports and Announcements:

- We will meet next week in San Francisco at the HCR Library of Horticulture for our group's anniversary!
- The Stoic Fellowship — Globally Connected – Locally Engaged
 - Developing a Stoic directory for all 16+ groups
 - StoiconX in Castro Valley on October 21st – check the website!
 - <http://www.stoicfellowship.com/>
- Fremont Marcus Aurelius study group continues!
 - Orville Farm Sanctuary volunteer work day and tour on September 2nd
 - <https://www.meetup.com/Marcus-Aurelius-Meditations-discussion/>
- There is a women's Stoics group in Walnut Creek!
 - <https://www.meetup.com/Walnut-Creek-Womens-Stoicism-Meetup/>



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Group goals achieved:

- We met!

Next Month's Meeting:

- Next meeting will be in **San Francisco at the HCR Library of Horticulture, on September 17th**
- Next month's theme: **Reflection**

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!

REDWOODSTOA.WORDPRESS.COM
FACEBOOK.COM/GROUPS/REDWOODSTOA/

MEETUP.COM/THE-REDWOOD-STOA/
STOICFELLOWSHIP.COM

