

The Redwood Stoa

MINUTES FROM SEPTEMBER 17, 2017, SUNDAY

REDWOOD STOA GROUP MEETING

Met at Helen Crocker Russell Horticulture Library, Golden Gate Park, San Francisco

10:30AM–1:15PM

Weather: Partly Sunny

Attendees: James, John, Simon, Christine

This month's theme: *Reflection*

Open discussion

- The virtue and use of honest emotions
- Reflecting on problems and taking different perspectives
- Having agency to reflect on your situation
- The rigidity of some Stoic doctrines and the flexibility of identifying as a good Stoic
- The attainability of the Sage
- How to practice Stoicism using modern tools for socializing, proselytizing, and/or sharing information
- Rationality and living according to Nature, and beyond our animalistic natures
- Different people having different truths
- Working on being rational as the opposite of satisfying the id and indulging in base desires

Stoic practice

- One member has been practicing restraint, particularly when working with others who need more time and cannot be controlled; this member chose instead to model good behavior.

Reports and Announcements:

- We will meet next week in Berkeley, at Au Coquelet!
- The annual dispersal of Redwood Stoa business/participation cards!
- John received the "Cardinal Virtues Award"!
- The Stoic Fellowship — Globally Connected – Locally Engaged
 - Now up to 20 groups!
 - StoiconX in Hayward, on October 21st, 2-4pm, at the Weekes Branch Library – 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!
 - <https://www.meetup.com/Walnut-Creek-Womens-Stoicism-Meetup/>

Group goals achieved:

- We met!



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Next Month's Meeting:

- Next meeting will be in **Berkeley**, on **October 15th**
- Next month's theme: **Attitude**

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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