

The Redwood Stoa

MINUTES FROM OCTOBER 15, 2017, SUNDAY

REDWOOD STOA GROUP MEETING

Met at Café Au Coquelet, University Avenue, Berkeley

10:30AM–12:30PM

Weather: Sunny

Attendees: James, Simon, John, Katrina

This month's theme: *Attitude*

Open discussion

- Great joys in our lives and current optimisms
- How liberating it feels to give up what is not in one's control
- What kind of attitude should we adopt about changing social roles and doing what's right?
- Culture, community, tribalism, and rising to our higher nature: rationality
- Emotion and passion as the medium and language of our base natures, governed by rationality
- Happiness as the byproduct of doing Good deeds

Stoic practice

- James resisted immediately arguing a strong opinion of his after hearing an initial passionate outburst.

Reports and Announcements:

- We will meet next week in Berkeley, at Au Coquelet, before carpooling (Simon has volunteered three additional seats) to the nearby Tilden Park's Botanic Garden in the Berkeley Hills!
- The Stoic Fellowship — Globally Connected – Locally Engaged
 - 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!
 - <https://www.meetup.com/Marcus-Aurelius-Meditations-discussion/>
- Women's Stoics group in Walnut Creek!
 - <https://www.meetup.com/Walnut-Creek-Womens-Stoicism-Meetup/>

Group goals achieved:

- We met! This is the 50th consecutive meeting!

Next Month's Meeting:

- Next meeting will be in **Berkeley**, on **November 19th**
- Next month's theme: **Gratitude**



The Redwood Stoa

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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