

# The Redwood Stoa

**MINUTES FROM**  
**NOVEMBER 19, 2017, SUNDAY**  
REDWOOD STOA GROUP MEETING  
Met at Tilden Regional Botanic Garden, Berkeley  
10:30AM–12:30PM  
Weather: Sunny

**Attendees:** Simon, Dan, Corine, Louis, Derek, Mark, James, John, Katrina

**This month's theme:** *Gratitude*

## Open discussion

- “I felt sorry for myself, for I had no shoes, until I met someone who had no feet”
- Gratitude as the mother of all virtues; “the struggle ends when gratitude begins”
- Being grateful for what you have, and the time we're given in this short life; living for moment
- Premeditatio malorum vs. daily gratitude meditation (being grateful that you wake up)
- Focusing on the task at hand to be happier
- What should a Stoic think about a smartphone?
- How does (or should) one score a Good life?
- How does (or should) one share Stoic ideas with other people?

## Stoic practice

- Derek and Dan reflected and meditated upon their day multiple days in the past month.
- Simon left a friends' Thanksgiving dinner on the early side to avoid staying too long and going to bed too late, practicing temperance.
- James bore the horrible traffic getting here.
- John was grateful to be in long traffic with his daughter.
- Dan was grateful for the chance to be in Tilden Regional Park, even as everyone was late.
- Mark gave up watching television to challenge himself to enjoy bearing discomfort.
- Derek and Mark have been taking cold showers every day.

## Reports and Announcements:

- We will meet next week in Berkeley, at Au Coquelet!
- We are coming to the end of our year, and officer positions are open!
- The Stoic Fellowship — Globally Connected – Locally Engaged
  - James handed out a brochure for the West Coast, USA community
  - Our sibling region is the East Coast, Australia community
  - <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/>



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## Group goals achieved:

- We met!

## Next Month's Meeting:

- Next meeting will be in **Berkeley**, on **December 17<sup>th</sup>**
- Next month's theme: **Fellowship**

**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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