

# The Redwood Stoa

## MINUTES FROM DECEMBER 17, 2017, SUNDAY

REDWOOD STOA GROUP MEETING

Met at Café Au Coquelet, University Avenue, Berkeley

10:30AM–12:30PM

Weather: Sunny

**Attendees:** David, Dan, Simon, James L., Mark, John, Darren

**This month's theme:** *Fellowship*

### Open discussion

- Philosophy is a way to engage in fellowship, (cf. Seneca Letter 5); though philosophy often seems individualistic or distant to many today
- Oikeiosis, and feeling connected through real, intelligent communication
- Buddhism similarly acknowledges how we all have the same roots, and personal identity is a parent- and nurture-dependent development
- Fellowship as an element of living according to Nature
- Fellowship as the principle that brings us together, despite (or in order to utilize) our uniquenesses

### Stoic practice

- John continues to be a stalwart member and leader of the group.
- Dan has worked on being more mindful about time and creating novelty in the present moments.
- Darren took a pause to realize that his feeling of impatience with his wife was driven by his own stress.
- Mark is shifting his mindset about himself towards one of growth through discomfort in the moment.
- Simon finished Sellar's "Stoicism"!

### Reports and Announcements:

- We will meet next month in Berkeley, at Au Coquelet.
- James K. will likely be absent in future meetings so that he can focus on his role in the Stoic Fellowship.
- New officers in development: Dan (social media officer) and Darren (liaison to the Stoic Fellowship)!
- The Stoic Fellowship — Globally Connected – Locally Engaged
  - James passed along new bookmarks
  - <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!



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## **Next Month's Meeting:**

- Next meeting will be in **Berkeley**, on **January 21<sup>st</sup>**
- Next month's theme: **Rational by Nature**

**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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