

# The Redwood Stoa

## MINUTES FROM JANUARY 21, 2017, SUNDAY

REDWOOD STOA GROUP MEETING

Met at Café Au Coquelet, University Avenue, Berkeley

10:30AM–12:15PM

Weather: Partly Cloudy

**Attendees:** John, Ryan, Simon, Mark

**This month's theme:** *Rational by Nature*

### Open discussion

- “Rational” as purely intellectual, objective, and logical, or as the ability to rise above and holistically judge situations appropriately
- Historical atrocities that repeat themselves, and Trump politics, may be explained by evolutionary biology and fear mongering
- Figuring out a person's values (through to humanity's values) in order to apply rationality to achieving good things.
- Emotions as cultural and personal interpretations of basic internal senses, as a part of our social wiring (mirror neurons); compassion without empathy in some situation.

### Stoic practice

- Simon attempted to adjust his perspective, take a breath, and deal with spending time with family over the holidays, to surprisingly moderate success (for continued success he will try breath-meditation).
- Ryan came back to work after a time away to find elements of his job taken away from him, but remembered that his circumstances were external to him.

### Reports and Announcements:

- We will meet next month in Berkeley, at Au Coquelet.
- The Stoic Fellowship — Globally Connected – Locally Engaged
  - <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!

### Next Month's Meeting:

- Next meeting will be in **Berkeley**, on **February 18<sup>th</sup>**
- Next month's theme: **Judgment & Assent**



# 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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