

# The Redwood Stoa

## MINUTES FROM MARCH 18, 2018, SUNDAY

REDWOOD STOA GROUP MEETING

Met at Café Au Coquelet, University Avenue, Berkeley

10:30AM–12:30PM

Weather: Partly Cloudy

**Attendees:** John, Ryan, Darren, Simon, Max, Oddi, David, James L.

**This month's theme:** *Desire & Aversion*

### Open discussion

- Epictetus is a good reference for this theme: movement towards and movement away
- Maybe don't be averse to some things, like criticism, that we maybe should desire for our benefit
- Desiring things in our control vs. preferring the indifferents of pleasure
- Seneca compromised his principles in his life, and Cato was righteous in his principles to his own detriment
- Epictetus says to detach desire sometimes, but be desiring of things you never fail to get
- Impulses as desires to do everything that we do, even living virtuously
- Intuitions, like those which you cannot remember why you have, as a metric for desire or aversion
- Whether or not to consider it virtuous to put yourself in situations you can control or not control

### Stoic practice

- Darren, Ryan, and Max (along with Mark, we assume) have taken cold showers on purpose this month.
- Ryan gave up anger in order to reassess the path of his relationship.

### Reports and Announcements:

- We will meet next month in Berkeley, at Au Coquelet
- We will organize a group trip to see the new Avengers movie in May; contact John
- Meetup contributions, unlimited plan = \$180/year; basic plan = \$120/year
- The Stoic Fellowship — Globally Connected – Locally Engaged
  - April is going to be the Stoic Month of Service
  - <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 **April 15<sup>th</sup>**
- Next month's theme: **What is in our Power**

**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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