

# The Redwood Stoa

## MINUTES FROM

**APRIL 15, 2018, SUNDAY**

REDWOOD STOA GROUP MEETING

Met at Café Au Coquelet, University Avenue, Berkeley

10:30AM–12:30PM

Weather: Partly Sunny

**Attendees:** John, David, Simon, Oddi

**This month's theme:** *What is in our Power*

### Open discussion

- Epictetus' rule to apply!: What is up to me?
- It's Tax Day
  - Privilege, inheritance, circumstances, allotment in life are not in our control
- People with more power effect more people
  - Being a slave to your passions, wealth, self-image, and your actually-owned slaves
- The changing science on having the power to overcome addiction and bad habits
- Irvine and the dichotomy (trichotomy) of control
- The archer analogy
  - There is still a lot that is in our control, there are a lot of actions we might take
  - Then we can ask, what of what is in your control is a virtuous action?
  - Should the archer have considered the wind? Where is the limit?
- Fatalism and believing that nothing is in our control
  - Does not particularly seem to be a Stoic view
  - The future may be determined (or determinable), but we only live in the present where we have power over our actions
- Making the right choice isn't easy, but don't let the perfect get in the way of the good
- For some, understanding what is in our power can be liberating or burdening
  - Being liberated by following only one slave master
- Digging down and looking for the tormentor is a practice in our power
- Having the power to influence other people who themselves have power and the choice for action
  - Try protesting Stoically to be more effective at enacting change... apparently Epictetus says these protests were not all that effective per se ☺
  - Try writing letters in a Just, Wise, Temperate, and Courageous way
- Raging against the weather
  - Seneca says you can weep openly (at a funeral), just do not weep in your very soul
- Listening to a suicidal person, without even offering advice, can be a very powerful action



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## Stoic practice

- David's toothache is uncomfortable, but he is paying attention to it to alleviate this discomfort and make it to his dentist appointment.
- Oddi is wrestling with negative voices in his head, mindfully and for positive effect.
- John was mindful of other people's attitudes being their own.
- Simon has been preparing for a painful surgery, remembering that pain is not Bad.

## Reports and Announcements:

- We will meet next month in Berkeley, at Au Coquelet.
- James released a work-in-progress guide to Stoicism "From the Stoic Shores".
- Meetup contributions for the unlimited plan = \$180/year.
- The Stoic Fellowship — Globally Connected – Locally Engaged
  - April is 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!

## Next Month's Meeting:

- Next meeting will be in **Berkeley**, on **May 20<sup>th</sup>**
- Next month's theme: **Temperance**

**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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