

# The Redwood Stoa

## MINUTES FROM MAY 20, 2018, SUNDAY

REDWOOD STOA GROUP MEETING

Met at Café Au Coquelet, University Avenue, Berkeley

10:30AM–12:45PM

Weather: Partly Sunny

**Attendees:** John, David, Simon, Daren, Seamus, Oddi, Mark, Al

**This month's theme: Temperance**

### Open discussion

- Using the phrase “Everything in moderation” as an excuse to partake some in vice
  - Alcohol, THC
- Simplification of life
  - ‘All or nothing’ attitudes and devotion to absolutes
- How much should you worry about doing what is in your power to do?
- Stoic ideals and practical actions
  - Compassion
  - Modern Stoic ideas, books, blogs, podcasts
- Moderating stress
  - “Good stress” and “bad stress” and framing the stress
  - Practicing managing stress
- Meditating on physical pain

### Stoic practice

- Al has been challenging himself to learn Latin.
- Mark has been fasting for 24 hours, once a week, for the health benefits and the challenge. And Mark practiced living in the moment while on a long driving trip, giving up the desire to be at the destination.
- David gave up junk food and feels more self-actualized.
- Simon had a surgery with one of the most painful recoveries, and has been meditating on and reframing the pain in order to rise above it and realize it isn't a Bad thing.

### Reports and Announcements:

- We will meet next month in Berkeley, at Au Coquelet, at 10am new time.
- Meetup contributions for the unlimited plan = \$180/year.
- 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/>



# The Redwood Stoa

## Group goals achieved:

- We met!

## Next Month's Meeting:

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

**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!

---

REDWOODSTOA.WORDPRESS.COM

FACEBOOK.COM/GROUPS/REDWOODSTOA/

MEETUP.COM/THE-REDWOOD-STOA/

STOICFELLOWSHIP.COM

