

The Redwood Stoa

MINUTES FROM

JUNE 17, 2018, SUNDAY

REDWOOD STOA GROUP MEETING

Met at Café Au Coquelet, University Avenue, Berkeley

10:00AM–12:00PM

Weather: Partly cloudy

Attendees: Simon, Mark, John, Al, Daren

This month's theme: Wisdom

Open discussion

- Wisdom is an aspirational virtue, achieved by using rationality
 - Wisdom is aware of time scales
 - Wisdom can be applied to thoughts, and can create habits
 - Wisdom involves making decisions with the information and probabilities available
 - Wisdom is a way to implement well the other three virtues
- The elderly may be more wise, because they have had more time to experience and think about the world

Stoic practice

- Al has been reading Latin, Stoic texts, and journaling.
- Daren has been meditating and journaling, and working on seeing the good in a stressful kitchen remodel.
- John has been focusing on books of particular importance to make philosophy study more fruitful.
- Mark has been practicing focusing on the pauses used for recovery between exercises. He made a decision to pick up his dog's poop, later, when he was able, when there was no pressure to.
- Simon has been working on embracing his surgery recovery pain by focusing on the longer recovery time estimate than the shorter one.

Reports and Announcements:

- Annual Stoic Game Night July 21st at which to practice our virtues.
- 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!



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Next Month's Meeting:

- Next meeting will be in **Berkeley**, on **July 15th**
- Next month's theme: **Justice**

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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