

The Redwood Stoa

MINUTES FROM

JULY 15, 2018, SUNDAY

REDWOOD STOA GROUP MEETING

Met at Café Au Coquelet, University Avenue, Berkeley

10:00AM–12:00PM

Weather: Partly cloudy

Attendees: Daren, John, Simon

This month's theme: Justice

Open discussion

- Justice as right and universal
 - The Judgment of Solomon parable
- Patience as demonstrating justice to other people and being a good citizen
 - The Internet is full of injustice; it is a wild west of tribalism
- Keeping in mind that we don't know everything; keeping an open mind; willing to be wrong
- Justice as looking out for the well-being of a bigger group
- Forgiveness as demonstrating justice to others and to yourself
 - Paying back for a detrimental crime through positive contribution to the group
- Justice seems to be the most social of the four cardinal virtues

Stoic practice

- Daren went on a Buddhist retreat and practiced mindfulness for many hours a day for five days.
- Simon hit lots of red lights coming late to this meeting! But remembered that being late isn't bad per se, and he noted that it could be safer to adopt a calmer approach.
- John has been mindful of himself and his limitations.

Reports and Announcements:

- Annual Stoic Game Night July 21st at 6PM at the Panera Bread (2650 Mowry Ave in Fremont) where to practice our virtues.
- Thoughts were passed around about starting a Stoic retreat!
- 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 **August 19th**
- Next month's theme: **Fortitude**

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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