

The Redwood Stoa

MINUTES FROM AUGUST 19, 2018, SUNDAY

REDWOOD STOA GROUP MEETING

Met at Café Au Coquelet, University Avenue, Berkeley

10:00AM–11:15AM

Weather: Overcast

Attendees: Simon, John

This month's theme: Fortitude

Open discussion

- Fortitude is important in adversity
- Seneca believes Fortitude is given to soft and warlike people alike
 - Warlike fortitude might need to be mitigated
- Confidence and humility
 - People are not necessarily strong by brute force and violence
- Patience

Stoic practice

- Simon has realized that without his car horn he has even less power to control others on the road, and safety and serenity is what is in his power.
- John went to Stoic Olympics with James and others!

Reports and Announcements:

- There is interest to revisit the start time change from 10:30 to 10:00 that was implemented a few meetings ago. We will ask at future meetings.
- John and Simon have changed October's theme from TBA ("The Best Attitude") to Living in accordance with Nature, meeting in Tilden Regional Botanic Garden. Wisdom and Fortitude will be switched in the future.
- 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 **San Francisco at Helen Crocker Russell Library of Horticulture in Golden Gate Park, on September 16th**
- Next month's theme: **Reflection**

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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