



MINUTES FROM  
**JULY 17, 2022, SUNDAY**  
REDWOOD STOA GROUP MEETING  
**MET ONLINE USING ZOOM**  
**10:00AM–12:00PM PT**

**Attendees:** Larry, David, Simon, Michael B., Darren, Niyant

**This month's theme:** *Justice*

**Open discussion on:**

- *Justice* definitions, including the ideas of bringing people together, righteousness, social morality, impartiality, kindness
- Decisions on what to do often happen while in the specific moment
- Tipping the scales of impartiality towards kindness
- Applying justice by different people in the real world may result in different outcomes
- Having empathy for unkind people
- Focusing on what is in our own power, and the importance of listening

**Stoic practice**

- Larry was patient and understanding about a pigeon's mess.
- Simon was sick, but realized the pain wasn't Bad and was in accordance with nature.
- David recognizes that losing power at his home for over a day shouldn't feel so bad.
- Michael has been letting go of heightened criticism of others.
- Niyant has been reflecting on the past and working through difficulties for a less anxious future.

**Reports and Announcements:**

- The Stoic Fellowship — Globally Connected – Locally Engaged
  - <http://www.stoicfellowship.com/>
- Fremont Stoics
  - <https://www.meetup.com/fremont-stoics/>
- MeetUp fees are \$200/year (Apr & Oct). Thank you to those who have donated!
- Niyant wrote the essay, scroll to the middle of this page: <https://modernstoicism.com/online-symposium-stoicism-and-passivity-part-2/>

**Group goals achieved:**

- We met! Virtually, despite the Covid-19 restrictions.

**Next Month's Meeting:**

- Next meeting will be in Virtual Space, on **August 21<sup>st</sup>**, 2022
- 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! Follow us too!

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