



MINUTES FROM  
**AUGUST 21, 2022, SUNDAY**  
REDWOOD STOA GROUP MEETING  
**MET ONLINE USING ZOOM**  
**10:00AM–12:00PM PT**

**Attendees:** Larry, Simon, John, David, Michael T., Michael B., Takako, Tony

**This month's theme:** *Wisdom*

**Open discussion on:**

- Two senses of “wisdom” in English can be *sophia* or *phronesis* in Greek
  - The virtue *phronesis* is the knowledge of what is Good and Bad, acquired over time through work
- Is choosing the Good thing to do being virtuously wise?
- Morality as a social contract for what is right
- Passing down wisdom to younger people, who can learn a lot and learn over the course of their lives
  - With each generation the young people seem to have a broader possible pool of knowledge to learn
- Indirect ways to get wisdom; making connections; applying science
  - Becoming more wise through reading, talking, thinking, learning, and teaching

**Stoic practice**

- Larry has been thinking on how “everything has two handles” (how there are more ways than one to bear situations).
- Simon engaged in fellowship, while also becoming wise to the safe way to socialize given the current monkey pox outbreak.
- John has been moderating his idleness.
- David has been sitting with anxiety to help get rid of it.
- Michael T. has acknowledged that whether or not some people get in trouble with the law is out of his control.
- Michael B. recognized that being angry at distractions out of his control is futile.
- Takako applied for a government document, focusing on what about the process was in her control.

**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!

**Group goals achieved:**

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

**Next Month's Meeting:**

- Next meeting will be in **San Francisco at Helen Crocker Russell Library of Horticulture in Golden Gate Park, on September 18<sup>th</sup>, 2022**
- 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! Follow us too!

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