



MINUTES FROM

**SEPTEMBER 18, 2022, SUNDAY**

REDWOOD STOA GROUP MEETING

**MET AT HELEN CROCKER RUSSELL HORTICULTURE LIBRARY,**

**GOLDEN GATE PARK, SAN FRANCISCO**

**10:00AM–12:00PM PT**

**Attendees:** Simon, Takako, Alex, John, James, Niyant, Neil

**This month's theme:** *Reflection*

**Open discussion on:**

- Taking your time to think on the Stoic readings you do
  - Reading Stoic texts when things are hectic vs when times are calm
- Satisfying basic needs in order to succeed in Stoic study
- Reflection on the Virtues
  - Having a responsibility & duty to do things
- How desires and anxieties may or may not be in our control

**Stoic practice**

- Simon turned off a television show mid episode in order to get to bed at a reasonable time.
- Alex has been taking cold showers.
- John has been tackling projects at home.
- Niyant has been taking time-outs during work to pause and reflect.
- Takako has recognized that plumbers' work habits are not in her control.
- James has been doing a morning meditation, setting his intentions.
- Neil has been walking more for exercise.

**Reports and Announcements:**

- The Stoic Fellowship — Globally Connected – Locally Engaged
  - <http://www.stoicfellowship.com/>
  - Stoicon X, October 29, 2022
- 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!

**Next Month's Meeting:**

- Next meeting will be in **Berkeley at Tilden Regional Botanic Garden**, on **October 16<sup>th</sup>**, 2022
- Next month's theme: **Living in Accordance with Nature**

**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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