



MINUTES FROM  
**APRIL 16, 2023, SUNDAY**  
REDWOOD STOA GROUP MEETING  
**MET ONLINE USING ZOOM**  
**10:00AM–12:00PM PT**

**Attendees:** Larry, Simon, John, Michael T., David S., Saba, David, Niyant, Michael B., Gwen, Takako, [Grace Abiodun]

**This month's theme:** *What is in our Power*

**Open discussion on:**

- The big three ancient Stoics seem to have had slightly different takes on how much is in our power
- Assenting to correct impressions is in our control, but this takes practice
- Having opinions is in our own power, but Marcus Aurelius said we didn't even need to have an opinion about everything
- Stoicism gives us personal agency, and allow us to let go of judging others
- The parallels with Christianity and the Stoic divine
- Controlling our emotions and neurochemicals
  - A general feeling around a situation vs the first movement

**Stoic practice**

- David has been actively investigating the things that cause him pain through attachment.
- Simon turned off his fossil gas furnace until next winter.
- Larry has been doing his daily reflection, and has been giving up on anger over drivers that fail to drive safely around bicyclists.
- Michael T. has been taking time for reflection alone, and appreciating the time he has with his loved ones. And he joined a local stoa in his new home in Oregon.
- John has been working on his judgment of his first impressions.
- Niyant has been practicing recognizing what problems that come up at work are in his control.
- Michael B. has been asking himself questions of reflection at the end of each day.
- Takako took a cold shower when she needed to, knowing it was good for her.
- Saba changed the object of her anger from external things to herself where she has control.
- Gwen has been trying to stop trying to change people's opinions.



### **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!

### **Next Month's Meeting:**

- Next meeting will be in Virtual Space, on **May 21<sup>st</sup>**, 2023
- Next month's theme: **Temperance**

### **Zoom Meeting Chat Log:**

John Knighton to Everyone (10:04 AM)

Welcome, David and Saba.

Dave G. Is here!

Niyant!

Saba to Everyone (10:05 AM)

Reacted to "Welcome, David and S..." with ❤️

Me to Everyone (10:09 AM)

Redwood Stoa Jargon List Link>>>

<https://docs.google.com/document/d/1-rqb3he7uoBsk6KtjHgoqFuFwDvilzGORK8E1hdR9Yw/edit?usp=sharing>

Michael B to Everyone (10:10 AM)

Redwood stoa meetup

JAN - Rational by Nature

FEB - Judgment & Assent

MAR - Desire & Aversion

APR - What is in our Power

MAY - Temperance

JUN - Fortitude / Courage

JUL - Justice

AUG - Wisdom

SEP - Reflection (HCR Library)

OCT - Living in Accordance with Nature (Tilden)

NOV - Gratitude

DEC - Fellowship



Niyant K to Everyone (10:11 AM)

@John, late message but I just lost track of the Sunday. I should put it on a calendar

David Seneschal to Everyone (10:12 AM)

hello moto (advert

moto e (XT2052DL) to Everyone (10:13 AM)

Moto phone is gwen246@gmail.com

John Knighton to Everyone (10:18 AM)

Simon got it right.

Michael's right, too.

John Knighton to Everyone (10:25 AM)

We assent to propositions, to sentences or opinions that the impressions represent. From that, we choose actions.

Michael B. - the dichotomy of control is in a way the Trichotomy of control.

John Knighton to Everyone (10:53 AM)

Things are just too busy at Grace's house!

John Knighton to Everyone (11:06 AM)

Seneca movie?

Oh, no - not Malkovich! Probably something to miss.

"A Funny Thing Happened on the Way to Nero's House".

Larry Berger to Everyone (11:08 AM)

Funny!

That film: Seneca - On the Creation of Earthquakes (2023)

Takako to Everyone (11:08 AM)

Rated 5.5 on imdv — pretty bad

imdb

Larry Berger to Everyone (11:09 AM)

I *can* highly recommend "Young Plato," a documentary that has Stoic themes.

John Knighton to Everyone (11:10 AM)

You and me both, Michael B.

Thanks, Larry.

Takako to Everyone (11:11 AM)

Young plato on inner city Irish community?

Larry Berger to Everyone (11:12 AM)

Yes! Headmaster (Elvis-loving) of a Belfast school teaching some Stoic concepts.

Takako to Everyone (11:13 AM)

Thanks for the recommendation!

Larry Berger to Everyone (11:19 AM)

Sellers: The paradox of Stoicism, as Epictetus formulates it, is that we have almost no control over anything, yet at the same time we have potentially complete control over our happiness.



Saba to Everyone (11:21 AM)

But wasn't the zeno the pioneer?

John Knighton to Everyone (11:22 AM)

Zeno created the school, yes. None of his writings survive, so we're dependent on fragments reported and on his successors.

Me to Everyone (11:22 AM)

Zeno was the Greek who started Stoicism at his Athenian stoa, yes.

Larry Berger to Everyone (11:23 AM)

Saba, Yes! And there were others too, besides those we mention, over several hundred years.

Saba to Everyone (11:23 AM)

Reacted to "Zeno created the sch..." with 👍

Reacted to "Zeno was the Greek w..." with 👍

Saba to Everyone (11:23 AM)

Reacted to "Saba, Yes! And there..." with 👍

Michael B to Me (Direct Message) (11:51 AM)

If you reply with your email i can send pdf to you

Larry Berger to Everyone (12:01 PM)

The 2023 - 1000 Stoics Challenge:

[https://docs.google.com/document/d/1\\_108MFKC\\_N3gR6YuHH0g4-OBW86O-KomLTE28quFs6Q/edit](https://docs.google.com/document/d/1_108MFKC_N3gR6YuHH0g4-OBW86O-KomLTE28quFs6Q/edit)

Niyant K to Everyone (12:01 PM)

\$200 for the whole group in case anyone is wondering 😊

Larry Berger to Me (Direct Message) (12:03 PM)

Maybe add it to the minutes template?

dave to Everyone (12:03 PM)

"An ignorant person is inclined to blame others for his own misfortune. To blame oneself is proof of progress. But the wise man never has to blame another or himself."

— Epictetus, The Art of Living: The Classical Manual on Virtue, Happiness and Effectiveness

Saba to Everyone (12:03 PM)

Reacted to ""An ignorant person ..." with 👍

Me to Everyone (12:03 PM)

Thank you, Niyant.

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**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!

