



MINUTES FROM
JUNE 18, 2023, SUNDAY
REDWOOD STOIC GROUP MEETING
MET ONLINE USING ZOOM
10:00AM–12:00PM PT

Attendees: Larry, Simon, John, Michael T., Michael B. David, Alice, Seamus, Aaron, Takako

This month's theme: *Fortitude*

Open discussion on:

- Having the strength to do the harder but better thing
 - The internal courage to improve and become more tranquil
- Fighting for our health by summoning up courage
- Choosing to do Good, instead of choosing to do Bad or choosing to do nothing
- Changing the minds of others is rarely in our power
 - The strength to be patient
- The relationship between Fortitude and Temperance

Stoic practice

- Simon has been enduring medical pain as he heals up.
- Michael T. has been recognizing his emotions around death and appreciating being alive.
- John gave up feeling angry against someone in the car and meditated on other's emotions that are out of his control.
- Takako has been thinking about what is in her control after being stolen from.
- David has been mindful about things he's going through.
- Seamus has been working to let go of investing in others at work, realizing how little he is in control of others' behaviors.
- Alice has been following the Daily Stoic book.
- Michael B. has been realizing how much he is in control of others' behaviors around taking care of a relative.
- Larry has been enjoying promoting Stoicism (in the advertising style of amazon).
- Aaron feels Stoicism is useful in his quest for betterment.

Reports and Announcements:

- The Stoic Fellowship — Globally Connected – Locally Engaged
 - <http://www.stoicfellowship.com/>
- Fremont Stoics
 - <https://www.meetup.com/fremont-stoics/>
- Seamus suggested a West Coast Stoic Retreat



Group goals achieved:

- We met!

Next Month's Meeting:

- Next meeting will be in Virtual Space, on **July 16, 2023**
- Next month's theme: **Justice**

Zoom Meeting Chat Log:

10:02:45 From Simon Gunner (he/his) to Everyone:

Redwood Stoa Jargon List Link>>>

[https://docs.google.com/document/d/1-](https://docs.google.com/document/d/1-rqb3he7uoBsk6KtjHgoqFuFwDvilzGORk8E1hdR9Yw/edit?usp=sharing)

[rqb3he7uoBsk6KtjHgoqFuFwDvilzGORk8E1hdR9Yw/edit?usp=sharing](https://docs.google.com/document/d/1-rqb3he7uoBsk6KtjHgoqFuFwDvilzGORk8E1hdR9Yw/edit?usp=sharing)

10:03:30 From Michael B to Everyone:

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

10:25:46 From John Knighton to Everyone:

From our meeting a year ago -

What is fortitude or courage?

Overcoming fear and cowardice,

Doing the right thing.

Getting started is half the battle.

Temperance with fortitude: the strength to control extreme behavior.

10:44:34 From Michael B to Everyone:

You can't reach the brain through the ears:



Why do we have to learn everything the hard way?

<https://www.experimental-history.com/p/you-cant-reach-the-brain-through>

10:46:04 From Seamus to Everyone:

Thank you. I just do the TL. It's a fascinating gig, but draining.

10:46:29 From Seamus to Everyone:

Whoops that was supposed to be a DM

10:50:28 From Simon Gunner (he/his) to Michael B(Direct Message):

Just to let you know, here's the updated list of topics (which I think is just that DEC's wording got updated):

10:50:32 From Simon Gunner (he/his) to Michael B(Direct Message):

JAN - Rational by Nature

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OCT - Living in Accordance with Nature (Tilden)

NOV - Gratitude

DEC - Social by Nature

10:56:10 From dave to Everyone:

I'll be right back.

10:58:30 From dave to Everyone:

back

11:02:05 From Larry Berger to Everyone:

Each of the primary virtues has a number of subordinated virtues...under courage the Stoics listed perseverance, confidence, magnanimity

11:02:38 From Alice she/her to Everyone:

Reacted to "Each of the primary ..." with 👍

11:04:32 From John Knighton to Everyone:

Latin: fortitudo

Greek: andreia

The Greek has an old-world sexism to it, but plainly courage is a human quality that we esteem.

11:06:57 From Larry Berger to Everyone:

Latin: fortitudo



Greek: andreia

The Greek has an old-world sexism to it, but plainly courage is a human quality that we esteem.

11:08:22 From dave to Everyone:

Jurassic Park > Quotes > Quotable Quote

(?)

"Dr. Ian Malcolm, "God creates dinosaurs, God destroys dinosaurs. God creates Man, man destroys God. Man creates dinosaurs"

Dr. Ellie Sattler, "Dinosaurs eat man..... Woman inherits the earth"

11:08:36 From Alice she/her to Everyone:

Reacted to "Jurassic Park > Quot..." with ❤️

11:08:43 From dave to Everyone:

That is from The Manual by Epictetus.

11:11:50 From Aaron to Everyone:

You all talk

11:12:02 From Alice she/her to Everyone:

Reacted to "You all talk" with ❤️

11:12:29 From Aaron to Everyone:

You speak I configure wifi

11:58:40 From Larry Berger to Everyone:

<https://photos.app.goo.gl/oPDZ44AvQ4qpMveL7>

12:03:21 From dave to Everyone:

No way. You are young?

12:07:46 From Seamus to Everyone:

Sorry to dip out, got Father's Day to get on to. Take care all!

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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!