



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

Attendees: Simon, John, Larry, Stan, Michael B., Michael T., Gerry, David, Niyant

This month's theme: *Justice*

Open discussion on:

- Justice and kindness
- Seneca talked about bookkeeping others' actions for and against you, but trying to hold onto only the goodness
- The justice system as a process for citizens to interact with justice
 - Justice as the most social virtue
- Morality or righteousness, including how a mother treats her newborn
 - Teaching interpersonal skills
 - Being curious, not furious
- Treating ourselves with kindness during failure
- Passing judgment on and being intolerant of others and ourselves
 - Cosmopolitanism

Stoic practice

- Simon is meditating on living without hot water for important home improvements.
- Michael T. has been practicing being mindful about daily small tasks in order to do them well.
- Larry has been integrating his knowledge to, after failure, resist beating himself over it, which he recognizes creates a second problem.
- Stan has been working to be more courageous, and meditates in the morning to help calm the puppy thoughts that bark for his attention.
- Gerry has been recognizing trivial problems aren't more substantial than they are; and does daily meditation.
- Niyant came to this meeting.
- David has been working to improve his writing by mitigating his insecurities around it.
- Michael B. has been reading Seneca's Letters daily, such as Letter 94 that talks about the importance of both learning and practice!
- John has been recovering from a health emergency.



Reports and Announcements:

- The Stoic Fellowship — Globally Connected – Locally Engaged
 - <http://www.stoicfellowship.com/>
- Fremont Stoics
 - <https://www.meetup.com/fremont-stoics/>
 - Annual picnic on July 30th: <https://www.meetup.com/fremont-stoics/events/292010562/>
- 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 **August 20, 2023**
- Next month's theme: **Wisdom**

Zoom Meeting Chat Log:

10:06:26 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)

10:17:18 From John Knighton to Everyone:

Panaetius on Justice, per a note of mine:

10:17:53 From John Knighton to Everyone:

"First, do no injury to another man; second, see that the public interest is maintained."

10:32:00 From John Knighton to Everyone:

Jonathan Haidt - The Righteous Mind - required reading in our time.

<https://www.google.com/aclk?sa=l&ai=DChcSEwiKhOze4JOAAxUuGK0GHTLGAqMYABAKGgJwdg&ae=2&sig=AO>

[D64_3TI2hNQ6sRG0AwsZVpGmG6PUDawA&ctype=5&q=&ved=2ahUKEwjH5-](https://www.google.com/aclk?sa=l&ai=DChcSEwiKhOze4JOAAxUuGK0GHTLGAqMYABAKGgJwdg&ae=2&sig=AO)

[He4JOAAxWpOUQIHxzCzYQ9aACKAB6BAgIEBc&adurl=](https://www.google.com/aclk?sa=l&ai=DChcSEwiKhOze4JOAAxUuGK0GHTLGAqMYABAKGgJwdg&ae=2&sig=AO)

10:33:56 From Larry Berger to Everyone:

Reacted to "Jonathan Haidt - The..." with 👍

10:41:54 From Niyant Krishnamurthi to Everyone:

self-justice lol

10:47:11 From Larry Berger to Everyone:

Broics!

11:53:25 From dave to Everyone:

<https://grandrapidstherapygroup.com/second-arrow-of-suffering/>



11:54:40 From Niyant Krishnamurthi to Everyone:

Larry, let's write the book!

11:55:09 From Larry Berger to Everyone:

Reacted to "Larry, let's write t..." with 👍

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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!

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