



MINUTES FROM
MAY 21, 2023, SUNDAY
REDWOOD STOA GROUP MEETING
MET ONLINE USING ZOOM
10:00AM–12:00PM PT

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

This month's theme: *Temperance*

Open discussion on:

- Choosing to die
- Temperance as health, boredom, productivity
- Mitigating for wild behavior, by applying reason
 - Appreciating our abilities to be rational
- Reacting temperately to the words people say
 - Looking for the true reason why people say what they say
- Some people may be ignorantly following their natural instincts to do harm, but others seem to be rationally doing Bad deeds
- Modern magnification of our choices and our good and bad actions
- Addictions can be helped by social supports
- Modesty as a pillar of Temperance

Stoic practice

- Simon is passing time of intense medical pain by remembering that pain alone isn't Bad.
- Larry has been doing a deeper weekly reflection.
- Michael T. has been questioning his practical beliefs by taking a sacred pause during an argument.
- David has been using a Stoic framework to cope with recent challenges.
- Niyant has been getting out of bed thinking about what Marcus Aurelius would say.
- Michael B. has been asking himself "the three questions" at the end of the day to help mediate on his actions of the day, sometimes even during the day.

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 **June 18, 2023**
- Next month's theme: **Fortitude**

Zoom Meeting Chat Log:

Me to Everyone (10:08 AM)

Redwood Stoa Jargon List Link>>>

<https://docs.google.com/document/d/1-rqb3he7uoBsk6KtjHgoqFuFwDvilzGORk8E1hdR9Yw/edit?usp=sharing>

JKn to Everyone (10:48 AM)

Hi, everybody

>>>

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!

REDWOODSTOA.WORDPRESS.COM
FACEBOOK.COM/GROUPS/REDWOODSTOA/

MEETUP.COM/THE-REDWOOD-STOA/
STOICFELLOWSHIP.COM

