



MINUTES FROM
AUGUST 20, 2023, SUNDAY
REDWOOD STOA GROUP MEETING
MET ONLINE USING ZOOM
10:00AM–12:00PM PT

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

This month's theme: *Wisdom*

Open discussion on:

- The difference of knowledge vs. wisdom
 - Arguing with people over the Internet
- Stoic practical wisdom and prudence
 - Unlearning and relearning how to be Good
 - Always practicing philosophy to keep it as the ultimate consideration before acting
- Focusing on simple habits
- Rigid and unexplainable Christian beliefs that paint people as inherently bad
- Enjoying the process and the little Stoic activities
- Navigating the suffering of loved ones

Stoic practice

- Simon reigned in passionate responses while his boss got angry at him.
- Larry has been talking to people more temperately, sometimes using Stoic quotes.
- Michael T. has been marveling at young relatives at play and learning how to deal with being human.
- Michael B. has been doing daily practice reading and reflecting, and throwing more things in storage away.
- Stan has been reading about wisdom and quantum mechanics, recognizing that there is so much we don't understand.
- Niyant has been practicing the Stoic pause while interacting with strangers.
- David has been going to bed at reasonable hour.

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 **San Francisco at Helen Crocker Russell Library of Horticulture in Golden Gate Park, on September 17, 2023**
- Next month's theme: **Reflection**

Zoom Meeting Chat Log:

10:04:26 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-rqb3he7uoBsk6KtjHgoqFuFwDvilzGORk8ElhDR9Yw/edit?usp=sharing)

[rqb3he7uoBsk6KtjHgoqFuFwDvilzGORk8ElhDR9Yw/edit?usp=sharing](https://docs.google.com/document/d/1-rqb3he7uoBsk6KtjHgoqFuFwDvilzGORk8ElhDR9Yw/edit?usp=sharing)

10:07:48 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

JUL - Justice

AUG - Wisdom

SEP - Reflection (HCR Library)

OCT - Living in Accordance with Nature (Tilden)

NOV - Gratitude

DEC - Social by Nature

10:52:23 From Larry Berger To Everyone:

For Niyant, and anyone, a little background on why there are four (or six) virtues:

<https://www.dropbox.com/s/ednj4yrlliej8il/The%20Six%20Core%20Virtues-Philosophy%20Now.pdf?dl=0>

11:16:30 From Michael B To Everyone:

In Stoic halls where wisdom gleams,
A steadfast path of tranquil streams.
Through trials faced with steady grace,
Stoicism's light guides every pace.

With Epictetus and Marcus' voice,
We learn to make a wiser choice.
Accepting fate, both good and ill,
Stoicism's teachings hold us still.

In turmoil's grip, a steadfast mind,
No storm can make our spirit blind.
The inner citadel stands strong,
Resilience blooms, as life's song.



From Seneca's prose to ancient lore,
Stoicism's gifts we still explore.
In challenges, a friend and guide,
A philosophy to walk beside.

For in its teachings, we find a key,
To rise above life's ebb and sea.
To cherish virtue, let go of fear,
Stoicism's light, forever near.

So let us embrace this noble art,
Stoicism's wisdom, a lifeline to our heart.
In its embrace, we find our way,
A beacon of strength, come what may.

11:16:39 From Michael B To Everyone:
by ChatGPT, 40 seconds ago

11:25:01 From dave To Everyone:
how long has this group been meeting again?

11:25:23 From Simon Gunner (he/his) To Everyone:
Since 2013

11:25:57 From dave To Everyone:
So you were 10.

11:26:12 From Simon Gunner (he/his) To Everyone:
Reacted to "So you were 10." with 👍

11:26:12 From Larry Berger To Everyone:
I'm 65, don't look a day over 64, and have the body of a 63-year-old.

11:26:19 From Simon Gunner (he/his) To Everyone:
Reacted to "I'm 65, don't look a..." with ❤️

11:26:32 From dave To Everyone:
Reacted to "I'm 65, don't look a..." with ❤️

11:26:47 From Stan Lee To Everyone:
Reacted to "So you were 10." with 😂

11:27:21 From Stan Lee To Everyone:
Reacted to "I'm 65, don't look a..." 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!