



MINUTES FROM
JUNE 16, 2024, SUNDAY
REDWOOD STOA GROUP MEETING
MET ONLINE USING ZOOM
10:00AM–12:00PM PT

Attendees: Simon, John, Michael B., David, Larry, Nate, Alan, Mitch, Darren, Andrey

This month's theme: *Fortitude*

Open discussion:

- Not being the bravest human, but being the bravest you can be
- The interconnectedness of fortitude and other virtues
- Courage as movement towards something positive
 - Taking time to assess whether or not a deed is Good
- The strength of self-control

Stoic practice

- Simon wore a mask at work, in accordance with the nature of disease.
- David took a Sacred Pause as many crises seemed to come up at once.
- Larry has been reflecting daily on making the right decisions when deciding to exercise or clean common areas.
- John has been reasonable, understanding the dichotomy of control.
- Michael B. has been growing his wisdom of the Latin language.
- Alan took a moment before a meeting with a coworker to prepare and remind himself about the dichotomy of control.
- Andrey has been practicing fortitude when dealing with family issues.
- Darren has been preparing to take care of family, recognizing what things are not in his control.
- Nate has been doing a morning and an evening meditation daily.

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 **July 21, 2024**
- Next month's theme: **Justice**

Zoom Meeting Chat Log:

10:05:33 From Simon 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)

10:12:47 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

10:33:24 From Larry Berger to Everyone:

From perplexity.ai:

In the Laches dialogue, Socrates examines the nature of courage or bravery (andreia in Greek) through a discussion with two respected Athenian generals, Laches and Nicias.

The key points regarding Socrates' view on courage from the dialogue are:

Courage is a Virtue, Not Just a Skill

Socrates steers the discussion away from defining courage merely as a military skill like fighting in armor. He wants to understand the virtue or excellence of courage itself.

Courage is Knowledge of What is Truly Fearful

Laches initially defines courage as a sort of endurance of the soul, but Socrates finds this too broad.

Nicias then defines it as the knowledge of what is truly fearful and what is not to be feared. However, Socrates argues this definition is too narrow, as it excludes courage about past and present goods/evils.

10:33:47 From Larry Berger to Everyone:

Courage is Wisdom About All Goods and Evils



Pushed by Socrates, Nicias expands his definition to say courage is the knowledge of all goods and evils, at all times (past, present, future). But Socrates points out that this broad knowledge would make courage equivalent to perfect wisdom or virtue as a whole.

Courage Remains Undefined

In the end, neither Laches nor Nicias can produce a satisfactory definition of courage that withstands Socrates' cross-examination. The nature of courage remains undefined, leading Socrates to conclude that they must start over like students to truly understand this virtue.

So while Socrates does not provide a positive definition, the dialogue suggests courage involves a certain kind of knowledge or wisdom, perhaps the wisdom to judge what is truly worth fearing. But its precise nature remains elusive and requires further philosophical inquiry.

10:47:59 From Nate to Everyone:

Reacted to "Courage is Wisdom Ab..." with 👍

11:02:31 From Mitch to Everyone:

Group, Thank you for allowing me to participate in the nice thoughtful discussion. I have to leave for another commitment. I will finish Alan story first ;-)

11:02:44 From Simon to Everyone:

Reacted to "Group, Thank you fo..." with 👍

11:02:46 From Larry Berger to Everyone:

Thanks, Mitch!!

11:05:29 From Darren Norris to Everyone:

Reacted to "Group, Thank you fo..." with 👍

11:08:03 From Larry Berger to Everyone:

The REBT ABC model is a core component of Rational Emotive Behavior Therapy (REBT), developed by Albert Ellis. It explains how our beliefs about events, not the events themselves, cause our emotional and behavioral responses. The model consists of:

A - Activating Event or Adversity: This is the situation or event that triggers a person's thoughts and emotions.

B - Beliefs: These are the thoughts, interpretations, and beliefs a person has about the activating event. Irrational beliefs lead to unhealthy negative emotions and behaviors.

C - Consequences: The emotional, behavioral, and physiological consequences that result from the beliefs about the activating event.

The goal of REBT is to identify and dispute (D) irrational beliefs, leading to a new Effect (E) of healthier emotions and behaviors.

11:08:12 From Larry Berger to Everyone:

The model proposes that it's not the activating events that directly cause consequences, but rather the beliefs one has about those events. By restructuring irrational beliefs through disputation, one can achieve more rational beliefs and healthier emotional and behavioral responses.

11:08:39 From Darren Norris to Everyone:

Reacted to "The model proposes t..." with 👍



11:23:59 From Larry Berger to Everyone:

I just want to give some kudos to John for that beautiful, minimal new kitchen remodel!!

11:24:16 From Darren Norris to Everyone:

Reacted to "I just want to give ..." with 😂

11:24:52 From Simon to Everyone:

Reacted to "I just want to give ..." with 😂

11:25:48 From Alan H. L. to Everyone:

Reacted to "I just want to give ..." with 😂

11:51:50 From dave to Everyone:

Reacted to "I just want to give ..." with 😂

12:00:36 From John Knighton to Everyone:

Hah! It's probably an AI kitchen!

12:00:45 From Darren Norris to Everyone:

Reacted to "Hah! It's probably ..." with 😂

12:01:57 From Larry Berger to Everyone:

Reacted to "Hah! It's probably ..." with 😂

12:02:08 From John Knighton to Everyone:

Larry - great chat-space input, thanks.

12:03:12 From Larry Berger to Everyone:

Nate, Dr. Megan McElheran wrote "In Valor: 365 Stoic Meditations for First Responders" and has been on Stoic podcasts recently. I haven't read or heard her at all; just mentioning in case of interest.

12:03:22 From Darren Norris to Everyone:

Reacted to "Nate, Dr. Megan McEl..." with 👍

12:03:50 From Nate to Everyone:

Reacted to "Nate, Dr. Megan McEl..." with 👍

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It's pleasant to do and will help the group effectively plan future events! Follow us too!