



MINUTES FROM
SEPTEMBER 15, 2024, SUNDAY
REDWOOD STOA GROUP MEETING
MET ONLINE USING ZOOM
10:00AM–12:00PM PT

Attendees: Simon, John, Larry, Gregory, Nate, David, Alex, Alan, Takako, Niyant

This month's theme: *Reflection*

Open discussion:

- Ways to study the ancient authors
 - Incorporating Stoicism into your life
- The influence of maxims, quotes, and paradoxes
- Taking time to reflect

Stoic practice

- Simon showed fortitude while unclogging his kitchen sink drain.
- Larry has been adjusting his personal practice to reflect on his day.
- Alan has been taking cold showers to prepare for future discomforts.
- Nate has been doing daily reflection, taking cold showers to prepare for future discomforts, and found the courage to talk to his neighbor about working together to fix their retaining wall.
- David focused on an itchy feeling while meditating.
- Alex has been following doctor's orders that are difficult.
- Takako has been working on setting boundaries with certain friends.
- Gregory has been dealing with medical bureaucracy by preparing for these interactions like one might prepare for battle.
- John embraced a difficult situation in his life that is taking more of his time than he originally thought.

Reports and Announcements:

- The Stoic Fellowship — Globally Connected – Locally Engaged
 - <http://www.stoicfellowship.com/>
- Fremont Stoics
 - <https://www.meetup.com/fremont-stoics/>
- StoiconX 2024 – Stoic Day – Stoic Open House
 - Save the date! Sunday, October 13th at the Newark Library from 2-4pm.
 - Previous tentative day: Saturday, October 19th at the Fremont Main Library from 2-4pm.
 - This will be the Intergalactic Stoic School's end of term celebration.
 - https://www.meetup.com/fremont-stoics/events/302683802/?eventOrigin=group_events_list
- 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 **Berkeley at Tilden Regional Botanic Garden**, on **October 20, 2024**
- Next month's theme: **Living in Accordance with Nature**

Zoom Meeting Chat Log:

10:02:51 From Gregory B to Everyone:

Morning to all, glad to be here!

10:02:55 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)

10:09:09 From Simon 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 (San Francisco at Helen Crocker Russell Library of Horticulture in Golden Gate Park)

OCT - Living in Accordance with Nature (Berkeley at Tilden Regional Botanic Garden)

NOV - Gratitude

DEC - Social by Nature

10:09:58 From Larry Berger to Everyone:

From John Knighton: The theme or topic for September is Reflection, which usually touches on several aspects of our lives as well as on the nature of Stoicism. If you have a favorite Stoic author, you might plumb him or her for useful commentary on the topic, or brainstorm, yourself, on the subject. For us in the Stoa it involves both a reflection on the founding of our stoa, on the resurgence of Stoicism in general, and beyond that on the part that reflection (consideration, thought, revision of opinion) plays in Reason itself.

10:11:43 From Nate to Everyone:

Alex and Greg, what other meet ups do you attend? I'm interested in attending more.

10:14:01 From Gregory B to Everyone:



Hi Nate, we are in a book club and an intellectual debate/anarchy/philosophy group! haha, Alex, you explain if you want lol

10:17:08 From Alex to Everyone:

Replying to "Alex and Greg, what ..."

Adult Aspies of San Francisco. That's where we first met. I'm in Fremont Stoics as well.

10:27:32 From Niyant Krishnamurthi to Everyone:

What's today's topic? I might not have seen the list from earlier

10:27:50 From Gregory B to Everyone:

Reflection

10:28:04 From Larry Berger to Everyone:

From John Knighton: The theme or topic for September is Reflection, which usually touches on several aspects of our lives as well as on the nature of Stoicism. If you have a favorite Stoic author, you might plumb him or her for useful commentary on the topic, or brainstorm, yourself, on the subject. For us in the Stoa it involves both a reflection on the founding of our stoa, on the resurgence of Stoicism in general, and beyond that on the part that reflection (consideration, thought, revision of opinion) plays in Reason itself.

10:29:10 From Gregory B to Everyone:

illumination of ancient manuscripts...I think that would have been very contemplative and meditative!

10:33:59 From Niyant Krishnamurthi to Everyone:

Was there an original stoic/greek word for reflection?

10:36:59 From Gregory B to Everyone:

Is a maxim a brief definition of a 'way' or core belief. Vs a philosophical question or quandary?

10:39:44 From Larry Berger to Everyone:

"You Won't Believe Epictetus's First Three Enchiridion Mini-Chapters!!!!!"

10:41:57 From John Knighton to Everyone:

A good idea of a maxim, to me, is this from Nietzsche: "A good saying is too hard for the teeth of time."

10:42:13 From Gregory B to Everyone:

Reacted to "A good idea of a max..." with 👍

10:43:10 From Gregory B to Everyone:

truth lasts...rhetoric can be transitory/depending on just the place and time. Truths remain and do not change thru time and place

10:43:32 From Simon to Everyone:

Reacted to ""You Won't Believe E..." with 😓

10:43:54 From Alex to Everyone:

Reacted to ""You Won't Believe E..." with 😓

10:44:08 From Alex to Everyone:

Reacted to "truth lasts...rhetor..." with 👍

10:45:52 From Gregory B to Everyone:

can any of us ever know what is behind the shadows on the wall of the cave....?



10:49:05 From Gregory B to Everyone:

A gem cannot be polished without friction, nor a man perfected without trials. Seneca ,

10:49:31 From Alex to Everyone:

Reacted to "A gem cannot be poli..." with ❤️

10:49:55 From Gregory B to Everyone:

I have been thinking this as a former jeweler, that a diamond only comes from pressure and high heat= hence we must face our trials and challenges as ways we are being refined and made more beautiful in our final form

10:52:07 From Larry Berger to Everyone:

As a joke, I sometimes use the following as a ".sig" (footer) to emails to select folks. It's from Seneca's Letters:

"I have withdrawn from affairs as well as from society, and from my own affairs in particular: I am acting on behalf of later generations. I am writing down a few things that may be of use to them."

10:52:41 From Gregory B to Everyone:

Reacted to "As a joke, I sometim..." with 👍

10:57:17 From Larry Berger to Everyone:

I think I read it with the wrong phrasing. Here's the quote at the end of my website:

Not Impressed With This Website?

We do not have the eye-catchers you have in mind; with us, the buyers are not disappointed by entering the shop and finding nothing more than was hung up outside.

-- Letter from Seneca to his friend Lucilius (XXXIII.3-4)

10:57:34 From Gregory B to Everyone:

Reacted to "I think I read it wi..." with 👍

10:57:39 From Simon to Everyone:

Reacted to "I think I read it wi..." with 👍

11:17:57 From Gregory B to Everyone:

Is this topic of modern overwhelm of information vs Zen of being able to be calm and centered and react to the challenges of life with a no-mind. Busy mind vs calm mind. Stoic Maxims vs () fill in latest advertising campaign. "just do it" etc.

11:18:12 From Alex to Everyone:

Reacted to "Is this topic of mod..." with 👍

11:19:45 From Gregory B to Everyone:

Who is training 'us' Simon, who/how do we learn to pick and choose? Yes the reflection of Stoic ideas to give us a path thru the forest

11:19:50 From Gregory B to Everyone:

forest

11:20:26 From Simon to Everyone:



Reacted to "forest" with ?

11:24:40 From Gregory B to Everyone:

measurable reference to allocate \$/resources to schools has made 'education' suffer greatly indeed Alan.

11:26:23 From Gregory B to Everyone:

I feel Jurassic era

11:32:21 From Niyant Krishnamurthi to Everyone:

I have to step out early. A good rest of the day to everyone!

11:32:27 From Gregory B to Everyone:

Reacted to "I have to step out e..." with 👍

11:32:28 From Alex to Everyone:

Reacted to "I have to step out e..." with 👍

11:32:32 From Larry Berger to Everyone:

Reacted to "I have to step out e..." with 👍

11:32:36 From Alex to Everyone:

Replying to "I have to step out e..."

Thanks for your input! Have a great sunday!

11:37:36 From Gregory B to Everyone:

Alan, I'm sure in a year you will be easily meditating under the mountain waterfall, peaceful and aware!

11:41:34 From Alan H. L. to Everyone:

Dr. Huberman on the health benefits of cold showers:

<https://www.hubermanlab.com/newsletter/the-science-and-use-of-cold-exposure-for-health-and-performance>

11:42:01 From Gregory B to Everyone:

Reacted to "Dr. Huberman on the ..." with 👍

11:42:05 From Alan H. L. to Everyone:

Replying to "Dr. Huberman on the ..."

but yeah, not everyone can/should take cold showers. Your mileage may vary!

11:43:50 From Gregory B to Everyone:

Why are we forgetting that the Roman Baths were combo of both HOT and COLD and the practice of doing both...so are people turning the opposite way and seeing how HOT you can tolerate as well ? Or cycling back and forth hot/cold/hot/cold repeat till nirvana?

11:49:02 From Gregory B to Everyone:

higher awareness of ourselves in all things, body and mind

11:50:10 From Alan H. L. to Everyone:

I use Zoom sessions as a way to not scratch my "itch" to unmute and comment on everything



11:50:25 From Gregory B to Everyone:

Reacted to "I use Zoom sessions ..." with 🤔

11:53:48 From Gregory B to Everyone:

Simon the stoic wing man!

11:57:57 From John Knighton to Everyone:

StoiconX 2024

Save the date (tentative but almost certain): Saturday, October 19th at the Fremont Main Library from 2-4pm

This will be the Intergalactic Stoic School's end of term celebration.

11:58:08 From Gregory B to Everyone:

Reacted to "StoiconX 2024

Save t..." with 👍

11:58:38 From Alan H. L. to Everyone:

Reacted to "Simon the stoic wing..." with 👍

11:58:41 From Alan H. L. to Everyone:

Reacted to "StoiconX 2024

Save t..." with 👍

>>>

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

