



MINUTES FROM
OCTOBER 20, 2024, SUNDAY
REDWOOD STOA GROUP MEETING
MET AT TILDEN REGIONAL BOTANIC GARDEN, BERKELEY
10:00AM–12:00PM PT

Attendees: Simon, Michael B., Nate, Sania, Takako

This month's theme: *Living in Accordance with Nature*

Open discussion:

- Seneca uses nature to get the reader to understand the wonder of Stoic philosophy
- Living in accordance with Nature at multiple levels—the inner human to the cosmological
 - Similar to living in accordance with virtue
- Allowing things out of your control to negatively affect you
- Cold showers increase some people's fortitude
- Gifting and making better social connections

Stoic practice

- Simon is shopping for an electric vehicle to live more in accordance with Nature.
- Michael B. is pushing away regrets for things that he cannot change.
- Nate is journaling and exercising every day.
- Takako has been removing herself from a friendship whose negative emotions are not under her control.
- Sania is abstaining from drinking alcohol, as she has for a decade.

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! In person!

Next Month's Meeting:

- Next meeting will be in Virtual Space, on **November 17, 2024**
- Next month's theme: **Gratitude**



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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