



YAHOO.COM\MINUTES FROM
NOVEMBER 17, 2024, SUNDAY
REDWOOD STOA GROUP MEETING
MET ONLINE USING ZOOM
10:00AM–12:00PM PT

Attendees: Simon, John, Nate, Larry, Michael B., David

This month's theme: *Gratitude*

Open discussion:

- Reflection on the current political landscape and what is in our control
 - Gradually extending social empathy through the levels of oikeiosis
- How to practice Stoic philosophy
- Being grateful by recognizing in what ways difficulties have passed us over, and by reading about history
- Gratitude through appreciating other people, or through recognizing how it would be to lack something
- Being a group welcoming of different walks of life

Stoic practice

- Simon has been grateful for the remaining natural spaces that teach biological context to our humanity.
- Larry has been tempering media intake and passionate arguments.
- Michael B. has been transforming his worry into productive home organization.
- David has been getting his emotions under control during these extreme times.
- John has been grateful for communication with his partner that brought them closer together.
- Nate has been doing morning and evening journaling, and he participated in Stoic Week at the beginning of the month.

Reports and Announcements:

- The Stoic Fellowship — Globally Connected – Locally Engaged
 - <http://www.stoicfellowship.com/>
- The Intergalactic Stoic Foundation has been founded as a 501(c)3
- 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 **December 15, 2024**
- Next month's theme: **Social by Nature**

Zoom Meeting Chat Log:

10:05:48 From Simon to Everyone:

[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)

10:06:21 From Simon to Everyone:

Redwood Stoa Jargon List Link>>>

10:06:29 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

10:32:13 From Larry Berger to Everyone:

<https://thephilosophygarden.substack.com/p/e-book-a-short-guide-to-the-inner>

10:32:29 From Larry Berger to Everyone:

Sorry, that's paid I think, but....

10:34:28 From Larry Berger to Everyone:

I was given 3, free, one-month subscriptions to Massimo's Substack which would unlock the above for download. I had planned to offer those to all here today (coincidence). So, here's the link for the first three to use, if of interest:

[https://email.mg-d0.substack.com/c/eJxkkk-](https://email.mg-d0.substack.com/c/eJxkkk-PojAYxj8N3DSIRZADB0cXB3fQbHbjOF5IW1701VJYWmTg02_UbGaTPb1pnj9p8vwkt3Cq2yG-YcvV5ISlnZxarq1bxAHj5axwlfZC5tGAMD90oeKo8hNoaLmFluf2S_UZm7vnOArnghQSWFiWnmTzOYiAR34Y-lyliJYuxpRQ3_M84oUslmzKpsBmpQQCIYcg8MGfQvBpft84d3xSnSYFmZpOGMvldSrirykWTly08_hLbtgNXxWdrG-OwhUMThyb_uu9PPOKJaocmj4xDE1IXjQILDktsfQXtsBUMG0_S_XCg6ppe6s9szPrscjWp3irJto2gs81xmQZC741Y9sgPC9xVM0-se5NWx5tUUV-8p7jDDeHrfc_Xygi2vcn1eXakyXBc77sUe-TvCbn3b8fsM7t89Nn4Y3xbbhS8LnB3-cayMfO3v9Jxu8pMWqlRDmmQ6hfvA0l_z0u2x_RS06RKC_QagZtoGi39VW-XLd9182o9v6wO2e72vZRZxF-)

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rphPobxyL2SOgTGrptrBqh0FjHJ6oRj5lNJ4q64qhje4bmjKo2dXMeTrwtQLv2f2Y7A-2jIDFCI_cW0z8BAAD__67E-YA

10:41:51 From Larry Berger to Everyone:

Jack Visnjic - The Stoic Formula For Doing The Right Thing- <https://youtu.be/ykPhVZlh7xw>

11:11:48 From Nathan to Everyone:

Do any of you have any other stoic / philosophy groups you recommend?

11:47:30 From Larry Berger to Everyone:

Nathan, do you mean Meetup groups? I focus on this one, some Modern Stoicism events, Massimo's, some NYC Stoics. I don't do much with the Fremont Stoics and Orlando Stoics but they're very active.

11:56:01 From John Knighton to Everyone:

<https://redwoodstoa.wordpress.com>

11:58:29 From John Knighton to Everyone:

qhannkn@gmail.com

11:58:36 From Simon to Everyone:

Paypal ^

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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!

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