



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

Attendees: Larry, Nate, Simon, John, Alan, Andrey

This month's theme: *Social by Nature*

Open discussion:

- How people can play well their various roles in life
- Promoting social spaces for pleasant, productive meetings
- Being courageous to exercise social muscles
- Social roles and understanding boundaries
- Strategies for communicating between management levels at work
- Self-respect and respecting others at all levels of oikeiosis

Stoic practice

- Simon courageously hosted Thanksgiving, inviting good social interactions into his home.
- John has been engaging in Stoic thought with James Kostecka.
- Andrey has been taking philosophy classes, and has been considering what about other students is in his control.
- Alan created notes on Epictetus that he reads every day to color his thoughts with the dye of Stoicism.
- Larry has been reflecting on stresses not under his control.

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 **January 19, 2025**
- Next month's theme: **Rational by Nature**



Zoom Meeting Chat Log:

10:05:49 From Sam G 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)

10:06:25 From Sam G 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

10:07:30 From Larry Berger to Everyone:

Stoicon 2024 | Jack Visnjic | The Stoic Formula For Doing The Right Thing

10:07:35 From Larry Berger to Everyone:

<https://www.youtube.com/watch?v=ykPhVZlh7xw>

10:33:02 From Larry Berger to Everyone:

Bless you, Sam!

10:37:49 From Sam G to Everyone:

Reacted to "Bless you, Sam!" with 🙏

10:49:51 From Nathan M to Everyone:

Can we get a link to help pay for the meetup? I couldn't find a way to pay on last month's minutes.

11:01:34 From Larry Berger to Everyone:

Self-Respect

An overlooked but essential element of Stoicism

Brittany Polat

<https://stoicismforhumans.substack.com/p/self-respect>

11:23:05 From John Knighton to Everyone:

Everybody - I'm having connectivity problems - will leave and try to re-connect.

11:35:21 From Nathan M to Everyone:

Andre, what philosophy program are you doing?

11:41:08 From Larry Berger to Everyone:



Infinity: Bad example, Alan, in this case!

11:41:30 From Alan H. L. to Everyone:

Reacted to "Infinity: Bad exampl..." with 😊

11:47:03 From Андрей Смородин to Everyone:

Replying to "Andre, what philosop..."

It is in Russian <https://www.andriibaumeister.school/>

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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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