



MINUTES FROM
JANUARY 19, 2025, SUNDAY
REDWOOD STOA GROUP MEETING
MET ONLINE USING ZOOM
10:00AM–12:00PM PT

Attendees: Simon, Larry, Michael T., Michael B. David, Nate, Seamus, Niyant

This month's theme: *Rational by Nature*

Open discussion:

- Humans only have the potential to be rational
 - Growing to become an educated person
 - Wrestling with your emotions
- Rationality as a special tool in Nature that we have to achieve eudaimonia
- Building a scaffold to further explore truth and develop Stoic practice
- Using emotion or randomness to prompt experimenting to discover something new
- Developing hunches and intuition as springboards for easier rational thought

Stoic practice

- Simon recognized better that some things his family does are not in his control.
- Larry has been reducing his media consumption and courageously taking just actions.
- Michael T. has been reading "Hope for Cynics" to help understand others' tendency to fall for misinformation.
- Michael B. has been planning end-of-life events.
- Seamus found work to do on New Year's Eve, rather than recklessly partying or feeling down about not being invited to a friend's event.
- David has been using Stoicism to cope with the upcoming presidency.
- Nate has been deeply reading Epictetus.

Reports and Announcements:

- MeetUp fees are \$360/year (Apr & Oct). Thank you to those who have donated!
- The Stoic Fellowship — Globally Connected – Locally Engaged
 - <http://www.stoicfellowship.com/>
- Fremont Stoics
 - <https://www.meetup.com/fremont-stoics/>

Group goals achieved:

- We met!



Next Month's Meeting:

- Next meeting will be in Virtual Space, on **February 16, 2024**
- Next month's theme: **Judgment & Assent**

Zoom Meeting Chat Log:

10:02:54 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)

10:03:07 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

10:17:51 From Larry Berger to Everyone:

Good emotions (eupatheiai):

These include joy, wish, and caution, which are considered appropriate responses to positive events based on rational thought.

Passions:

Considered irrational and disruptive emotions like excessive anger, fear, greed, or extreme pleasure, which can lead to poor decision-making.

10:21:16 From Simon to Everyone:

Reacted to "Good emotions (eupat..." with 👍

10:25:27 From Larry Berger to Everyone:

The Invention of Duty: Stoicism as Deontology By Jack Visnjic

10:49:24 From Niyant to Everyone:

Have to head out. Have a good Sunday.

10:49:33 From Larry Berger to Everyone:

Reacted to "Have to head out. Ha..." with 👍

10:49:36 From Michael B to Everyone:

https://en.wikipedia.org/wiki/Buridan's_ass



10:49:56 From Michael B to Everyone:

'bye Niyant

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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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