



MINUTES FROM
FEBRUARY 16, 2025, SUNDAY
REDWOOD STOA GROUP MEETING
MET ONLINE USING ZOOM
10:00AM–12:00PM PT

Attendees: Larry, Simon, Michael T., Michael B. David, Nate, William, John, Niyant, Takako, Andrey

This month's theme: *Judgment & Assent*

Open discussion:

- It's freeing that Stoicism doesn't penalize you for having an initial animal response to a situation
- Having tools to experiment with, to figure out how to live with *eudaimonia*
 - Looking deeper to discern whether that reaction is useful to hold on to
 - Methods to rise above the first movement
- Incorporating: 'honing our desires' and 'recognizing what is in our control'
- Assenting to or rejecting the same emotions in different contexts
 - Indulging can be a damaging addiction or helpful to survival
- The tone of your inner judge's voice

Stoic practice

- Simon saw damage to his car, felt the rise of anger, then recognized it was childish to think raging would help.
- Nate started going back to school for philosophical betterment.
- Takako is grateful for this group, and has been setting boundaries with a friend who often wants to rant.
- Andrey is doing painful physical therapy to improve his health.
- David has prevented himself from readopting old bad habits.
- John has been reading Seneca.
- William has been reading Marcus Aurelius, and practicing daily reflection.
- Michael T. has been inspired by current politics out of his control to learn how to be more compassionate towards those less fortunate.
- Larry has been reading about Stoicism.

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 \$360/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 **March 16, 2025**
- Next month's theme: **Desire & Aversion**

Zoom Meeting Chat Log:

10:03:23 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)

10:05:15 From Michael B to Everyone:

audio/computer problems today - will try to return later

10:05:31 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

10:22:45 From dave to Everyone:

Two monks, one old and one young, were traveling together. They came to a river where a young woman stood, unable to cross. The older monk lifted her, carried her across, and set her down safely on the other side.

The younger monk was silent but fumed as they continued walking. Hours later, he finally burst out, "How could you carry that woman? We monks must not touch women!"

The older monk calmly replied, "I set her down at the river. Why are you still carrying her?"



Larry Berger, Nathan, Simon: ❤️

10:25:58 From William to Everyone:
Discernment

10:33:44 From Larry Berger to Everyone:
2. Action

10:36:14 From Nathan to Everyone:
“Inclinations” in the Waterfield translation.

10:48:05 From Nathan to Everyone:
“Mastering one's appetite is the very foundation of training in self-control.” (Musonius Rufus - On Food)

10:48:16 From Nathan to Everyone:
Maybe not exactly desire

10:59:12 From Niyant to Everyone:
Speaking of health. I have to step away for an exercise thing. Have a nice rest of the Sunday!
Larry Berger, Simon: ❤️

11:26:35 From Michael B to Everyone:
“The first principle is that you must not fool yourself and you are the easiest person to fool.”

— Richard P. Feynman

Nathan, Larry Berger, Andrey Smorodin: 🙌

11:36:05 From Michael B to Everyone:
I have to leave early today. Thanks to all!

12:01:28 From Larry Berger to Everyone:
Old:
FEB - Judgment & Assent
MAR - Desire & Aversion
APR - What is in our Power

New:
FEB - What is in our Power
MAR - Desire & Aversion



APR - Judgment & Assent

12:06:46 From John Knighton to Everyone:

Got to go - see you all later.

>>>

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

