



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

Attendees: Simon, John, William, Larry, Michael B., Seamus, Nate

This month's theme: *Desire & Aversion*

Open discussion:

- Desire, passionate desire, and wanting
 - Good desire has limits
- Can you be a Stoic zealot? Philosophically, no
- The interconnectedness of what is in our control, and our assent, with desire and aversion
- How it feels to orient your life towards good Stoic desires

Stoic practice

- Simon got poison oak! Betrayed by a plant! But he handled the itching bravely, even not scratching sometimes.
- Seamus took a moment before taking on lots of guilt, instead blaming no one, over a mistake.
- Nate has been enduring health difficulties and tempering the desire to do only fun activities.
- Michael B. got a fix-it ticket that took over a lot of his life, but reduced his worry about it towards zero by recognizing what was in his control.
- William has been writing as a way to incorporate Stoic practice into each day.
- Larry has been sitting with the discomfort of a growing to-do list.

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 now **\$360/year** (Apr & Oct). Any alternatives?

Group goals achieved:

- We met!

Next Month's Meeting:

- Next meeting will be in Virtual Space, on **April 20, 2025**
- Next month's theme: **What is in our Power**



Zoom Meeting Chat Log:

10:04:32 From Simon to Everyone:

Redwood Stoa Glossary

[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)

10:06:56 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

Simon: 👍

10:07:43 From William to Everyone:

Discernment

10:09:33 From Larry Berger to Everyone:

Current full list:

JAN: Rational by Nature

FEB: Judgment/Assent

MAR: Desire/Aversion

APR: What is in our Power

MAY: Temperance

JUN: Fortitude/Courage

JUL: Justice

AUG: Wisdom

SEP: Reflection

OCT: Conforming to Nature NOV: Gratitude

DEC: Social by Nature (Fellowship)

10:41:40 From William to Everyone:



Can you share that reference?

10:44:47 From Larry Berger to Everyone:

<https://howtobeastocic.wordpress.com/2017/12/11/disciplines-fields-and-virtues-the-full-stoic-system-in-one-neat-package/>

William: 🙏

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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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