



# Indifferents Quarterly

Anchored in Virtue

FEBRUARY 2020

## Message from the Board

Greetings,

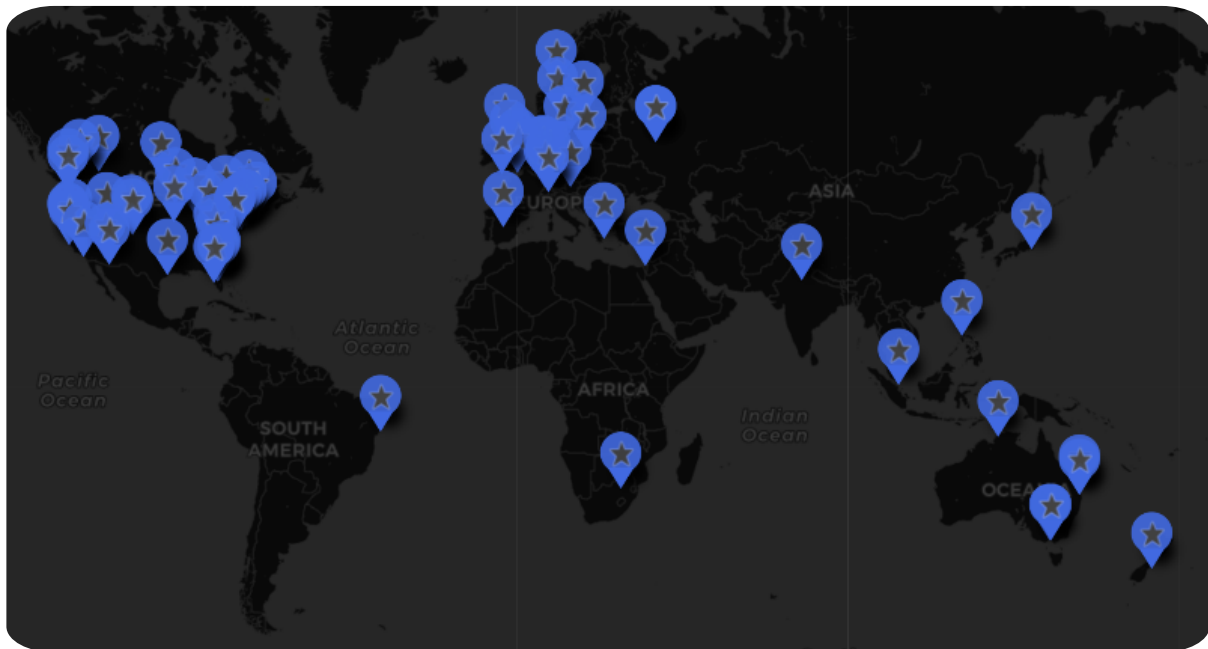
A new year, a new decade... and **33 new Stoas** since the beginning of last year! What a remarkable journey it's been since our humble start in 2016 with just three founding Stoas. Though The Stoic Fellowship has continued to grow our global network, our mission has remained the same: to build, foster, and connect communities of Stoics around the world. With the help of our 100% volunteer-driven team, we've been able to do just that.

And speaking of our amazing team, now's a great time to get involved! If you've been wondering how to get more involved in the global Stoic movement, look no further. We're kicking off a number of new initiatives in 2020, so there are dozens of ways that you can put your skills, talents, or cash to work! Just reply directly to this email, and we'll get in touch.

As with any organization, with growth comes challenges. We're not able to offer as much individualized attention to each group as we'd like despite our best efforts. But it's in this spirit that we present this year's theme: **Anchored in Virtue**. No matter what challenges attempt to veer us off course... as Stoics, **the pursuit of virtue is what anchors our every action**. Allow this anchor to hold you steady in 2020 and even the uncertain future we face will be met with ease.

With gratitude,

*Greg, James, Nick, Peter, and Scot*  
*Your Board of Directors*



Stoics Around the World

## ***Welcome to Our New Stoic Communities***

**We would like to welcome the following 14 new Stoic communities to The Stoic Fellowship!**

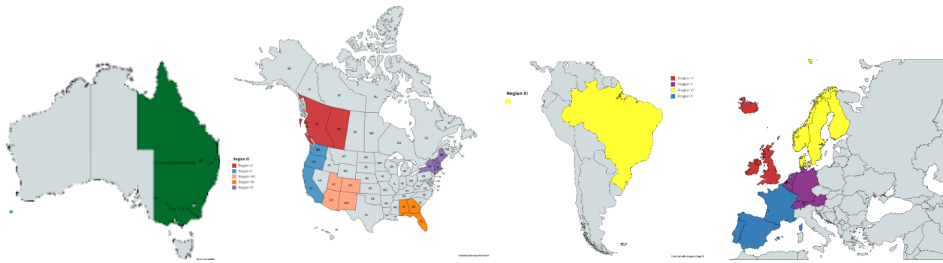
- [Zürich Stoic Philosophy Meetup](#)
- **Saltash Stoic Group (Contact us for more information)**
- [Stoïcisme Strasbourg et Eurométropole](#)
- [Stoicism Sunshine Coast](#)
- [Aachen Stoics](#)
- [Cologne Stoics](#)
- [Stockholm Stoic Meetup](#)
- [Brighton Stoics](#)
- [Northwest Ohio Stoics](#)
- [Southern Appalachia Stoa](#)
- [Melbourne City Stoics](#)
- [Augusta Stoa](#)
- [Stoa-Linz/Austria](#)
- [Delhi Stoics](#)

## Regional Support

The Stoic Fellowship now has **Eleven Regions** around the world, each unique and with its own Regional Support Volunteer doing as much as possible to serve and help the community flourish. As a team, the RSVs also support and challenge each other. This quarter we'd like to welcome the 3 new regions and RSVs:

- **Peter in the Northeast U.S.A**
- **Jean-Baptiste in Western Europe**
- **Aldo in Brazil**

Welcome!



### The Current TSF Regions are:

**East Coast,  
Australia**

**Southwest, U.S.A.**

**Brazil**

**Western Europe**

**Western,  
Canada**

**Southeast U.S.A.**

**NW European  
Islands**

**Central Europe**

**West Coast,  
U.S.A.**

**Northeast U.S.A.**

**Scandinavia**

If you are interested in becoming a Regional Support Volunteer, just reply to this email for information!

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## ***Inquiries into The Stoic Fellowship***

This past quarter, 200 people reached out to The Stoic Fellowship from all across the globe, 16% of whom showed interest in starting a community! Here's a list of places where communities may pop up in the future, so if you're from around any of the parts listed below, reach out to us and we can put you in contact with current or potential founder of new Stoic groups in your area!

<u>United States</u> <ul style="list-style-type: none"> <li>• Richmond, VA</li> <li>• Fayetteville, AK</li> <li>• Williamsport, PA</li> <li>• Somers Point, NJ</li> <li>• Portland, OR</li> </ul>	<u>Europe</u> <ul style="list-style-type: none"> <li>• Stuttgart, Germany</li> <li>• Munich, Germany</li> <li>• Sheffield, UK</li> <li>• Annecy, France</li> <li>• Zuz, Graubunden, Switzerland</li> </ul>	<u>Middle East</u> <ul style="list-style-type: none"> <li>• Tel Aviv, Israel</li> <li>• Istanbul, Turkey</li> </ul>
<u>Australia</u> <ul style="list-style-type: none"> <li>• Darwin, Northern Territory, Australia</li> <li>• Kurnell, NSW, Australia</li> </ul>	<u>Asia</u> <ul style="list-style-type: none"> <li>• Saigon, Vietnam</li> <li>• Vientiane, Laos</li> <li>• Karachi, Pakistan</li> </ul>	<u>Africa</u> <ul style="list-style-type: none"> <li>• Mossel Bay, Western Cape, South Africa</li> <li>• Douala, Bonanjo, Cameroon</li> </ul>
<u>Mexico</u> <ul style="list-style-type: none"> <li>• Guadalajara, Jalisco, Mexico</li> </ul>		

## Interview with a Stoic

For this issue, the Stoic Fellowship is very pleased to offer an interview with Eric Scott of [Stoics in Action](#). Eric presents many interesting concepts that are important in teaching Stoicism to others, plus many Stoic-related topics that help start discussions in groups.

[Read The Full Interview](#)

## *Updates from Stoas Around the World*

### **Bellingham Stoics**

The Bellingham Stoa continues to grow, and we currently have 195 members. Over the last few months we've read the Meditations of Marcus Aurelius and How to be a Stoic by Massimo Pigliucci. Last week we covered Courage Under Fire by James Stockdale.

### **Copenhagen Stoa**

We are focusing on using a mix of old and new texts to inspire the discussions while going over the various topics. Here in the new year we will focus on getting a steady core of members and having consistent meetings.

### **Denver Stoics**

As we are closing in on two and a half years of meetings, several topics have come up more than once. So, in the past few months, we've started to cover and rearrange things into seasonal and holiday based topics. So for instance around halloween we covered 'Good & Evil', 'Hope & Fear' and 'Superstition'. And around Thanksgiving we covered 'Relationships', 'Loss & Grief' and 'Guilt'. Then around Christmas we covered 'The Internet', 'Charity' and 'Suicide & Euthanasia'. For January, we already had one meeting for 'Goals & New Year Resolutions' and will be doing 'Time Management', 'Desire' and 'Stress' as ways to approach an entire new year of Stoic practice. It seems like society as a whole has a way of addressing topics on an annual basis, kind of whether you like it or not, so why not buckle up and match wits?

### **Estoicos de Championsgate**

We are a Spanish & English bilingual group, which is located halfway between Orlando and Lakeland (Florida). It is a monthly meetup, and our discussions pull from the writings of Epictetus and Marcus Aurelius.

### **Estóicos de Millenia**

We are a Portuguese & English bilingual group, which is located at Millenia Mall (south of Orlando). It is a monthly meetup, and most of the participants are Brazilians. We've had 6 meeting so far, and the most popular conversations come from The Enchiridion by Epictetus.

### **Fremont Stoics**

We have much planned for 2020. Our bay area StoiconX event was feature in writeups in the [WashingtonPost magazine](#) and [MotherJones](#). One was good for stoicism, the other not so. Anyways we welcome any exposure as positive and carry on stoically. Birthday celebrations, hikes, new stoic reading program by Greg Lopez, meetups with other regional groups, volunteering - 2020 will be exciting!

- Intergalactic. Been meaning to read one of the foundational texts? Perhaps we can help. The free [Intergalactic Stoic School](#) is a volunteer community dedicated to sharing and exploring the wisdom of the Stoics. Based in Fremont, and in our second year, we're getting ready to start the new term in March. All are welcome and there's no need to be local to join the reading program. Check us out on the Web. Enrollment limited.

### **Los Angeles Stoics**

The L.A. Stoics are growing organically. Our Regular Meetings (2nd Saturday mornings) draw the most people and we expect our active members to reach double-digits as we begin our close reading of Marcus Aurelius's Meditations (after finishing Donald Robertson's How to Think Like a Roman Emperor). Our Theory Meetings (4th Wednesday evenings) are smaller but the quality of discussions are high; we are currently getting through Margaret Graver's Stoicism and Emotions (highly recommended!). This month we met for the second time for a special hike through some of Los Angeles's often-overlooked trails – it was fun and attracted a couple new people. These ventures into Nature are meant to remind us of our inherent connection to our political community and the cosmos itself and I think are crucial for a well-rounded Stoic group.

### **Monterey Stoicism Meetup Group**

As of 1-19-20, we have 25 online members through meet-up, and enjoy the weekly fellowship of 10-12 regular meeting attendees. We continue to work through the book "Handbook for New Stoics" by M. Pugliucci, and are now on week 18; as we head through lessons on the Discipline of Action. As the founder, I wonder how our current venue may inhibit the efficacy of growing a group larger than the present 12 attendees.

### **NYC Stoics**

The NYC Stoics has started a new theme for its reading group this year -- a year of Cicero! We're starting by reading Anthony Everitt's biography of him, and then plan to read many of his philosophical works. We're also running a parallel practice group which is working through Massimo Pigliucci's and Greg Lopez's A Handbook for New Stoics. Finally, we also plan on holding Stoic

Camp NY 2020. If you're interested in attending, be sure to sign up on our [meetup page](#) to be informed once registration opens!

### **Orlando Stoics**

Orlando Stoics is the largest philosophy group in Florida. We now have over 860 members, plus a growing sense of 'community' with regulars who attend every meeting. We have 11 meetups a month (discussions every Monday and Friday night, plus two walking meditations on Sundays, plus 1 Sunday movie). The walking meditations have grown the most: people like to walk as a group and discuss Stoic topics.

### **Oslo Stoics**

We recently had some media coverage, and as a result managed to get quite a few new members. That is of course good, and it gives us a bit of an incentive to go back to basics, in order to get the newcomers onboard. We are currently discussing the evening meditation, based in parts on Pigliucci and Lopez' book, as well as selected excerpts from the corpus. Things are looking good in Oslo for the moment, and we hope that most of the newcomers will remain.

### **Redwood Stoa**

The Redwood Stoa continues to meet, beginning our seventh full year as a group. We still use our system of monthly topics, which keeps a doctrinal focus yet allows for free and personal discussions. Additionally, at the last meeting, it was moved that we send a representative to the 2020 Stoicon, and seconded. We'll have to see if we can get that done!

### **Saltash Stoic Fellowship**

We are in our third month. We meet every other week fortune permitting in a local pub. We are averaging 5-6 people per week, but hoping to build these numbers with a publicity drive in the next month. This will include an article in the local magazine, hopefully a press release, possibly some kind of representation at a local event and some mini posters around town. We're a small town (16,000ish) so am hoping to pull people in from surrounding areas. The group itself is mixed ranging from people who have been studying stoicism for 5 years to those that new nothing before their first meeting. I've also



become a volunteer, helping (hopefully) with regional coordination for the Fellowship.

### **Stockholm Stoic Meetup**

After our first two meetups, we are now convening fortnightly. Our next is on anger, using Seneca's classic text as our starting point.

### **Stoic Society of Athens (Greece)**

We are recruiting volunteers to organize StoiconX, Athens. We have launched a [one year residency program](#) where people can stay in a beautiful historical house.

### **Stoics (Christchurch NZ)**

Stoics of Daytona Beach is a monthly meetup. Topics have been the writings of Epictetus and Marcus Aurelius. We've only had 6 meetings so far, but interest is growing from students of nearby universities.

### **Strasbourg Stoa**

The Stoa is very recent and the first meeting was organized on the 30th of November 2019. A second meeting took place in December. We are a small group of 10-12 people. Participants showed a strong interest in these talks and in the philosophical exercises. We are still working on the format of the gatherings and thinking how to develop even more the Stoic community in Strasbourg. Any volunteer is welcome! Check out our [Facebook page](#).

### **The New England Stoics**

We have begun a 12 part practice course modeled and created by our sister group in NY. Additionally we have a new web site [www.nestoics.org](http://www.nestoics.org) as well as created a [facebook discussion group](#). Our events are listed on both Facebook and meetup (which can also be accessed from our web page). In addition to our practice group we have created casual meetings called Philosophers's Cafe. This is a time to get to know each other and talk about stoicism without any pressure. We get a lot of curious new people in these meetings, it's been very successful. We have also created a digital survey that we allow people to answer anonymously to help us improve. Our meetup page will likely soon

pass 300 people. These are exciting times.

### **The Vernon BC Stoics**

After a year and a half, the Vernon Stoics are now in a stable venue. The owners of the Rail Trail Cafe are allowing us to meet in their coffee shop after hours. The peace and quiet is wonderful. They even have their barista stick around for a bit to make sure we have a beverage for our meeting. As most stoas would agree, a good venue is hard to find. The city of Kelowna is south of us and is a bigger center. I am considering changing the name and scope of the Stoa to the "Okanagan Stoics" which would encompass the larger area of the Okanagan which would stretch from my area and south to the US border. The idea is that I can have meetings in Kelowna as well under the same Meetup group to spread the cost out over 2 cities (or more). I have taken on the role of regional support person for Western Canada. At this time that appears to be 2 stoas, Vernon and Calgary. Well.... Canada is pretty big.

### **Trondheim Stoics**

The Trondheim Stoics were mentioned in an article (as were the Oslo Stoics, though more prominently), and as a result, we have received quite a few more members the last few weeks. We have held one meeting so far in 2020, with the topic of "Back to Basics" - in order to give newcomers a chance to learn, and those familiar with Stoicism the ability to refresh their knowledge. We are also considering planning some events, outside of the regular meetings, to try to make the content more accessible to others who aren't necessarily in the group currently. All in all, things are going well, and we are looking forward to trying to increase the activity and engagement this year.

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## **Support The Stoic Fellowship**



Check out our new [Stoic Wares store](#).  
**Donate \$30+ and choose your gift of a t-shirt, beanie, or hat.**

### **Stoic Pioneers Program**

With the goal of being financially self-sufficient by 2021, the Stoic Pioneer's Program aims to raise \$19,000 over the next three years for the group's endowment. Reaching this goal will allow the organization to pay all its general operating expenses directly from the proceeds of the endowment fund, without annual pledge drives or charging dues. [Join today](#) and make a lasting impact on the community's future.

More than a donation, joining the Pioneers program will add your story to the official history of The Stoic Fellowship and be a legacy for future generations looking to be inspired.

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**Interested in starting or joining a Stoic community? That's why we're here.  
Just reply directly to this email to learn more.**