



Dear fellow Stoics,

April is the Month of Service in the Stoic Fellowship. It is where we try to put our Stoic vales into practice and try make a positive impact in our communities and social circles.

The ancient Stoics had a lot to offer that is useful in these times:

- keeping a cool head and keeping calm so that one is not carried away by panic
- staying reasonable and doing what makes sense
- accepting the situation and making the best of it
- finding ways to benefit your community

Here are some suggestions what you could do:

- Meet via videoconference and hold meetings
- share favorite Stoic quotes and passages
- do your best to keep yourself and others safe
- help your neighbors
- call your friends and family and talk to them, be there for them
- support your local businesses

Let's do the best we can and contribute to the common good.

Yours truly,

THE STOIC FELLOWSHIP TEAM

Month of Service
APRIL 2020

“For all that I do, whether on my own or assisted by another, should be directed to this single end, the common benefit and harmony.” (Marcus Aurelius, 7.5)