

## Welcome to “How We Meet a Pandemic”

Thank you for signing on for this conversation. I'm really looking forward to it, and look forward to learning along with you.

Your first source for information about the class should be its home page on The Jung Center's website, <https://junghouston.org/about-the-center/from-the-director/how-we-meet-a-pandemic/>. Right now, you'll find there the first lecture, which I posted earlier today and is also available on our YouTube channel at <https://youtu.be/-fHCzkAXXDE>.

So, about that. A good friend watched the lecture today, and she commented that it can be a bit dark and perhaps tough sledding to watch all at once. Camus' book, too, is dark, but I believe it is honest, and in its way ultimately hopeful. It's important to say -- and I didn't in this first lecture -- that the plague he describes had a 50% mortality rate, much higher what we know of the coronavirus. This isn't a vision of our future. But it does resonate strongly with the kinds of questions the pandemic raises -- or at least it does for me.

Jung suggested that "one does not become enlightened by imagining figures of light, but by making the darkness conscious." But none of us should go into that darkness alone, or feel forced into it. Please take your time, and don't feel compelled to go any further in the lectures or the book than feels right for you.

You can think of the course as having three parts:

1. Albert Camus' book *The Plague*
2. Four lectures (likely each one will be split into multiple 10-minute parts), uploaded each Monday
3. Live discussion sessions each Thursday. I have scheduled two per Thursday, and you can pick which you would like to attend. The first will be held at 12:30 pm CDT, and the second at 6:30 pm CDT. Later this week, I will send links to each of these.

There is no right way to participate in this. You can dip into the book, spend time with the lectures, or just join the discussion. All three, of course, is most welcome.

I expect that future lectures will be shaped by our conversations during the week, and of course by current events, which are moving quickly. Here in Houston, we have not yet been told to shelter-in-place, but we expect that soon. I'm set up to continue hosting the class from home if that is the case.

Please do feel free to send me email directly -- I will do my best to respond in a timely fashion. In a letter to the community recently, I shared something that Michael Craig wrote about two weeks ago: our hearts and minds can share spaces that our bodies cannot. Thank you for joining me in this shared space.

Warmly,

Sean

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