Table of Contents for a Manual of Pandemic Response Protocols

How to write a pandemic response protocol
How to lead in a time of global crisis
How to find your purpose in a hurricane
What to do when your depression meets the Great Depression
How to turn your complex PTSD into a leadership development program
How to be compassionate in the face of mortal terror
How to explain to everyone you know that things are Very Bad
How to explain to everyone you know that things are Even Worse
How to explain to everyone you know that things are Much Worse
Than We Can Imagine
How to imagine beyond your imagination
How to imagine total catastrophe and stay loving
How to decide in a time of complete uncertainty
How to stop worrying and learn to love the crisis
How to stop
How to find that your fury has no bottom
How to say everything you notice and feel
How to stop swallowing your insights
How to find your pandemic joy ¹
How to keep yourself and others alive in America ²
How to keep yourself and others alive in Palestine
How others keep you alive
How to turn desolation into liberation
How to take escalation as opportunity
How to renew your rebellion
How to be careful, very careful, more careful than you've ever been
How to feel the domino of your somatic body
How to suspend the risk of your first and last true life

Mejdulene B. Shomali

To Patrick Swayze, Thanks for Everything! Mejdulene Shomali

Patrick Swayze nailed the lift baby out of the corner into the sky a rare bird something beautiful

my VCR rewound & replayed
to see his smile
watch her sink down
against his chest his unbuttoned black shirt

Patrick wore that red dress
drove queens in the desert
locks blowing in the convertible breeze
saved Stockard from a bad man

made a whole town believe in something in whiteness fuchsia sweetheart neckline lacy black gloves

even as a ghost Patrick moved
penny up the door i wanted
to see it again when
he passed too young too gaunt

with what cancer took
i remember him like this
tight black jeans no spaghetti arms
twisting hips from tips of feet

Patrick was never a punchline for me
the bouncer of my road house heart
my wild Johnny
the first man
i thought to love

^{1.} Darakshan Raja, 2020

^{2.} Kiese Laymon, 2012