

CORAC Newsletter

Region 8

August 20, 2021

Sheryl Collmer, editor



Everyone feels the acceleration of events now. Whatever household preps you have started, get them ready to go. Most of all, be ready to respond to God's call. That means time in prayer. I have had to start using a timer to keep myself in prayer, without jumping up to do this or that task in my tension, which I call "pre-traumatic stress disorder." It's what is making me forget things, get my feelings hurt too easily, lose sleep at night, trip on things that haven't been moved. And the only answer is prayer. Adoration, rosary, frequent reception of the sacraments. Tuning in to God's channel.

Charlie initiated CORAC for this reason: to help us help each other. To do that on a large scale, he has worked to create an infrastructure that spans the country. Now is the time to go farther than reading blogs and newsletters; you should know at least one other person in CORAC. If you don't, consult this zip code map and find someone near you:

<https://www.easymapmaker.com/map/ad53ad1ea5c70e9b45306dde40e06ce8> Have a glass of wine together or go for a walk. Knit yourself into the CORAC infrastructure. This is up to you.

Some people have not allowed their contact info for sharing. I encourage everyone to consider sharing phone numbers with CORAC. If you can't find another member to connect with, please email Region 8 Coordinator, Ed Haren, for help at:

coracregion8@gmail.com

Studies in other countries, where censorship is less effective, are more edifying than our own. More data about the shot escapes every day, hinting that the Vaxxx may be more lethal than COVID. If you have held out from the Vaxxx until now, stay strong. That being said, you absolutely should be following a prevention protocol. If you experience symptoms, activate an early-treatment-at-home protocol immediately. See the Health & Wellness section for such information. Be well!

- Sheryl Collmer, editor

RC Report

From our regional coordinators, Ed and Michelle



Greetings,

I don't know about you but for me the merry-go-round seems to be spinning faster and faster. Just when the virus seemed to be calming down, I caught a case of the "Delta blues". Not the COVID – just the fear of it. I found myself bombarded with messages from everywhere that Delta was here, and it's allegedly more contagious than the original.

The internet, billboards, TV, and radio are assaulting me with news, editorials, PSA's and celebrity endorsements for getting the jab. They are floating stories about restricting the Unjabbed from flying or crossing state lines. I hope these things won't happen, but I think the plan is that if we hear enough of this drumbeat, we will be more open to the vaxx, passports, etc. Even Fox News, which we've just started watching again (after the election night debacle) is disappointing us. Fox stories follow the formula of "...of course the vaxx is the way to go but everyone should be able to choose."

It seems to me there are 3 basic positions:

1. The vaxx should be mandatory.
2. The vaxx is by far the best way to go but it's a choice.
3. We don't have the full story on the vaxx or on alternative treatments

The Left and the media (but then I repeat myself) concentrate on position #1. And, of course, those who speak out about the efficacy of the vaxx, the risks and especially the unknowns, are banned by Big Tech. It doesn't matter that the censored speakers have studies, statistics and facts, whereas the vaxx proponents appeal to our fears and don't even try to convince us with facts (wonder why?)

Anyway, I'm told that Delta goes after kids, that the hospitals are being overwhelmed and that it's time to batten down the hatches – again. I confess my initial reaction was close to panic. Perhaps if what they were saying was true; maybe I ought to

get the vaxx. Maybe I've pressed my luck as far as I should. But after an initial wave of apprehension – my frequent trips to the adoration chapel, reading Charlie and conservative websites and podcasts – I was able to get my feet back on the ground.

Sure, Delta is more transmissible and I am concerned about the rising hospitalizations but the fatalities are lower than ever. As I regained perspective, I began to see the manipulation behind the Scamdemic. I soon realized that all the reporting wasn't on the number of deaths or hospitalizations but concentrated on the number of cases.

Reports about the inaccuracy of the COVID tests are legion. Then the CDC erroneously increased by 25% the numbers for Florida. A left-wing website, The Texas Tribune, erroneously reported 5,800 children were hospitalized due to COVID in the first week of August when the actual count was 783. Do you notice that all the 'mistakes' make red states look bad?

For me, it's a tight line to walk. I don't want to minimize the danger of the virus. At my age, though in good health, I'm on the endangered list. But the danger of mandates, vaxx passports and censorship seem to me to be the greater threat.

In the end, I am so grateful for my Catholic faith. If it wasn't for that, I'd be really in a funk. As it is, I just have to keep tossing it up to God and saying, "O Jesus, I surrender myself to you, take care of everything!" This sentence comes from the SURRENDER PRAYER NOVENA. Charlie had this prayer on his old TNRS website a few years ago. I keep it stored on my phone and often feel the need to avail myself of its promise.

See the full text of the novena prayer in the Prayer section of this newsletter.

God bless you and yours,
Ed
281-381-5093
CORACregion8@gmail.com

(Editor's note: there is a fourth position that Ed didn't mention: that the vaxx is a deliberate attempt at global depopulation.)

Communications

Keeping in touch when channels are unreliable



TIME-CRITICAL ANNOUNCEMENT

Tomorrow morning, August 21, Region 7 coordinator, Dr. Bill Hammer, will be doing a Zoom demo on programming the **Yaesu** brand of handheld transceiver radios. All are welcome on the call.

Topic: Region 7 Communications ZOOM Meeting

Time: August 21, 2021 09:00 AM Central Time

Join Zoom Meeting

<https://us02web.zoom.us/j/83536445795?pwd=ZzZSS2tITUFBb1RTMURoY1ltc0U3dz09>

Meeting ID: 835 3644 5795

Passcode: 394929

The Communications team is "broadcasting" every Sunday evening at 6:30 PM Central Daylight Time. The frequencies to search are:

14.347 primary
14.227 secondary
14.319 tertiary

Check the CORAC Communications page for new items: <https://corac.co/communications-teams/>

Sustainable Living and Survival Skills

Home skills for self-sufficiency



THE GREEN RESET

Bill Gates is now the largest owner of farmland in the US, and it appears that he (or groups he controls) is also buying up seed. The stage is set for a takeover of food production that could equal the takeover of medical care that we've seen this year. Gates has said that food production will heavily feature GMO's (genetically engineered organisms), lab-engineered proteins and industrial chemicals as food supply, as opposed to small family farms, with diverse crops and seeds that are reproducible from season to season. The green reset will make us completely dependent on a corporate structure overseen by billionaires, who have already demonstrated that they care nothing for actual persons.

The Gates buyup of farmland in the US: <https://www.lifesitenews.com/blogs/great-food-reset-bill-gates-is-now-the-biggest-owner-of-farmland-in-the-us/>

The Gates takeover of seed banks: <https://regenerationinternational.org/2020/11/01/one-empire-over-seed-control-over-the-worlds-seed-banks/>

The dangers of "food imperialism": <https://childrenshealthdefense.org/defender/world-economic-forums-great-reset-plan-for-big-food-benefits-industry-not-people/>

Risks of GMOs in the diet: <http://www.mariasfarmcountrykitchen.com/12-reasons-to-avoid-gmos/>

What can we do against such massive funding and power? You can start your own garden, using non-GMO, reproducible seeds. Consider yourself a local seed bank, preserving varieties of seeds that are not modified and that can be harvested for seed at the end of a season.

Your partner in this effort could be St. Clare Seeds, a pro-God, pro-life, pro-America organization. They sell heirloom open-pollinated seeds that grow *real* food, not lab-produced pseudo-food. Not only is gardening great fun, but it's a blow to the global effort to control food production.

It all sounds so sci-fi, so Soylent Green, but these things are actually happening. Fight back with Golden Sunrise Swiss chard and Chantenay Red Core carrots and Walla Walla onions. Varieties are important for the health of the food supply and the land that produces it. Diversity is God's way; uniformity is what GMO's will give us.

Starting a garden: <https://www.stclareseeds.com/garden-help/gardening-for-beginners-learn-the-basics-of-growing-a-fabulous-garden/>

Seed collection small family garden: <https://www.stclareseeds.com/garden-help/shop/heirloom-seed-collections/small-family-vegetable-garden-seed-collection/>

Another good seed company for diversity in varieties: <https://territorialseed.com/pages/about-us>



My primitive rain collection system. My house doesn't have rain gutters, so I needed to rig a tarp under the eaves. The 55-gallon rain barrel is a repurposed food-grade barrel from Home Depot: <https://www.homedepot.com/p/Terra-Cotta-Rain-Barrel-55-gal-Model-TC-55-TC-55/312999960>

If you have rain gutters on your roof, it all becomes much easier. You simply divert the runoff to your barrel by removing one section of the downspout to fit the height of your barrel.

Do you have some pictures of projects you've completed to make your household more self-sufficient? Send them to me for inclusion in the newsletter! Sclare27@aol.com

GROW YOUR OWN FOOD

This free webinar on September 4 was recommended. I can't vouch for the quality of it, but I am registered. You can sign up here: <https://thegrownetwork.com/i-can-grow-food-webinar/>

Health & Wellness

Staying robust in trying times



I CAN'T SAY THIS STRONGLY ENOUGH

Have a prevention protocol to avoid getting sick, and have an early treatment plan in case you *do* get sick. In most people, COVID is mild, but why would you take any chances? The fact is, mass vaccination is forcing the virus to mutate in unpredictable ways. Even if you're low risk, don't leave yourself unprotected. Please!

<https://covid19criticalcare.com/covid-19-protocols/i-mask-plus-protocol/>

DIAPHRAGMATIC BREATHING

You never give much thought to breathing, do you? Did you know there is a therapeutic way to breathe, that helps with anxiety, high blood pressure, PTSD, insomnia, depression, pain management and IBS? Most importantly for us now, it reduces cortisol, which is the "stress hormone." As the situation in the world becomes more tense (and it shows no signs of letting up), that stress will take up residence in your body unless you take steps to prevent it.

Here's a test. Take a big, deep breath in. Did your shoulders go up? That means you're thoracic, or chest breathing, which activates the "fight or flight", cortisol-laced, anxiety-producing response of the *sympathetic* nervous system. It's part of our survival mechanism, and is only really useful in saber-toothed tiger-type chases. But most modern people are constantly chest-breathing in our tense world, and it heightens anxiety and can even cause disease.

What you want is to belly breathe. It activates the "resting and digesting" *parasympathetic* nervous system. It will take most people conscious thought to belly breathe, but it becomes more habitual the more you practice.

The best way to really see what's going on in your body is to lay flat on your back, resting one hand above your belly button. Take a deep breath in and let it make your belly rise. If your chest rises, you're not getting the air down deep enough. Chronic chest breathers will have to consciously push the breath down to the belly. When your belly rises, you are properly engaging your diaphragm muscle.



The Diaphragm Muscle

If you're having trouble getting the breath down to the belly, try this: blow out as much as you can. Keep blowing. You'll notice that you have to contract abdominal muscles to really blow out the last of the oxygen. Now hold a second, then allow yourself to breathe in. Your body will automatically engage the diaphragm to get the much-needed oxygen onboard.

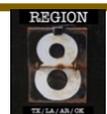
This is not rocket science, but the longer you've carried tension in your upper chest, the more conscious thought it will take to recover the habit of belly breathing. (We were all belly breathers when we were children.) This is not new age; it's anatomy and physiology. This is what I use on days when I have read too much news, or when I wake up in the middle of the night. It is a physical remedy to emotional stress. And you don't have to go to the doctor or ante up a co-pay; it's God's free solution!

Here are some aids: <https://www.healthline.com/health/diaphragmatic-breathing#steps-to-do> or a good short video: <https://youtu.be/xQJ2O4b5TM>

One other advantage to belly breathing is in prayer. If you're trying to stay recollected but your mind is racing, belly breathing will tend to calm the frenetic thoughts and lead you into more focused prayer.

Region 8

What's going on in the "South Coast" region of CORAC



Our next bi-weekly Zoom call will be Tuesday, August 24 at 7:00 pm. Watch your email for the Zoom link.

Other Items Of Interest

Random stuff I just felt like sharing



THE POWER OF FEAR

We have all experienced conversations with friends or family in which logic and reason are out the window. Otherwise intelligent people refuse to question the narrative, entertain actual evidence, or engage logic when it comes to the pandemic or the quaccine. It's like trying to have a two-way conversation with a pre-recorded phone message.

Vera Sharav, a Holocaust survivor, says that much of the blame for the current state of affairs is to be laid at the feet of adults who need to “wake up” and who are “walking around like zombies.” We’ve all seen that bizarre look on the faces of friends, when common sense has been sucked away. It's like they're talking from a script. Could it be hypnosis? Read more here: <https://americacanwetalk.org/pandemic-2020-a-mass-hypnosis-operation/#:-:text=%20Joking%20aside%2C%20casual%20internet%20research%20says%20‘mass.peripheral%20awareness%203%20Vastly%20increased%20suggestibility%20More%20>

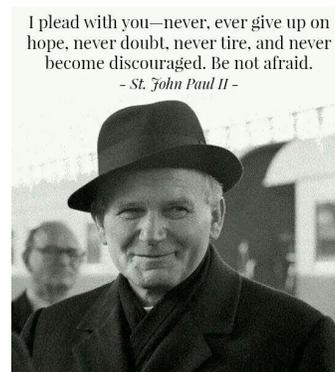
Fear is one of the most powerful human motivators; it's part of our survival instinct. So when bad actors want to control an outcome, they go straight to fear as the method.

Given that, it's our duty to *reject fear*. Yes, we may have good reason to fear, but it's not in our best interests to remain in fear. The Spirit of God has not made us for timidity, but rather to build up power, love and self-discipline! Play games with your children, go on a picnic, play a musical instrument, tell a joke, even a corny one, toss a ball, go to the beach or the lake, laugh for no apparent reason, do whatever it takes to bring a smile to your face and calm to your heart.

We may have to fight to save our sweet way of life, but we can't lose sight of all the things that make it so sweet.

Needless to say... pray! Pray with a light heart, though, because He cares for us.

See the Prayer section for an excellent way to banish fear, the Novena of Surrender to Jesus.



UNITED NON COMPLIANCE



The buzzword in Europe, where protests against vaxxx passports are more intense than in the US currently, is “united non-compliance.” When populations *act together*, the bad actors back down. It's like dealing with bullies.

In Moscow, both vaxxed and non-vaxxed Russians refused to patronize any venue or business which bowed to the vaccine passport mandate. As businesses failed for lack of customers, the passports were defeated in three weeks. That sets a precedent for the rest of the world: united non-compliance.

We should be ready to follow the example of the Russians, especially as we become more aware of the danger of the Vaxxx especially to children and child-bearing age adults.

STOP THE SHOT CONFERENCE

LifeSiteNews sponsored a second installment of the “Stop the Shot” conference yesterday, focusing especially on fertility risks. You can watch replays here:

<https://www.lifesitenews.com/conference-stop-the-shot/stop-the-shot-8-19/>

Note that you have to fast forward to the one-hour mark to hear the replay.

If you missed the first conference, you can replay that video, too.

<https://www.lifesitenews.com/conference-stop-the-shot/>

RENOWNED DOCTORS DISCUSS POTENTIAL
FERTILITY RISKS RELATED TO COVID SHOT
AUGUST 19, 2021 at 12PM EST
by Truth For Health Foundation, hosted on LifeSiteNews.com

**STOP THE
SHOT!**



VAXXX EXEMPTION

I've been discouraged by the number of bishops who have refused to endorse religious exemptions from the Vaxxx. However, you do *NOT* need the backing of a priest or bishop to qualify for religious exemption. All persons have a right to a religious exemption under American law if they hold a "sincere religious belief." It does not require proof, but if asked, I would point to every pro-life march or prayer presence I've ever attended. One fact that is accepted beyond any doubt is that all three of the Vaxxes available in the US used marketed fetal tissue for development (Pfizer and Moderna) and manufacture (J&J). That is more than enough to conscientiously object to.

For more information about exemptions, read here: <https://americasfrontlinedoctors.org/religious/>. You can also get form templates. More legal forms are available here: www.defendingtherepublic.org/covid/

The National Catholic Bioethics Center also has resources for religious exemptions. Last December, Fr. Tad Pacholczyk of the NCBC wrote that a Catholic is *not* morally obligated to refuse an illicit intervention developed on aborted fetal tissue, if there is a grave reason for taking it, such as high risk for death from COVID.

I personally think that nothing justifies the evil taking of innocent life and trafficking of the resulting human tissue for lab experimentation, but Fr. Tad was trying to speak to general principles, under the assumption that the Vaxxx would be effective. He failed to note the moral duty of Christian people to perform due diligence on the safety and effectiveness of the Vaxxx, and not just accept whatever they're told. Even so, the NCBC is unambiguously defending the rights of individuals to have free choice on this issue, and provides a good resource here:

<https://static1.squarespace.com/static/5e3ada1a6a2e8d6a131d1dcd/t/611bb642cf08455cfd776d21/1629206082788/VER.pdf>

ADVERSE EFFECTS OF THE VAXXX

Our own CORAC member, Steve Baker, has posted protocols and possible remedies on his website at: <https://stevesfrontporch.com/healing/healing-protocols/covid19-protocol-short/> If you've suffered effects from the Vaxxx, there are some ameliorating measures you can try. See the PDF links on Steve's page.

Another take on adverse effects of the Vaxxx: <https://www.lifesitenews.com/blogs/injured-by-the-covid-shot-these-are-the-real-treatments/>

CURRENT VAXXX COUNTS

The website Our World In Data keeps a running count on the Vaxxx, updated daily. The current stats are:

24%	fully vaxxed
8%	partially vaxxed
4.9 billion	doses administered worldwide
36 million	doses administered daily

That leaves 68% of the world still safe from the Vaxxx, but that is 2% lower than the last newsletter two weeks ago. Two percent of the world's population is around 16 million people.

You can find these stats at: <https://ourworldindata.org/covid-vaccinations>

THE GREAT REJECT

In Germany, over 23,000 physicians have withdrawn from the vaccination push, which is about 44% of German medical practices. Eleven of the sixteen German states are closing down their job centers. It appears that German doctors, at least, are recognizing the terrible dangers, deaths and severe maiming effects of the Vaxxx. The fight's not over, though, as the German government continues to press the unvaxxed, closing off much of public life to them.

But this shows that the fight can be won! In the US, huge thanks to physicians who have risked everything to bring the truth to light: [America's Front Line Doctors](#), the [Front Line COVID Critical Care Alliance](#), [Dr. Zev Zelenko](#), [Dr. Mike Yeadon](#), and all the individual docs who care about their patients more than they care about their own well-being. These docs will be humanity's heroes when the world regains its sense.





SURRENDER PRAYER NOVENA

Day 1: Why do you confuse yourselves by worrying? Leave the care of your affairs to me and everything will be peaceful. I say to you in truth that every act of true, blind, complete surrender to me produces the effect that you desire and resolves all difficult situations.

O Jesus, I surrender myself to you, take care of everything! (10 times)

Day 2: Surrender to me does not mean to fret, to be upset, or to lose hope, nor does it mean offering to me a worried prayer asking me to follow you and change your worry into prayer. It is against this surrender, deeply against it, to worry, to be nervous and to desire to think about the consequences of anything. It is like the confusion that children feel when they ask their mother to see to their needs, and then try to take care of those needs for themselves so that their childlike efforts get in their mother's way. Surrender means to placidly close the eyes of the soul, to turn away from thoughts of tribulation and to put yourself in my care, so that only I act, saying "You take care of it".

O Jesus, I surrender myself to you, take care of everything! (10 times)

Day 3: How many things I do when the soul, in so much spiritual and material need, turns to me, looks at me and says to me; "You take care of it", then closes its eyes and rests. In pain you pray for me to act, but that I act in the way you want. You do not turn to me, instead, you want me to adapt your ideas. You are not sick people who ask the doctor to cure you, but rather sick people who tell the doctor how to. So do not act this way, but pray as I taught you in the Our Father: "Hallowed be thy Name", that is, be glorified in my need. "Thy kingdom come", that is, let all that is in us and in the world be in accord with your kingdom. "Thy will be done on Earth as it is in Heaven", that is, in our need, decide as you see fit for our temporal and eternal life. If you say to me truly: "Thy will be done", which is the same as saying: "You take care of it", I will intervene with all my omnipotence, and I will resolve the most difficult situations.

O Jesus, I surrender myself to you, take care of everything! (10 times)

Day 4: You see evil growing instead of weakening? Do not worry. Close your eyes and say to me with faith: "Thy will be done, You take care of it". I say to you that I will take care of it, and that I will intervene as does a doctor and I will accomplish miracles when they are needed. Do you see that the sick person is getting worse? Do not be upset, but close your eyes and say "You take care of it". I say to you that I will take care of it, and that there is no medicine more powerful than my loving intervention. By my love, I promise this to you.

O Jesus, I surrendered myself to you, take care of everything! (10 times)

Day 5: And when I must lead you on a path different from the one you see, I will prepare you; I will carry you in my arms; I will let you find yourself, like children who have fallen asleep in their mother's arms, on the other bank of the river. What troubles you and hurts you immensely are your reason, your thoughts and worry, and your desire at all costs to deal with what afflicts you.

O Jesus, I surrender myself to you, take care of everything! (10 times)

Day 6: You are sleepless; you want to judge everything, direct everything and see to everything and you surrender to human strength, or worse - to men themselves, trusting in their intervention, - this is what hinders my words and my views. Oh how much I wish from you this surrender, to help you; and how I suffer when I see you so agitated! Satan tries to do exactly this: to agitate you and to remove you from my protection and to throw you into the jaws of human initiative. So, trust only in me, rest in me, surrender to me in everything.

O Jesus, I surrender myself to you, take care of everything! (10 times)

Day 7: I perform miracles in proportion to your full surrender to me and to your not thinking of yourselves. I sow treasure troves of graces when you are in the deepest poverty. No person of reason, no thinker, has ever perform miracles, not even among the saints. He does divine works whosoever surrenders to God. So don't think about it anymore, because your mind is acute and for you it is very hard to see evil and to trust in me and to not think of yourself. Do this for all your needs, do this all of you and you will see great continual silent miracles. I will take care of things, I promise this to you.

O Jesus, I surrender myself to you, take care of everything! (10 times)

Day 8: Close your eyes and let yourself be carried away on the flowing current of my grace; close your eyes and do not think of the present, turning your thoughts away from the future just as you would from temptation. Repose in me, believing in my goodness, and I promise you by my love that if you say "You take care of it" I will take care of it all; I will console you,

liberate you and guide you.

O Jesus, I surrender myself to you, take care of everything! (10 times)

Day 9: Pray always in readiness to surrender, and you will receive from it great peace and great rewards, even when I confer on you the grace of immolation, of repentance and of love. Then what does suffering matter? It seems impossible to you? Close your eyes and say with all your soul, "Jesus, you take care of it". Do not be afraid, I will take care of things and you will bless my name by humbling yourself. A thousand prayers cannot equal one single act of surrender, remember this well. There is no novena more effective than this.

O Jesus, I surrender myself to you, take care of everything!

Mother, I am yours now and forever. Through you and with you, I always want to belong completely to Jesus.

More information about this novena can be found at:

<https://catholicexchange.com/the-surrender-novena-let-jesus-take-care-of-everything>

If You Have More Time

Edifying links that have come my way



Franz Jägerstätter was a Catholic who nonviolently resisted the Nazis in 1939. Very inspiring.

<https://www.lifesitenews.com/opinion/bl-franz-jagerstatter-model-for-covid-vaccine-conscientious-objectors/>

When you need a good Catholic distraction from the fracas, here's Peter Kreeft, talking about the philosophy of The Lord Of The Rings. Two hours, a nice accompaniment for a long walk.

<https://pintswithaquinas.com/tolkien-philosophy-and-jokes-w-dr-peter-kreeft/>

Appendix

INDEX TO PAST ARTICLES

If you need copies of past newsletters, please let me know. Sclare27@aol.com

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Mar 26	COVID toolchest Civilian-use radios Raised bed gardening Statement of conscience re: The Jab Bishop Strickland
Apr 9	Vitamin D, Dr. Ryan Cole, Dr Mike Yeadon CB radios Seeds Statement of conscience Prayer of the Immaculate Conception
Apr 23	Home remedies, harm from masks, trustworthy doctors Emergency radios Water storage and purification How to access podcasts Sr. Mary Magdalena

May 7	Treating blood loss, Vitamin D testing Shortwave radio Firearms Truth Over Fear Summit Flame of Love prayer
May 21	First Aid Rainwater harvesting Emergency communications Family Disaster Plan Math of COVID Ralph Martin
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Jun 11	SPECIAL VAXXX ISSUE
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Jul 9	Vitamin D and Ivermectin Basic radio The Bug-Out bag 3-day food supply Basic health practices Type 2 diabetes and autophagy US Grace Force novena
Jul 23	Medicinal gardening Don't fear COVID variants Sunday evening CORAC radio practice Multi-use household products Door-to-door Vaxxx campaign Dr. Janet Smith on ethics of lying Eucharistic revival
Aug 6	Get radios soon Building resilience Preventative protocols for COVID Open letter to the unvaccinated Stop The Shot conference Vaxxx Exemption forms Legal actions Protests in France Guide to Confession