

# CORAC Newsletter

Region 8

September 17, 2021



PRINTABLES: Charlie is big on hard-copy, ink-on-paper printed materials. Some of the possible scenarios we could face include losing quick internet access. Therefore critical instructions for disaster-prep or survival tactics should be printed out. I include in this newsletter many links to articles; if you find them important and would use them in a worst-case scenario, print them out. Think about keeping a binder with articles classified by subject.

Our prior newsletters have a home on the website: <https://corac.co/2021/09/05/region-8-newsletter/>

If you can't access them, please let me know. [Sclare27@aol.com](mailto:Sclare27@aol.com)

- Sheryl Collmer, editor

## RC Report

From our regional coordinators, Ed and Michelle



Things are heating up. Biden\* is now telling the bureaucrats to force companies to either fire un-vaxxed employees or have them tested weekly. Of course, the expense of the extra tests would fall either on the company or the employee. If employees resign or get fired due to the mandate, the employer must now must replace workers in a market with a record number of unfilled jobs. Go figure.

Then we find out that teachers, postal workers, Congress and employees of the CDC are among those who are exempt from these regulations. It becomes clear that this is a ploy not a safeguard. If nothing else, it takes the conversation away from the debacle of the Afghanistan surrender or the crisis on the Southern border.

Uncomfortable to say, but I am glad to be retired and out of the workforce. I am sure that the company I worked for, for many years, would have required the vaxx. I can honestly say that I do not know how I would have responded.

We have been told by some bishops that the use of aborted cells should not stop us from getting the vaxx. Ironically, the government may use these pronouncements to tell Catholics that they cannot claim a religious exemption. Meanwhile, [this letter](#) was just issued by Bishop Athanasius Schneider:

Today, I greet all of those workers who at this very hour are being forced to choose between keeping their job and getting the Covid-19 vaccine, or being fired for not getting the vaccine. Through this brief letter I extend some encouragement in your trials. The Confraternity of Our Lady of Fatima can also offer a religious exemption. Some of you have already paid the price for the truth about the Covid-19 vaccine and its causal link to abortion. I am deeply touched by the witness of a lady in the U.S. who writes:

*"Today was my last day of packing up the remainder of my stuff. As I would not take the vaccine, I was told to leave last Friday. They called over and asked me to tidy up my desk and said that today would be my last day. My boss is hoping that I will cave in, get vaccinated, and come back. I am extremely sad."*

I am moved by the witness of this woman. I would say to her: "Today you pack your things from your place of work, and while you pack, your treasure is being transferred to the room that Jesus has already prepared for you in the Kingdom of Heaven." There are thousands and thousands of Catholics like her who have the courage to choose Christ and who will not throw a pinch of incense to Caesar, just like the very first Catholics of old.

**I encourage all of you to hold fast to your conviction and to your faithfulness to Christ.**

+Athanasius Schneider

Auxiliary bishop of Astana, Kazakhstan

<https://catholicismpure.wordpress.com/2021/09/14/new-letter-from-bishop-schneider-on-no-jab-no-job/>

But for Michelle and I, it's not just the issue of killing the unborn to 'cure' us. It's also the unknowns of long-term effects. And perhaps most important, we judge it's more about taking control than about health. This is a disease which kills less than 1% of the healthy, and yet Biden\* is telling us, "We've been patient, but our patience is wearing thin. And your refusal has cost all of us."

Please think about this: if you are fully protected by the vaxx, how am I a threat to you? If you are vaxxed and yet can still contract and pass on the virus, how am I more of a threat?

Things are indeed heating up. I listened to Republican congressmen ‘grilling’ the Secretary of State yesterday, and grilling has to be in quotes. It was mostly for show. Charlie is right when he says it is up to the people. Our institutions will not help us.

We are being told that in the 2022 midterms, the Republicans (note I didn’t say ‘conservatives’) will take back the House and the Senate. But let’s consider the aforementioned debacles, the rising inflation and crime. Throw in some ‘critical race theory’ and cratering approval ratings. It seems obvious to me that the Dems realize they have no chance in the mid-terms. They are trying to get all they can, while they can, through the reconciliation process so that Republicans are not required.

From 2022 to 2024, I think the plan will be to continue to stifle the economy and encourage dissent with vaxx and mask mandates. Crime will continue to rise through ‘no bail’, early release and refusal to prosecute. Then when the Republicans take the Senate and House, the libs will blame it all on them for not working together! We’ll have two years of hearings, posturing – basically sound and fury signifying nothing.

In the 2024 presidential race Trump, DeSantis or some other conservative will probably win, but the Republicans have shown they don’t have the spine to back a president who wants to fight the Deep State, public service unions and take back some of the government giveaways. This is magnified by the relentless mainstream media and big tech constantly telling us how bad things are and how the government is trying to take away entitlements.

The above is what happens if we, the people, do nothing and leave it up to our leaders. But I believe that the storm is coming, and it is up to us – the people - to weather it. No one knows what the tipping point will be. It might be initiated by the left or by we, the people, or it could be a natural disaster or a series of them.

To quote Charlie’s letter of August 25<sup>th</sup> of this year:

I am often asked what will be the trigger that sparks collapse and revolt. I generally respond that we are like a football field implanted with mines every ten feet on both axes. It doesn’t matter which goes up first; once one goes, all will shortly follow. I expect this to be relatively brief but insanely intense. The control freaks who constitute the ruling class are also incredibly ignorant incompetents.

In the larger perspective, I have always said that I believe God intends to strip us of all that we rely on for security above Him. But I have also always said that it is to restore us to right reason under Him, not to destroy us. The fiery ordeal has commenced.

If you have contemplated an emergency plan in case things do go south, now is a good time to review it. Whatever prudent preparations you have in mind, we are very close to the point where it is no longer a drill. Keep in mind that whatever you plan, no matter how elegantly simple, God may choose to thwart it to test whether you trust in Him or still in yourself. If you can learn to see both disaster and triumph as the same fraud in different clothes and walk humbly in the presence of God in either case, you will do well.

What is your plan? Do you have people who you can rely on who have similar values? Are you a sign of hope to others?

What do you think? As always, we’d like to hear from you.

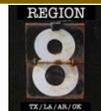
God bless us all,

Ed

\* In sports reporting, a win by questionable means of disqualification goes into the record books with an asterisk.

## Region 8

What’s going on in the “South Coast” region of CORAC



Our next call is this Tuesday, Sept. 21 at 6:00, and the topic is **COVID Readiness**. Have you prepared to treat COVID at home? Do you have the necessary supplies or a plan to get them? The hospitals are not a safe place for most of us and are overcrowded, with many staff resignations coming due to the mandates.

Hospitals are being instructed to withhold the very treatments that help people improve, and in some cases, actually hold patients hostage. It is a mess. You need to be ready to treat yourself and your family at home. Sue Cyr, with experience at home treatment of COVID, will be our guest speaker and will answer questions. The link is in your email.

## MAPS AND DIRECTORY

We have a plan, but we need you to help. We've been using Google's mapping program to help Region 8 members to see who's close by. Sounds like a great idea, but it turns out that Google is not reliable. Members are consistently reporting that they are not on the map! After multiple attempts, we are giving up. If we can't rely on it, we aren't going to use it.



NAME	STATE	CITY	ZIP	PHONE	EMAIL	STATUS
Edward	TX	Fort Worth	77058			Participant
John	TX	Fort Worth	77058			Participant
Mary	TX	Fort Worth	77058			Participant
...	...	...	...	...	...	...

However, there is an alternative – our regional directory, which is on an Excel spreadsheet, can be sorted by state, city or even zip code. So, it will still be easy to find out if new members are in your area. The main change is that on the map we published the first name and zip code for non-participants of the directory so you could see Edward was in zip 77058 but you couldn't reach out to him. The participation in the regional directory is presently at 54%.

We realize that every member must make decisions about their privacy. However, in the event of a local or regional disaster – wouldn't it be nice if CORAC members in your area were able to reach out to you and make sure you're OK? Wouldn't it be great to reach out to someone in your area who shared your values?

We urge you to be a directory participant. Email Ed at [coracregion8@gmail.com](mailto:coracregion8@gmail.com) to be included.

## Communications

Keeping in touch when channels are unreliable



We are always looking at safe and secure ways to communicate with our members. We can never predict what will and will not be available; we can only have multiple methods ready to go. For example, landline and mobile services were unavailable to South Louisiana members for days after Hurricane Ida. The only way to communicate with them was via text message.

An 80-word plain text message takes about 10 kilobytes  
A voice call requires 85-100 kilobytes *per second*.

With this in mind, we are rolling out the use of the SIGNAL app. The text messages over SIGNAL are encrypted from end to end and only you can read messages sent to you. This free app can be loaded on your I-phone, Android or other smart phone. It will allow your regional coordinators to send a mass text to all members who have SIGNAL installed.

The system will mainly be used to broadcast information (emergency situations and upcoming events.) However those who are in the directory and have the app on their phone can send messages to one another; just as they can presently send regular texts. Receiving a group text message from us on this app will NOT give your number to anyone else.



Download the app at <https://signal.org> or on your app store.

## Health & Wellness

Staying robust in trying times



### PROTOCOLS

With over 210 million Americans having received at least one dose of the vaccine, helping the victims will become essential. As far as we know, the vaxxx can't be "undone," but there may be some strategies to ameliorate the effects. Also included are multiple preventive and home-treatment protocols. **Print** out the ones you find most helpful.

Treating spike protein damage: <https://spikedetox.blogspot.com/>

COVID, long-haul and vaxxx injuries: <https://www.skirsch.io/how-to-treat-covi...>

Zelenko Protocol + many helpful links: <https://faculty.utrgv.edu/eleftherios.gk...>

Multiple COVID protocols: <https://bird-group.org/protocols/>

Naproxen as an antiviral: <https://www.mdpi.com/1420-3049/26/9/2593....>

Inhaled budesonide: <https://c19protocols.com/wp-content/uplo...>

There has been internet buzz about **pine needle tea** and "**homemade HCQ**." Neither are dangerous, as long as you positively identify the pine needles before you boil them (Some pines are toxic such as Ponderosa, Monterey, lodgepole and yew pines.) The recipes for both are in the June 4 newsletter. They just may help.

### PATENTS ON DRUGS

New drugs brought to market are covered by patent protection, which means that only the pharmaceutical company holding the patent can manufacture, market, and profit from the drug. Usually, a patent lasts for 20 years. During this protected time, the company will price the drug high, to recover all the sunk costs of research, testing and the arduous process of getting FDA approval.

Once the patent has expired, the monopoly ends, and the drug may be manufactured and sold by other companies, resulting in a significant drop in the selling price of the drug

The patents on HCQ and Ivermectin are expired, which means those drugs can be produced by manufacturers who are *not* having to recover huge development costs. This is what enables countries like India to distribute COVID Kits to their population, containing a whole course of Ivermectin, zinc and Doxycycline, at a cost of \$2.65 per person.

Ivermectin	Merck	Approved 1996	off patent	world price \$4 per pill
Hydroxychloroquine	Sterling	Approved 1955	off patent	world price <\$1 per pill
Doxycycline	Pfizer	Approved 1967	off patent	world price \$1 per pill
Azithromycin	Pfizer/Pliva	Approved 1991	off patent	world price <\$1 per pill
Remdesivir	Gilead	Emergency Use Authorization		\$2,500-\$3,000 per treatment
Regen-COV-2 (monoclonal antibodies)	Regeneron	Emergency Use Authorization		\$2,100 per treatment
Etesevimab (monoclonal antibodies)	Eli Lilly	Emergency Use Authorization		\$1,650 per treatment

Sources:

<https://www.news-medical.net/health/Drug-Patents-and-Generics.aspx>

<https://principia-scientific.com/indias-miraculous-ivermectin-covid-treatment-is-only-3-per-person/#:~:text=%EE%80%80India%EE%80%81%EE%80%80s%20'miraculous'%20ivermectin%20COVID%20treatment%20is%EE%80%81%20only%20%243.per%20person%20and%20has%20helped%20put%20the%20>

## ALL-IN-ONES

Several physicians are offering all-in-one nutraceuticals for COVID prevention.



### **COVI-VITES**

Vitamin C 500 mg  
Vitamin D 2000 IU  
Zinc 20 mg  
Quercetin 500 mg  
Calcium 120 mg

One month supply \$30

Dr. Immanuel also offers NAC, which is somewhat hard to find.



### **Z-STACK**

Vitamin C 800 mg  
Vitamin D 5000 IU  
Zinc 30 mg  
Quercetin 500 mg

One month supply \$60

Currently back ordered by two weeks.

Dr Stella Immanuel, American's Front-Line Doctor

<https://drstellamd.com/covid19-supplements-covidvites/>

Dr. Zev Zelenko,

<https://zstack.vladimirzelenkomd.com/products/z-stack>

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## WORTHWHILE LINKS

My time is limited, too, so I'm only giving you links to videos that really are worth your valuable time and attention.

Dr. Ryan Cole on uptick of cancer signs in vaccinated patients (2 mins):

<https://gospelnewsnetwork.org/2021/09/14/dr-ryan-cole-reports-a-20-times-increase-of-cancer-in-vaccinated-patients/>

Dr. Jane Ruby on antibody-dependent enhancement (12 mins):

<https://www.brighteon.com/b71fb6ed-1aa1-45d6-8065-1a83f67149f1>

Dr. Mike Yeadon on the lies of the plandemic (5 mins):

<https://off-guardian.org/2021/09/15/watch-covid19-11-mike-yeadon/>

The Story of Ivermectin (24 minutes, but worth it as IVM is truly a wonder drug):

<https://thegentlerestart.com/the-story-of-ivermectin/>

Testimony of Brittany Galvin, a vaccine injury patient (3 mins)

<https://newsreshttps://corac.co/2021/09/05/region-8-newsletter/cue.com/silencedvoices-magnetic-mom-brittany-galvin-gives-horrific-account-of-her-paralyzing-journey-since-receiving-jabs-video/>

## Sustainable Living and Survival Skills

Home skills for self-sufficiency



### DO I STAY OR DO I GO?

We talked about this on our last regional Zoom meeting.

Bug in or bug out? The basic rule is you stay in one location if you're currently safe. As conditions change, you may have to re-evaluate. Ask what you would need to successfully evacuate:

- Form of transportation? Fuel? Route? How bad will traffic be in a crisis scenario?
- Do you expect the situation to deteriorate?
- What things need to be secured before leaving?
- Who needs to know where you are going? Is there a communication plan?

When a crisis occurs, we are in shock, which is normal, but the longer we take to accept the new reality, the longer we delay the required response. That's why forethought is so helpful. It reduces the adaptation time.

Sheltering in place, or "bugging-in", just means to stay where you are because it is the best option at the time. Equipping your primary location falls into 8 areas:

- Food
- Water
- Shelter
- Safety/Health
- Security
- Energy/Power
- Communication
- Transportation

Don't be lopsided in your planning. Too much of one thing to the exclusion of something else lead to problems later. All the food in the world won't help you if you can't protect it or move it in an emergency. Storing all your preps in a remote refuge only makes sense if you know you can get there.

We usually assume we will be at the house when [disaster strikes](#), so we prepare the home exclusively. This is why you should have a bug-out bag prepared. (See July 9 newsletter.) This is just enough to get you to your next safe location.

It might be wise to prepare as though you *will* leave home. If you can evacuate and survive somewhere else, you can also survive with that same equipment at home. But if you begin your planning with the thought that you will never leave home, and something happens that forces you out, you will be up a creek.

More discussion at: <https://prepperswill.com/shelter-in-place-or-bug-out/>

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### FALL VEGETABLES

The home gardener is entering into an exciting time of year! And you thought all the garden action was in the spring...

It's actually prime time now to start planting lettuce, broccoli, spinach and beets, among others. I'm testing out the seeds I ordered from [St. Clare](#) and [Territorial](#). I started the seeds indoors; now the heat is letting up enough to move them outside into the sun. I hope to have a crop of fall vegs to make some great winter soups.

See the Texas A&M growing guide for fall gardens here:

<https://agrillifeextension.tamu.edu/browse/featured-solutions/gardening-landscaping/fall-vegetable-gardening-guide-for-texas/>



## YOUNG PEOPLE

Keep a special watch over the young people in your life. The curtailment of things to look forward to (graduations, parties, careers, weddings and families, travel) is sapping the spirit of teenagers and young adults. It is the anticipation of those very rewards that get them through the tough times! The loss of trust, the “Who’s-steering-this ship?” sense of abandonment, the unjust burdens that are being placed on them, are all taking a toll on their resiliency.

We oldsters are a bit tense, uneasy, and occasionally broken-hearted, too... but at least we have the perspective of age. The kids must feel like they’ve lost their future.

Charlie has said that young people infrequently attend his talks, but when they do, they respond whole-heartedly. They recognize the truth when they hear it, so don’t hesitate to share with them. The evangelization of the youth will take off in a big way in the years to come. Meanwhile, pray and keep watch.

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## BREGGIN & MCCULLOUGH

Two great COVID world heroes on the same show: Dr. Peter Breggin and Dr. Peter McCullough. This hour-long discussion covers treatments for COVID, vaccine injuries, and developments in the world of medical malfeasance.

<https://breggin.com/frequent-alert-230-dr-mccullough-unleashed-on-vaccines/>

I really hope I am still alive when the world realizes what a magnificent service has been done by these docs who are willing to sacrifice all they have, to keep people healthy, out of the hospital and free of tyranny. I want to march at the front of that parade some day!

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## COVID HERO STORY

This week, a friend of the Region 10 CORAC coordinators was taken into hospital with difficulty breathing. He’d been vaxxed, and his wife was thinking he had a blood clot. At the hospital, they were told that he did *not* have a blood clot, but had pneumonia.

Because Connie had read the Steve Baker articles recommended by Charlie (and referenced multiple times in this newsletter), she knew to suggest a d-dimer test, which indicates the presence of micro-clots. It probably should have been run upon admission to the ER, but wasn’t. It was then requested, and came back with elevated levels, which prompted them to find, indeed, a small blood clot behind the lungs. The identification of the thrombus most likely saved the man’s life.

Steve Baker is a real-life hero. He did independent study, analytical thinking and made his conclusions known. Thank God for him! This is a path we all can travel, and should. Whatever part of this global puzzle is most interesting to you, make yourself an expert in it. Then tell others. When our institutions can’t be trusted, independent thinking and sharing of information becomes very powerful!

And if you haven’t visited Steve’s findings about COVID and the Vaxxx yet, you definitely should:

<https://stevesfrontporch.com/healing/healing-protocols/covid19-protocol-short/>

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## AUSTRALIA

The conditions in the formerly free nation of Australia are nearly beyond belief. Government and law enforcement are heavily cracking down, with little apparent concern for the populace. Is Australia a testing ground to see what might fly in other nations, a prototype of the new fascism? Or does China have its eye on Australian conquest? How long before the people rebel, and having given up their firearms long hence, will they be able to stop the disappearance of freedom before it's too late? Australia is dear to our hearts for so many reasons, not least of them, Cardinal Pell. Pray for Australia.

Children vaxxed without parent's permission:

<https://www.newswars.com/watch-australian-health-minister-announces-24000-students-will-be-injected-in-stadium-without-parental-supervision/>

Australian health minister tells Aussies not to talk to each other:

<https://summit.news/2021/07/20/top-health-officer-orders-australians-dont-have-a-conversation-with-each-other/>

Australian police encourage people to inform on each other:

<https://www.youtube.com/watch?v=W1mk76j6XRU>

Australia One party leader says enough is enough:

<https://australiaoneparty.com/you-do-not-negotiate-with-evil/>

Australia quarantine gets brutal:

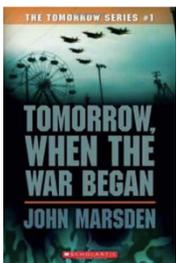
<https://www.bing.com/videos/search?q=australian+quarantine+hotel&&view=detail&mid=E72C9BE4CC884AC6B05EE72C9BE4CC884AC6B05E&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Daustralian%2Bquarantine%2Bhotel%26FORM%3DHDRSC3>

Australia opens up quarantine camps:

<https://www.armstrongeconomics.com/international-news/australia-oceania/australia-covid-concentration-camps-destined-to-breakup-australia/>

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## BOOK REVIEW



Who has time for recreational reading nowadays? Well, here's a compelling series of books that actually teaches a few things. The Tomorrow Series by Australian John Marsden is beloved reading down under. And it does pack a billabong of a wallop. It concerns a posse of older teens who go camping in the hills, returning home to find their houses empty and their pets starving. Something horrific has happened while they were away. Before long, they realize the country has been invaded, their community imprisoned, and now they face a hard decision: they can disappear into the back country, surrender themselves along with everyone else... or inflict maximum guerrilla warfare on the enemy.

There are six more books after this one, and you won't be able to stop.

There are some good survival ideas in these books, as well as a strong dose of fighting spirit. When I think of the Aussie ethos demonstrated in these books, I have hope for Australia. They *will* rise up; they *will* fight back. I wonder how many Aussies raised on these books and now confined to their homes by the enemy their own government has become, are thinking about the Tomorrow Series? How many are vowing to take the same action as the fictional kids?

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## CURRENT VAXXX COUNTS

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

43% of the world's population	at least one dose of the Vaxxx
5.8 billion	doses administered worldwide, to date
29.6 million	doses administered daily

Interesting. The daily doses administered has gone down nearly 10 million per day since I last reported two weeks ago. (39 million doses per day were being given on September 3.) With Biden losing his precious patience and private businesses being forced to require vaxxes, you'd think it would be going up. No doubt the recalls in Japan of contaminated doses have caused some concern, but that recall was less than 2 million doses.

Is it possible that people are beginning to listen to the myriad reports of vaccine injuries, lethal COVID cases in fully vaccinated people, and tyrannical measures of force, and deciding to take a pass on the bioweapon? Dare we hope?

And just by the way, 5.8 billion doses at \$20 a pop is \$1.16 *trillion* for several lucky pharmaceutical companies.

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

## Prayer

### Staying right with God



This series was highly recommended by our CORAC national prayer team leader, Beckita Hesse:

**"Freedom from Anxiety"**, created and produced by Catholic Sonja Corbitt, The Bible Study Evangelista. Tagline: "I've got a Bible and a healing charism, and I'm not afraid to use 'em!"

<https://www.biblestudyevangelista.com>

This series is not only about freedom from anxiety; it is a concrete path to building *resilience*, developing trust in God and maintaining Christ's peace and joy throughout the worst of what's to come. It is an incredible way to brush up on sacred interior preparation.

It's helpful for young people and adults. Each one of us has been affected, in some way, by the massive disorder of the last half-century. It's about inner healing through a process of deeper relationship with God through the Scriptures, acknowledging God and surrendering to His desires as we take the next right step.

These materials potently integrate spiritual development with healthy human development. Many say that these exercises are changing their lives. Try it; you'll like it!

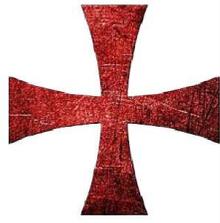
There are nine episodes at present. Begin with Episode 1: "Anxiety is not from God."

<https://www.biblestudyevangelista.com/2021/07/19/01-anxiety-is-not-from-god-freedom-from-anxiety-series/>

You can also find this series in your App Store by searching "Bible Study Evangelista."



# FAITH FREEDOM AMERICA



October 2<sup>nd</sup>, 2021

8:00am - 6:00pm

7750 TT Rd Houston, MN

507-896-5550

Families encouraged

\$100 per adult

\$40 - 17 and under (12 and under free)

Donation's welcome

Includes meals and refreshments

Join us for a day of

**Faith, Family, and Freedom!**



[www.outbackranch.net/Faith-Freedom-America.html](http://www.outbackranch.net/Faith-Freedom-America.html)

The basic condition for freeing man to gain truth and to live by truth, is gaining the virtue of bravery. The sign of Christian bravery is the fight for truth. The virtue of bravery is the overcoming of human weakness, especially fear and dread. Because, in our lives, we only have to fear betraying Christ in exchange for a few silver coins of fruitless peace. - Fr. Jerzy Popieluszko, martyr

Fr. James Altman



Doug Barry



Raymond De Souza



Michael Voris



Jesse Romero



Produced by

**CATHOLIC RESILIENCY**



[www.catholicresiliency.com](http://www.catholicresiliency.com)

## Appendix

### INDEX TO PAST ARTICLES

For copies of past newsletters, check the website: <https://corac.co/2021/09/05/region-8-newsletter/>

If you can't access the website, please let me know. [Sclare27@aol.com](mailto:Sclare27@aol.com)

- |        |   |
|--------|---|
| Mar 12 | The Jab, Ivermectin, America's Front-Line Doctors<br>Gardening, self-sufficiency<br>Big Tech, Texas border, Viganó<br>Sign of hope prayer                       |
| Mar 26 | COVID toolchest<br>Civilian-use radios<br>Raised bed gardening<br>Statement of conscience re: The Jab<br>Bishop Strickland                                      |
| Apr 9  | Vitamin D, Dr. Ryan Cole, Dr Mike Yeadon<br>CB radios<br>Seeds<br>Statement of conscience<br>Prayer of the Immaculate Conception                                |
| Apr 23 | Home remedies, harm from masks, trustworthy doctors<br>Emergency radios<br>Water storage and purification<br>How to access podcasts<br>Sr. Mary Magdalena       |
| May 7  | Treating blood loss, Vitamin D testing<br>Shortwave radio<br>Firearms<br>Truth Over Fear Summit<br>Flame of Love prayer   |
| May 21 | First Aid<br>Rainwater harvesting<br>Emergency communications<br>Family Disaster Plan<br>Math of COVID<br>Ralph Martin  |
| Jun 4  | Home remedies for possible spike protein "shedding"<br>Shortwave radio<br>Emergency sanitation<br>Antibody Dependent Enhancement, autophagy<br>The Storm Rosary |
| Jun 11 | SPECIAL VAXXX ISSUE   |
| Jun 25 | Post-jab options, FLCCC prevention protocol<br>Ham radio<br>Basic disaster prep<br>Letter to bishops<br>Prepping best practices<br>Sacred Heart novena          |

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  
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Links to vaxxx articles  
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