

CORAC Newsletter

“Cast all your cares upon Him, for He cares for you.”

May 6, 2022



It's clear to me that many people are past their “overwhelm” setting, red-lined on multiple battle fronts. They're just trying to hold it all together, with little left over for freedom fighting. I am past overwhelmed myself. Somehow, we have to dig deeper. We have a window of opportunity right now to change the fate of the world, but the window is closing. Evil is unveiling itself.

I am dedicating this issue of the newsletter to restoring, refreshing, encouraging and emboldening our ranks. Included in the “Other Items” section are some rousing words to inspire us. We all need the encouragement, and we all need some rest, however brief. So take a deep breath. Breathe in courage. We march on the morrow.

Sheryl Collmer, editor
sherylc@coracusa.com



From the cockpit of the Subaru:

Charlie traverses the country at the wheel of his trusty 2002 Outback to speak personally to crowds from one coast to the other. Check the website for his upcoming visits: <https://corac.co/meetings/#dates-and-details>

Through Wind and Waves

As the waves of our tempestuous culture boil and churn with ever greater agitation and chop, the winds of change now howl around us with apocalyptic fury. At the time this is written, I do not know how widespread disruptions of Sunday Masses around the country will be. Certainly, the pro-abortion forces threaten to go after Catholics particularly to vent their blistering rage that they might lose their “precious.” Frankly, if pro-aborts want to blame Catholics for ending Roe v Wade, I'm kind of flattered – but wish there were more evidence to support our culpability.

It is now so clear that the top leftist and globalist officials in the West want to inflame the war in Ukraine that even Noam Chomsky says that the only major western figure calling for negotiation and peace anymore is Donald Trump. Didn't see that one coming. Meantime, since the left figures they are likely to lose the ability to control the narrative with Twitter, the Biden forces have decided to set up their own Ministry of Truth (the Disinformation Governance Board) to police what Americans say. Waiting in the wings is the Div. of Environmental Justice in the (In)Justice Dept.

Ah yes, the wind and waves are whipping up, indeed. But they are distractions to what each of us who take our Christianity are called. Remember, St. Peter was doing fine as he walked across the waters so long as he kept his eyes on Jesus. It was only when he got distracted and scared by the wind and waves surrounding him that he started sinking. The devil is in a fury, shouting “boogety-boogety” at all of us in desperate hope that he can scare at least some of us out of our wits that we might start sinking beneath the waves. Keep your eyes on Jesus.

We can't stop the left's eagerness for war; we are probably going to be targeted for persecution by the self-proclaimed guardians of tolerance, and the wheels of effective national governance are grinding and squealing – about to pop a bearing or four. What we can do is stay focused on the simple things right in front of us. Start a garden. Learn to communicate via ham radio. Talk to a neighbor. Who knew that holding a backyard barbecue would become an act of defiance in America? We can continue to weave the bonds of friendship and solidarity with those people around us, forming a great spiritual prayer cloth to the Lord. But we can't do it if we let the wind and waves scare us into forgetting who we are called to be – and sinking.

You will see many frightful things in the days ahead. But the only effective response to this is to do your daily work with trust that the Lord is carrying us to a peaceful cove at the end of this terrible voyage. The answer is what I have told you from the start – perhaps the most prophetic thing I have ever spoken: Acknowledge God, Take the Next Right Step, and Be a Sign of Hope to Those Around You. That will serve Christ and beat the devil.

Charlie Johnston

MEDIA

Latest weekly podcasts



https://vimeo.com/707057450?embedded=true&source=vimeo_logo&owner=144927933



<https://vimeo.com/703443422>

See all podcasts here:

<https://corac.co/newsroom/#regular-podcasts>

Latest blog posts:

<https://corac.co/category/a-sign-of-hope/>



Turn to the King of All Nations

by [Charlie Johnston](#) | May 6, 2022

Too many folks in religious ministries spend too much time talking and not enough time doing.

<https://asignohope379.com/2022/05/06/turn-to-the-king-of-all-nations/>



Good News, Bad News, Best News

by [Charlie Johnston](#) | May 3, 2022

The Good News The backlash to anti-God left-wing authoritarianism has begun...

<https://corac.co/2022/05/03/good-news-bad-news-best-news/>



Keep the Home Fires Burning

by [Charlie Johnston](#) | Apr 29, 2022

I have been a bit under the weather this last week - so I have had a case...

<https://corac.co/2022/04/29/keep-the-home-fires-burning/>

Action Items

Every CORAC member is an active-duty soldier in the army of God. Every action counts!

A MILLION SMALL VICTORIES

These are tasks that literally *anyone* can do. Pick one and do it this week.

- 1) Talk to a stranger, friend or family member about what is going on in the country.
- 2) Make a phone call, or send an email or letter to an elected official.
- 3) Hand out flyers in parking lots or public places.
- 4) Have block parties to build community in your neighborhood.
- 5) Wave flags at busy intersections.
- 6) Pray the rosary publicly, Join an existing group <https://public-rosary.org> or form your own.
- 7) Help the J6 political prisoners <https://www.patriotfreedomproject.com>

EVERY SMALL ACTION CONTRIBUTES TO THE VICTORY!

Communications

Keeping in touch when channels are unreliable

EVERY SUNDAY – CORAC HF Radio Net Broadcast

The CORAC Communications Team conducts two High Frequency (HF) net broadcasts every Sunday.

1st Broadcast is at 7:30 pm (ET) on frequency 14.277 MHz with an alternative of 14.285 MHz (if 14.277 MHz is busy).

2nd Broadcast is at 8:00 pm (ET) on frequency 7.284.1 MHz.

If you receive the broadcast, let the Communications Team know: <https://corac.co/2021/06/01/communications-team-general-discussion/>

Check out the website of ARRL, the national association for amateur radio operators: <http://arrl.org>

Home On The Air Licensing, Education & Training Membership Regulatory & Advocacy Public Service Technology Get Involved ARRL Store About ARRL News & Features

Make the most of your amateur radio license with ARRL!

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ARRL Foundation >

LICENSING LINKS
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Practice Exams >
Find an Exam Site >

Amateur Radio Relay League Field Day

ARRL Field Day is the fourth weekend of June, (June 25, 2022) when thousands of radio amateurs gather with their clubs, groups or simply with friends to operate from remote locations. Contact your local radio club and make plans to take part, or at least observe, the activities on June 25.

Health & Wellness

Staying robust in trying times

Some new posts on the website:



Benefits of Calendula Oil & Tincture

by [Health & Wellness Team](#) | May 2, 2022

Calendula officinalis- Pot Marigold has many healing uses and belongs in everyone's homes and gardens. Benefits: Wounds and ulcers: Calendula is...

READ MORE

<https://corac.co/2022/05/02/benefits-of-calendula-oil-tincture/>



Sodium Bicarbonate: Nature's Unique First Aid Remedy

by [Health & Wellness Team](#) | May 2, 2022

A Book Review by Dr. Mark Sircus This small book comes with a great deal of referenced information on every page. At the start of it, we are...

READ MORE

<https://corac.co/2022/05/02/sodium-bicarbonate-natures-unique-first-aid-remedy/>



Vaxxx Religious Exemption Letter

by [Health & Wellness Team](#) | May 2, 2022

The attached document was used by a Catholic mom this year to get her new position at a corporate hospital system here in CORAC Region 4. So it...

READ MORE

<https://corac.co/2022/05/02/vaxxx-religious-exemption-letter/>

STAY COOL UNDER PRESSURE

We are all operating under tremendous strain right now, and it may be a while before the world stabilizes. We have to learn how to stay calm under pressure, no matter what happens. Prayer is the number one necessity, and here are some other good ideas for calming your mind, emotions and body:

<https://www.lifehack.org/articles/productivity/science-has-these-10-things-keep-calm-under-pressure.html>

JOURNALING

Speaking of keeping our peace under pressure, journaling is a time-tested way to grow spiritually... and also keep your mental health. If you feel like everything is just too much, try writing. Sometimes you can write your way to solutions you wouldn't have otherwise thought of (this happens to me all the time) and for sure, journaling helps with self-examination and honesty.

Read more here: <https://www.catholiccompany.com/magazine/five-ways-journaling-can-improve-your-spiritual-life/#>

Sustainable Living and Survival Skills

Home skills for self-sufficiency

GARDENING EDUCATION SERIES

New gardening class coming up!

If you register for the live class, you get to ask questions and get the downloads, but if you can't attend, the videos will be posted on the website afterward.

Cool Weather Gardening (Gardening Series, session 4)

May 21, 3:00 Eastern

Signup here: [Gardening Series - Session 4 - Corps of Renewal And Charity \(corac.co\)](https://corac.co/gardening-series-session-4-corporation-renewal-and-charity)

Watch past gardening classes on video here: <https://corac.co/sustainable-living-teams/>



Cooking, Canning, Dehydrating & Storage Resources

Another interesting tidbit from the Sustainable Living section of the website: <https://corac.co/2022/02/16/cooking-canning-dehydrating-storage-resources/>

Check out all the interesting topics at: <https://corac.co/sustainable-living-teams/>

VERTICAL GARDENING

For those who live in small spaces without spacious yards, you can still grow a hearty garden!

Try the Greenstalk <https://greenstalkgarden.com/greenstalk-gardening-system/>

It's a clever idea, and you plant it just like a regular garden, with regular potting soil; it's not a hydroponic. The classic 5-tier planter is \$109. You can get seeds, fertilizer and accessories on the website, too (though I am partial to <https://www.stclareseeds.com/garden-help/> for seeds.)



MULTI-USE PRODUCT

Dr. Bronner's liquid castile soap is one of those products that has a bezzillion uses and is always good to have on hand. Check them out:

<https://earthrose.com.au/18-ways-use-dr-bronnens-pure-castile-liquid-soap/>



FOOD SUPPLY

Don't ignore the possibility of food shortages. The factors are in place. Buy a little extra every time you go to the store. If you can afford to buy large stores, do it now. <https://mypatriotsupply.com> If you've decided it's a good idea, do not procrastinate.

HOME APOTHECARY

How to set up your own home apothecary. I've been growing medicinal herbs, and now I need help putting them to practical use. Here are some tips from the Indie Herbalist. <https://blog.indieherbalist.com/ultimate-home-apothecary-start-up-guide/>

Other Items Of Interest

Random stuff I just felt like sharing

PROUD TO BE A PRO-LIFE CATHOLIC

As we head into a weekend of threatened ambushes on the Holy Mass in Catholic churches across the country, I strangely feel proud. The Catholic Church is the known opposition to abortion and ritual child sacrifice. No other church was specifically targeted by the “Ruth Sent Us” brigade of raging, pro-death women.

That is the work of faithful, stalwart warriors for the last 50 years: half a lifetime of Catholics standing up for life, marching in rallies, praying the rosary on sidewalks, doing the healing work of Rachel. We will someday see the Heavenly parade of the pro-life faithful, attended by millions of souls of sacrificed children. I want to be there for that number.

When *Roe* was decided in Dallas, Texas in 1973, I was in high school. We didn’t know then what we know now: that clinics were already set up before the decision was handed down, assembly line affairs with folding cots and no privacy. One of the largest clinics opened up directly across the street from our parish. The Catholic outrage was marshalled into all-day protests, and that particular clinic was forced to relocate. That original group, composed mostly of Catholic moms, flowered into a strong pro-life organization that succeeded in shutting down many clinics in Dallas over the years.

We didn’t yet know the strange story of Norma McCorvey, who was persuaded to be “Jane Roe” by unscrupulous attorneys looking for a test case. Norma never had the abortion, thank God, even as she became the name of the abortion movement. She was delicate, though she tried to project an image of righteous rage and female power. The affection of a child finally broke through her anger, and she was baptized by Rev. Flip Benham of Operation Rescue. Years later, she was received quietly into the Catholic Church, under the spiritual direction of Fr. Edward Robinson, O.P.

In 1973, we didn’t yet have ultrasound images of the fetus, we didn’t know the role that Satanism played, we didn’t have the intel yet about the harvesting of fetal body parts for profit. We knew abortion was evil, but we were still a bit naïve.

But Catholics showed up to the battle. Over the last 49 years, Catholics have spent literally millions of hours praying and working for the unborn. Some have gone to prison. Some have lost their livelihoods. None have received due recognition for their efforts. Truly, I think dedicated pro-lifers are the most selfless people I know. They are all about the children and the wounded parents, and they work against overwhelming odds with little thought for themselves.

Be proud of your Church if you encounter the anger of the Culture of Death. The Magisterium of the Church has never changed on the issue of life, and it never will. Catholics are still showing up to the battle.

PROUD OF THE BISHOP OF TYLER

An *amici curiae* (friends of the Court) brief was filed in 2021 in the *Dobbs v Jackson* case that has now taken over public attention. The parties to the brief were Bishop Joseph Strickland and the Diocese of Tyler, Dr. Alveda C. King, Deacon Keith Fournier of Tyler, the National Hispanic Christian Leadership Conference, the Frederick Douglass Foundation, and the Common Good Foundation. The brief outlines the origin of the abortion movement in eugenics, and the nullification of any presumed “right to abortion” when racially motivated.

Read the whole Brief for Amici Curiae African-American, Hispanic, Roman Catholic and Protestant Religious and Civil Rights Organizations and Leaders Supporting Petitioners here:

[https://www.dropbox.com/s/1xefb75yqz2etnu/Brief%20-%20Dobbs%20Amici%20\(FINAL\)%5B291838%5D.pdf?dl=0](https://www.dropbox.com/s/1xefb75yqz2etnu/Brief%20-%20Dobbs%20Amici%20(FINAL)%5B291838%5D.pdf?dl=0)

THE DANGEROUS WHO TREATY

Take this very seriously: the Biden regime is due to hand over health care and national sovereignty to the World Health Organization later this month. Yes, you read that right. If passed, the WHO will have power over our nation during any “health emergency,” which the WHO Director-General is free to declare unilaterally and without our consent.

The takeover of our country is nearly accomplished with this treaty. The WHO Conference takes place May 22-26.

<https://www.americaoutloud.com/biden-handing-over-u-s-sovereignty-to-who/>

What can we do?

<https://worldcouncilforhealth.org/news/2022/04/stophetreaty-comment-who-pandemic-treaty/66422/>

THE PLAN

The WHO plans for 10 years of pandemics from 2020 to 2030 (30 minutes)

https://ugetube.com/watch/the-plan-the-who-plans-for-10-years-of-pandemics-from-2020-to-2030_IliPuVsrTwDNrVS.html

PFIZER'S LATEST DATA DUMP

Under court order, Pfizer released its latest installment of data, right around the same time the *Roe* draft opinion was leaked. What was revealed? In 80,000 pages that almost no one is reporting on, the vaxx was shown to have a 12% efficacy rating, not the 95% that the loathsome Fauci claimed. No human trials were done to test the safety for pregnant women. Over 1,200 people died *in the first month of the trials*. They knew.

<https://emeralddb3.substack.com/p/pfizers-new-80000-page-data-dump?s=r>

CLIMATE CHANGE IS NOT SETTLED SCIENCE

It's good to be prepared, as climate change seems to be another "pandemic," a piece of pseudo-science that depends on the farmongering of the media to get us to exchange our liberty for safety from the bogeyman.

<https://pullnews.medium.com/what-i-learned-about-climate-change-the-science-is-not-settled-1e3ae4712acc>

THE PEOPLE'S CONVOY

The Convoy is still going strong, making its way back east to Washington, after rallies in California and Washington state. They're in Montana tonight, and should be in Washington in about a week. Stay current with them at: www.thepeoplesconvoy.org



Convoy leadership said that they've learned some lessons, and they are coming back to Washington "with teeth." They intend to confront those we elected to serve us, who totally ignore our interests now that they're in office. The Convoy asks all citizens to come to Washington, to do their part in reminding our representatives that *they work for us*. Stay tuned...

Patriots push back: <https://ussanews.com/2022/05/05/peoples-convoy-is-returning-to-d-c-after-leaving-the-1st-time/>

Back to DC: <https://www.washingtonian.com/2022/05/02/trucker-convoy-says-its-headed-back-to-dc/>

Convoy Sues DC: <https://www.washingtonian.com/2022/05/02/trucker-convoy-members-sue-dc-for-not-letting-them-into-city/>



2000 MULES

My movie review here: <https://truthforsouls.com/2022/05/06/2000mules-waiting-for-its-audience/>

Contains links to the video you can watch at home.

There's a reason the *Roe* leak occurred on the same evening as the world release of this film. It's the same reason why Rumble experienced existential attacks on Friday, the day before the film was due to be released on that platform.



NO, I WILL NOT COMPLY

An anonymous Texas teacher on Telegram

Just think about this in your head: how bad do things have to get before you do something? Do they have to take away all your property? Do they have to license every activity that you want to engage in? Do they have to be throwing you on cattle cars before you start to say, "Now wait a minute, I don't think this is a good idea." How long is it going to be before you resist and say, "No, I will not comply." Period. It's a different answer for each person. Ask yourself now because sooner or later you're going to come to that line. And when they cross it, what are you going to say, "Well ok, cross *this* line. Ok, now cross *that* line. Ok, now cross *this* line." Pretty soon, you're in a corner.

Sooner or later, you've got to draw a line and stand your ground, whether anyone lese does or not. That is what liberty is all about.

APATHY IS THE DEATH OF FREEDOM

David "Santa" Ridell of the People's Convoy
twice featured on CORAC podcast

There are so many enemies of freedom, but none more dangerous than apathy. To clearly see the erosion of our individual liberties, and destruction of our way of life, by the people we call our representatives, should make every red-blooded American rise up and demand that every politician resign in disgrace. Instead, we refuse to admit our complicity in this decline, and more tragically, our role in reclaiming our rights and liberties. We willingly bury our head in our work, hobby, or other entertainment, erroneously believing that America is above falling.



On March 3rd, I joined the Convoy, where no one knew my name. I joined with people I'd never met, and threw my whole heart into this fight. In due course, I've formed a bond with my fellow laborers in this battle, and though most of them still do not know my name, they keep calling me Santa. I love them deeply, and I see their love for me. Around me tonight are my Brothers and Sisters, for they have too answered this call. They've found their place in our ranks, happy to serve at any level, and I've seen many here, rise to a level of value that even they never knew they had in them. The common denominator I've seen in all of these great men and women is, they believe in, and serve the cause. They're not here for their own freedom; they're here for everyone's freedom. They serve each other, encourage each other, even correct each other, with love for this cause of freedom.

I have had so many people come up to me, with tears in their eyes; they have hugged me and thanked me for what I am doing to fight for their freedoms. I have been moved to tears myself at these encounters, but I must ask you, what am I doing that you cannot do as well? Have I special skills that allow me to join The People's Convoy, that you do not possess as well? Have I not a family at home, a business to run, an aging mother whom I will never be able to reclaim this lost time with? What makes me so special that I have been given the armor of a freedom fighter? How have I been uniquely chosen to bear the burden of a front line Patriot? The answer is: I'm not special. I'm not unique. I'm not gifted, or talented. I simply saw the need, and laid down everything, and joined.

What is freedom worth to you? Is it worth your time? Is it worth your job, business, education, home, or vehicle? Do we straddle the fence, “supporting” those who labor on the front line, yet appeasing our conscience by attending a People’s Convoy rally, or meet and greet? Or do you answer this call?

You need no special skills or training to join us. Just bring your God-given talents and come. Don’t look back later and say, “I wish I would have done more.” Sadly, it will be too late then. Don’t let apathy be the death of Freedom.

KEEP YOUR HEAD UP

Dr. Judy Mikivits on Telegram

You need to give yourself more credit. Yes, YOU. Some of you, today, are doubting what you've done to fight this fight. Some of you, today, are wishing you'd stepped up sooner. Pushed back harder. Fought more battles.

I'm telling you, you need to give yourself more credit. You're here. You didn't get the vaccine. You stopped wearing the masks. You told your friends and family what you REALLY think. You tried to help them see things too.

You might've lost friends. Some of you lost spouses. Some of you haven't spoken to your children in far too long. Some of you haven't spoken to your siblings or parents in far too long. Not because you chose to, but because they left you. They thought you'd lost your mind. That you supported a "racist". That you peddled conspiracy theories. That you were endangering them.

You've been kicked off platforms. Some of you have lost your jobs or been pushed so hard you had to find new ones. Some of you have been fined, harassed and even assaulted. Yet you're still here.

You're still here. You're fighting for the truth. You're searching for the truth. You don't care how ugly it is. No subject is off limits for you. All you want to do is know what's true and to be left alone to live in your God-given freedoms.

You pray. Not just for yourself, but for your enemies too. Your heart cries out in pain because you feel. You still feel and you see the world suffering.

Give yourself credit. You may not have gone to a protest. You may not have called a Congressman. You may not have gone to a school board meeting. You may not have sent money to someone in need. But you ARE still here. And you need to know that you matter, and you are still making a difference. Give yourself credit for that.

Just don't go back to sleep. Don't tune everything out. Don't get the jab. Don't wear the masks. Stand your ground in the ways you've already done. You've proven you can do it. Keep doing it.

You know you're on the side of truth, and guess what? That's God's side. God made it clear that we must always seek what is true. Do you doubt the truth? You know you don't. So don't doubt yourself either. You've got this. We've got this. But most of all, GOD'S got this!

Don't give up now. Keep your head up, warrior. You've done more than you give yourself credit for.

A REMARKABLE TIME TO BE AN AMERICAN

General Michael Flynn

What a remarkable time to be an American. This is not to say that other generations have not been called upon to defend the legacy of the blessings of liberty and self-governance our forefathers passed on to us; rather, it is our generation, at this very time, that will determine — once again — the destiny of our nation. Of that, I am sure.



As I travel across this country, I often emphasize in my remarks that now is the time for all of us to choose the harder right decision over the easier path. By that I mean that if we are to fulfill the legacy of our [Founding Fathers](#), we must be willing to be courageous and accountable and demand accountability from our government’s leaders. It takes inner courage to hold oneself accountable and a fearlessness to get into the fight when the easier thing to do is leave it to others.

Our forefathers did not relent when challenged by the powerful British Empire. They were willing to give up their lives and all they owned for what they knew would be seen by the Crown as a treasonous act. They were among the most courageous people in human history, and they held each other, and themselves, accountable for their actions. Just look at the Declaration

of Independence. Each of the 56 men who put their names on this precious document had basically signed their own warrant for arrest — and maybe worse.

In clear defiance of the ruling class and knowing that they would be held to account, they broke with the Crown, proclaiming that the birth of a new nation based on individual rights and limited government was now a stark reality.

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. — That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, — That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government.”

And yet, less than a month after the Declaration of Independence was signed, [Samuel Adams](#) urged his comrades, “Courage, then, my countrymen, our contest is not only whether we ourselves shall be free, but whether there shall be left to mankind an asylum on earth for civil and religious liberty.” Later that same year, [Benjamin Franklin](#) wrote a friend, “I hope our people will keep up their courage. I have no doubt of their finally succeeding by the blessing of GOD, nor have I any doubt that so good a cause will fail of that blessing.”

They had great faith — and hoped — that future generations would see it as their duty to protect and fight for freedom as they had and have the courage to hold government accountable. Without the demonstration of both, Americans would stand to lose everything to tyranny.

We all honor the courage of our Founding Fathers as we should. But today, our generation needs new acts of courage. We are at a tipping point in the history of America. **It is our turn.** Destiny calls us to act with courage and accountability to pass the torch of freedom to our children and grandchildren or lose it all. There is no other way. The destiny of America will be decided once again, not along the path you walked upon yesterday, but along which path you choose to walk on tomorrow.

And I am telling you, I’m inspired by what I’m seeing in my travels through our great country. People are rising to the occasion and fighting back. They’re demanding accountability and are making themselves accountable. [Pastors](#) are speaking up and standing taller than ever before at the pulpit. I’m seeing more and more veterans run for elected office and taking on other leadership positions to take accountability for themselves and for this country. You don’t stop serving just because you are out of uniform. And if you’ve been in uniform, you know when courage and accountability are needed; and when you do, you stand up, step up, speak up and lead.

It’s not just [veterans](#) and pastors speaking out and stepping forward. Men and women from all walks of life are showing the courage of our forefathers — business leaders, teachers, football coaches, small business owners and parents. Our Founders showed us the way to choose the harder right decision over the easier path. They laid the foundation with our founding documents — the Declaration of Independence, the U.S. Constitution and Bill of Rights. These documents are not mere words, they are the fulfillment of the promises we make to each other as American citizens. And, through our founder’s faith in God and each other, they passed on to future generations the lessons and, yes, the promises of their lifetime that to the end, freedom and liberty were worth the fight. Indeed, what a remarkable time to be alive and, even better, what a remarkable time to be an American.

<https://www.generalflynn.com/without-courage-we-stand-to-lose-everything-to-tyranny/>

MORE GOOD NEWS FROM AFRICA

Dr. Mike Yeadon calls this the most optimistic story he’s read in over two years: what it looks like when 50 million people keep their common sense and just get on with their lives. We could do this, too!

<https://credenceonline.co.uk/ecpages/report-from-tanzania-more-good-news-from-africa/>

CATHOLIC MEDITATION

It’s the intentional and methodical act of bringing your mind and heart to God, so that you may dwell on Him. Don’t let the M-word scare you; Catholics have been meditating for centuries. This is a good helper if you have issues with distraction or discouragement or spinning-mind syndrome where a million thoughts compete for your immediate attention.

<https://reverentcatholicmass.com/blog/essential-guide-catholic-meditation>

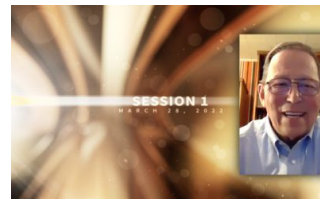
Prayer

Staying right with God

THE CATECHISM SERIES

Members are loving the new Catechism sessions with Desmond Birch. Sessions 1-5 are now up on the website. See what's up at: <https://corac.co/prayer-teams/>

Desmond is one of the foremost living eschatologists (The Last Things) in the Church, perhaps best known for his encyclopedic work, "Trial, Tribulation and Triumph: Before, During and After Antichrist."



MAY PRAYER INTENTIONS

- For all CORAC members, their families and intentions, particularly those who are going through trials at this time.
- For a dome of protection over the people and good works of CORAC as we make our stand with God... and for the Holy Spirit's fire within each member to ignite a firm resolve to do the little each one can do, contributing to the good that overcomes evil.
- For a hearty response to CORAC's current fundraising campaign.
- For a renewed outpouring of Christ's peace as we survey the landscape of country and world, observing the breakdown in the old ways while the Dawn of a New Beginning emerges in our very prayers and deeds.
- For people everywhere to awaken to the reality that God loves them, is calling them to Himself and that we, in CORAC and all believers beyond our ranks, respond by seeking His Grace to fully tend – both in corporal and spiritual ways – to those in our presence.
- That fear is banished as we "... become accustomed to thinking that all is lost, while doing the best we can and trusting God to come through – in His time and in His way, seeking actively to find what we have missed."

St. Gabriel, enlighten us.

St. Michael, defend us.

St. Raphael, protect us.

Ave Maria, Stella Maris!

Appendix

Some handy charts follow on the next pages

HOMESTEADING KNOWLEDGE

BASICS OF CANNING

ITEMS YOU WILL NEED		WHAT YOU CAN CAN!	
WATER BATH CANNER	JARS, LIDS, AND RINGS	CHERRY PITTER (OPTIONAL)	SUGAR
JAR LIFT	JAR FUNNEL	KNIFE	SYRUP
		LEMON	CANNED JARS

LET'S START CANNING!
Fill canner about halfway with fresh water. Keep water 1-2 inches above jars.
2 INCHES IS ABSOLUTELY NECESSARY FOR PROCESSES TAKING 30+ MINS.

Prepare soon-to-be canned food as stated in recipe and fill your jars.

AFTER ADDING JARS, TURN HEAT TO MAXIMUM FOR AN INTENSE BOIL

After the set time, remove the lid. **WAIT 5 MINUTES** before removing cans.

PLACE CANS ON A ROOM TEMPERATURE COOLING RACK OR TOWEL.

ALLOW TO COOL for anywhere from 12 to 24 hours without disturbing.

FUN FACTS ABOUT CANNING
CANNING IS VERY AFFORDABLE. A NEW CANNER CAN COST \$100 but will quickly pay itself off.

If you have fruit bearing plants on your property, **CANNING WILL SAVE** dropped fruit.

CANNED FOOD WILL NOT SPOIL IF YOU LOSE POWER.

TALKING AND SHOPPING AROUND CAN GREATLY REDUCE OVERHEAD PRICE. **LOOK FOR HAND-MADE JARS, CANNERS, ETC.**

CANNING LOCKS IN THE NUTRIENTS OF STONE FRUITS AND CAN EVEN IMPROVE VITAMINS IN OTHERS.

FOODS YOU CAN REGROW

CARROT Regrows from: Root	BASIL Regrows from: Stem
POTATO Regrows from: Peels/skin	GARLIC Regrows from: Root
MUSHROOM Regrows from: Stalk/Stem	PEPPER Regrows from: Seeds
LETTUCE Regrows from: Base/Bottom	BEANS Regrows from: Seeds/Sprouts
AVOCADO Regrows from: Seeds	GINGER Regrows from: Any part/root

DIY CLEANING PRODUCTS

DISH SOAP			GLASS CLEANER		
Castile soap	Lavender oil	Tea tree oil	White vinegar	Water	Citrus oil
WOODEN FLOOR CLEANER			GREASY POT RESCUE		
White vinegar	Water	Peppermint oil	Baking soda	Water	
SINK CLEANER			STICKY RESIDUE REMOVER		
White vinegar	Baking soda	Essential oil	Baking soda	Coconut oil	

HERBAL FIRST AID KIT

Calendula	Calendula Extract Cuts & scrapes, minor burns, inflamed rashes	Chamomile
Chamomile	Chamomile Flowers Calming, indigestion, wounds, rashes	Fennel Seed
Ginger	Fennel Seeds Indigestion, gas, bloating, increase breast milk	Marshmallow Root
Ginger	Ginger Root Nausea, vomiting, menstrual cramps	Lavender
Lavender	Lavender Stress, anxiety, sleep, minor burns, cold sores	Lemon Balm
Lemon Balm	Lemon Balm Leaf Restlessness, irritability, indigestion, sleep	Peppermint
Marshmallow	Marshmallow Root Mouth & throat sores, heartburn, cough, indigestion	Stinging Nettle
Oatmeal	Oatmeal Itchy rashes, anxiety, sleep, stress	Stinging Nettle
Peppermint	Peppermint Leaf Nausea, indigestion, gas, congestion	
Red Raspberry	Red Raspberry Leaf Uterine tonic, pregnancy nausea, diarrhea	
Stinging Nettle	Stinging Nettle Leaf Iron-rich, seasonal allergies, water retention	

HOW MUCH DOES A CHICKEN NEED?

Coop Floor Space: 2-4 square feet per hen
Nesting Boxes: One for every 3-5 hens
Roosting Bars: 8" per hen
Run/Pen Space: 10 square feet per hen
Feed: 1/2 cup per day
Water: Up to 2 cups per day
Hours of Daylight to Lay an Egg: 16 hours per day
Time for an Egg to Hatch: 21 days

INDOOR ANTI MOSQUITO PLANTS

BASIL	ROSEMARY	GARLIC	LEMON THYME
LEMON BALM	MARIGOLD	CATNIP	LEMONGRASS

10 TIPS ON HOW TO GET RID OF A HEADACHE



WATER

Drink a glass of water as soon as you notice the signs of a headache



PEPPERMINT

Its soothing property makes it a great headache reliever



ICE PACK

Using an ice pack on your forehead helps you numb the pain



GINGER

Drink some ginger tea 3 times a day



HOT WATER

Use a hot water to release stress



EUCALYPTUS OIL

Take some eucalyptus oil and massage it on your forehead for 15 to 20 minutes



LEMONS

Drink a glass of a warm water which has half a lemon squeezed in it



CINNAMON

Mix cinnamon in water and apply this paste on your forehead and let it stay for 30 minutes



APPLE

Take a glass of water and add 2 tsp of apple cider vinegar



BETEL LEAVES

Make paste and use this paste on your forehead and let it