

# CORAC Newsletter

*Good Father, send in time of need the calming gift of silent grace.*

September 5, 2022



Read this newsletter in PDF format for greatest clarity. Print out any sections you might want in a power-out situation.

The time of “red-pilling,” that is, people waking up to the various threats aimed at us, is accelerating. Those who threaten us are no longer even trying to hide what they’re doing, as in the bizarre dictatorial speech of Biden last week. CORAC’ers have *been* awake, and we don’t need to spend too much more time proving to ourselves that the shot is dangerous, digital identity spells the end of personal liberty, and children are the target of those who’ve subscribed to evil. We only need to know: what can we do about it?

This newsletter attempts to present different ways that different people can act. If you’re not a gardener, maybe you’re a ham (radio operator.) If you can’t be a poll worker, you can pray a public rosary. Every one of us who have been given the grace to see beyond the charade have also been given the grace to act. We have a once-in-human-history chance to serve in the hosts of the Lord God against the ancient enemy; don’t miss your opportunity!

*Sheryl Collmer*  
sherylc@coracusa.com



## *From the cockpit:*

*CORAC founder Charlie Johnston traverses the country in his trusty 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>

## **Mansion Builders**

In each of the Synoptic Gospels Jesus chides His sleepy disciples for not being able to “keep watch” with Him for merely an hour as He prayed in agony in the Garden of Gethsemane. While Jesus is clearly annoyed, what is striking to me is His indulgence of their weakness and their complete cluelessness of what was about to happen – despite all He had told them over the past three and a half years. There is almost an affectionate resignation in the Lord’s attitude, mildly annoyed that they are not ready yet, but confident that they will be, after the convulsion that will soon follow.

Why would He not be confident? The Lord had carefully laid out the infrastructure they would need to make their stand when their time came. Even as they did not yet understand which were the most important elements of that infrastructure or what, exactly, the Lord had been doing, He had molded them into the shape of what they would need to be. All that was left was for them to be forged in the fires of the next three days.

Many among us note that so very many people cannot see what is coming (actually, what has already begun). That’s true enough, but I hope that people who are working to prepare for themselves and others are wise enough to keep two other things in mind. First, to imitate Jesus and treat those who do not see how stark things are with affectionate, if mildly annoyed, resignation that they will stand when they have to – because we have helped prepare the way. The second is to know that, with the disciples, we do not know as much about where we are as we think we do. Remember that, as Jesus prepared to go up to Jerusalem while serious plots against him multiplied, Thomas wearily said, “Let us also go, that we may die with him.” (John 11:16). The disciples thought they were prepared for what was to ensue, but for a while they, too, were scattered in panic and disbelief.

(I say nothing here for survivalists, for whom I can scarcely hide my contempt. I admire the many people who use what they have now to prepare help for others later – including themselves – but not for survivalists whose only thought is how to take care of themselves. They are like the man who buried his talent in the ground and gave it back on his master’s return with no gain. (Matthew 25: 14-30) The Master took what that man had and gave it to another who had worked through the difficult days to bring a return for the Master’s return. As the Lord said, for those who congratulate themselves on their self-centered ‘prudence,’ there will be wailing and gnashing of teeth.)

At CORAC, we busy ourselves preparing the infrastructure and the way for people to work together to renew the Kingdom of God in the world even as the kingdom of man visibly falls. Even as we set our hearts and minds to do so, we too, are likely to be surprised, scattered and disoriented for a time at the shocking moment the clash erupts. That's okay. For seven full weeks after the Resurrection, Jesus frequently appeared among His disciples to help gulf the chasm between their expectations and the reality of what was happening. He helped them get their sea legs to begin to evangelize the world with the Gospel, the Good News. I often contemplate the joyful wonder and amazement of the disciples at the Ascension as they realized what they had thought just a few weeks back was the end, was actually the beginning.

In John 14:2 Jesus tells His disciples, "In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you." What a privilege to be called by God to build mansions for His people, recruiting many with renewed hope to occupy them. That is the joyful task before us. As we rebuild many neighborhoods of God, we contribute to the establishment of the Kingdom of God. Yes, the workers are few, but as the tremors and clashes and shocks of these destructive times mount, many will eagerly join us in the work of building neighborhoods of mansions to the Lord. Let's get to it. The harvest will be plentiful.

*Charlie Johnston*

If communication goes out for any length of time, meet outside your local Church at 9 a.m. on Saturday mornings. Tell friends at Church now, in case you can't then. CORAC teams will be out looking for people to gather in and work with.

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

"Prayer," August 15, 2022, featuring guest Beckita Hesse, the national prayer team leader.  
[https://vimeo.com/739834621?embedded=true&source=vimeo\\_logo&owner=144927933](https://vimeo.com/739834621?embedded=true&source=vimeo_logo&owner=144927933)

**A SIGN OF HOPE BLOG** <https://corac.co/category/a-sign-of-hope/>

"Where The Heart Is," August 29, 2022 <https://corac.co/2022/08/29/where-the-heart-is/>

### **CHARLIE'S UPCOMING MEETINGS**

Check his schedule here: <https://corac.co/meetings/#dates-and-details>

October 1 – Colorado Springs, CO

October 7 – Fort Collins, CO

October 11 – Omaha, NE

October 22 – Morristown, NJ

October 26 – Little Compton, RI

*Immediatum Operam*  
Do these things immediately

### **SIGN UP TO BE A POLL WORKER**

So much of the positive change over the last two years has been due to ordinary people stepping up to the plate: school boards, city councils, street-level work.

Register to be a poll worker. This is foundational to our voting system. If we don't participate, we can't complain!  
Local action = national impact.

Search: (Your County) Republican Office or (Your County) GOP and get signed up NOW for the mid-term polls.

## Action Items

The price good men pay for indifference toward public affairs is to be ruled by evil men.

- **Pray the rosary in a group publicly.** When you pray in public, you may reach fallen-away Catholics, honor God publicly, be numbered in the ranks of the Immaculata. Gather your friends in a public place, like a town square or busy intersection. Here is a description of a regular public rosary group and how we do things: <https://truthforsouls.com/2022/07/27/signs/>
- **Fly the American flag.** It's a no-cost act of peaceful resistance, and an encouragement to passers-by.
- **Recruit locally.** The stormier it gets, the more essential it is to have a local network of like-minded folks. The article "Why Join CORAC?" is a tool you can give friends to help them see the value of CORAC membership. See the article at: <https://truthforsouls.com/2022/06/10/what-is-corac/> You can edit it for your own local area.
- **Use Cash.** Executive Order 14067, signed by Biden on March 9, 2022, contains this statement: *My Administration places the highest urgency on research and development efforts into the potential design and deployment options of a United States CBDC (Central Bank Digital Currency.)* There are dates attached to this research and development, and all of them are stated in terms of months, not years. It's coming.

Understand what is being proposed: your money will be digital, and your access to it will be in the hands of government agencies. Unless you are entirely and permanently off-grid as to food supply, water, medical care and all other financial transactions, you will come under the digital financial tracking of the CBDC. We have already seen the danger of a government having the power to "switch off" your money, in the Canadian government's retaliation against the truckers earlier this year. And that was child's play. Biden has pre-emptively declared most of us dangerous, employed an armed IRS, and now the CBDC is on the horizon. You might almost think there's a plan...

The first thing we can do to resist is USE CASH. I know it's not convenient, but this is our freedom at stake. Use cash for everything possible. It puts a stick into the spokes of the plan.

The second thing, and much depends on this... do your part to defend fair elections in November.

- **Keep a journal.** We are living through a most amazing chapter of human history, and the more intense it gets, the more we will tend to forget. Additionally, there is an effort to shut down thinking and memory when it suits a political purpose. For example, now that the destructive effects of the shot are becoming public, we are meant to forget how the Biden administration forced the vaccine on millions.



Journaling every day gets your thoughts and impressions down reliably, and can help you resist the mind-bending techniques of the media. I started a daily journal on March 15, 2020, at the start of Operation Lockdown, and I will always be grateful that I did. The journal continues through initial skepticism, observations about the worldwide synchronization of news, the 2020 election, the mandates, the truckers convoy, the reports of vaxx damage and everything else that has been done to us over the past two years. I included news items, pictures, memes, whatever had relevance that day, as well as personal reflections.

Imagine if you could go back and know your honest reactions to events before the media had a chance to color your thoughts. For instance, here's my entry from November 4, 2020: "It certainly wasn't the landslide I was hoping for, but it looks like the presidency is safe. The shenanigans begin now, as the Dems try to change the outcome." See, I'd forgotten that. I honestly didn't remember that, at first, it really was a Trump victory. My journal reminds me.

On January 6, in the morning, I wrote: "This is the day. I pray Congress does the right thing, but I expect that they will not." On that same date, I wrote: "The Tyler diocese is looking like a better and better idea. It's going to become ground zero for faithful Catholics in the years coming. God bless Bishop Strickland."

Three months later, I was living in Tyler. It may even be that writing it helped solidify the idea in my mind.

Start your journal today. The events yet to unroll will be epic. Keep a record for yourself, and for your children. It can also be a record of your prayers. I can't count how many problems were solved in my mind while I was journaling them.

There is so much to write about, but if you have blank-page syndrome, get some ideas here: <https://www.verywellmind.com/journaling-a-great-tool-for-coping-with-anxiety-3144672>

- **Set a Practice Day:** Declare one day in September as Practice Day for your family. Use no electricity. Locate all your supplies. Use water from your rain harvesting system, and purify it for drinking. Employ gray water strategies. Tune your radio and make sure you have batteries. Have your Stay-in Bin ready, with all your most important supplies in one place. (The Stay-In Bin is reprinted in the Appendix of this issue.) Practicing will show you where you need work: on your faith in God, on your communication skills, on the use of anything unfamiliar (shortwave radio, water purification system, rocket stove, etc.) Go to the website afterward and locate information to fill any gaps you encounter.

My best prep activity ever was during the big Texas freeze. It forced me to practice strategies for power-out and water-out situations. Your practice day will build your confidence in your own ability to adapt and survive, so that you won't be persuaded to take government "assistance" down the road.

## J6'ers

We continue to feature the plight of the J6 political prisoners. I was glad to hear Trump speak last week of possible pardons and apologies to those who merit them. Many did nothing wrong, some committed misdemeanors and many were simply in the wrong place at the wrong time, witnessing crimes committed by police.

<https://capitolpunishmentthemovie.com>

[https://www.theepochtimes.com/the-real-story-of-jan-6-documentary\\_4596670.html](https://www.theepochtimes.com/the-real-story-of-jan-6-documentary_4596670.html)

<https://rumble.com/v17h6qx-the-truth-of-january-6th.html>

Because of the persecution of their families, hometown information is not easily available. Of those I could find, prisoners from Regions 9 and 4 were highlighted last newsletter. This time, Regions 2 and 8 are listed. Be aware that these are only the prisoners whose biographical information was available. There are many more who need encouragement. Email CORAC member Kristen Martinez at [kannmartinez@sbcglobal.net](mailto:kannmartinez@sbcglobal.net) to be assigned a prisoner pen pal.

If you write to a prisoner, be careful of your tone and subject matter. We have been told that anything too incendiary (honest) can heap additional punishment on the prisoner. They need encouragement, assurance that they are honored and loved, that no one is giving up on them, that WE WILL NOT FORGET.

Try sending funny stories, jokes, inspirational quotes. The most important thing is that we counter the psy-op that the government is executing against them: that they are bad, dangerous, worthy of contempt. Assure them of the opposite!

Perhaps the best thing you can send, besides prayers, are puzzles, like crosswords, Sudoku and various wordplay. Include the solution key for hard puzzles!

Try these sites for printable games:

Sudoku: <https://worksheets.theteacherscorner.net/make-your-own/sudoku/>

Word Search: <https://www.wordsearchaddict.com/printable-puzzles/>

Other: <https://www.puzzles-to-print.com>

Here are the names by hometown for Regions 2 and 8.

### REGION 2

<u>First</u>	<u>Last</u>	<u>Hometown</u>	<u>Prison Address</u>
Rasha	Abualragheb	New Jersey	C/O PMP PO Box 173 King NC 27021
Scott	Fairlamb	Stockholm NJ	Inmate #26840509 Federal Correctional Inst. 2 PO Box 1500 Butner NC 27509
Brandon	Fellows	Albany NY	Inmate #51533-509 Northern Neck Regional Jail PO Box 1060 Warsaw VA 22572
Timothy	Hale-Cusanelli	Brick NJ	Inmate #376441 Correctional Treatment Facility DC-CTF 1901 D St. SE Wash DC 20003
William	Isaacs	Niagara Falls NY	C/O PMP PO Box 173 King NC 27021
Julian	Khater	Somerset NJ	Inmate #377187 Correctional Treatment Facility DC-CTF 1901 D St. SE Wash DC 20003
Felicia	Konold	Brooklyn NY	C/O PMP PO Box 173 King NC 27021
Robert	Morss	Allegheny Co, PA	Inmate #50786 Northern Neck Regional Jail PO Box 1060 Warsaw VA 22572
Marshall	Neefe	Holly Springs PA	Inmate #378836 Correctional Treatment Facility DC-CTF 1901 D St. SE Wash DC 20003

Chris	Quaglin	Brunswick NJ	Inmate #50929 Northern Neck Regional Jail PO Box 1060 Warsaw VA 22572
Howard	Richardson	Phila PA	Inmate #51684 Northern Neck Regional Jail PO Box 1060 Warsaw VA 22572
Jeffrey	Sabol	Waterville NY	Inmate #376906 Correctional Treatment Facility DC-CTF 1901 D St. SE Wash DC 20003
Thomas	Sibick	Williamsville NY	C/O PMP PO Box 173 King NC 27021

## **REGION 8**

<u>First</u>	<u>Last</u>	<u>Hometown</u>	<u>Prison Address</u>
Thomas	Ballard	Ft Worth TX	Inmate #59329-509 US Penitentiary PO Box 1000 Lewisburg PA 17837
Luke	Coffee	Weatherford TX	C/O PMP PO Box 173 King NC 27021
David	Dempsey	Carrolton TX	Inmate #378838 Correctional Treatment Facility DR-CTF 1901 D St SE Wash DC 20003
Alex	Harkrider	Converse TX	C/O PMP PO Box 173 King NC 27021
Shane	Jenkins	Deer Park TX	Inmate #377186 Correctional Treatment Facility DR-CTF 1901 D St SE Wash DC 20003
Ryan	Nichols	Longview TX	Inmate #376795 Correctional Treatment Facility DR-CTF 1901 D St SE Wash DC 20003
Guy	Reffitt	Wylie TX	Inmate #376782 Correctional Treatment Facility DR-CTF 1901 D St SE Wash DC 20003
Stuart	Rhodes	Dallas TX	A0190059 Alexandria Detention Center 2001 Mill Rd Alexandria VA 22314
Jenna	Ryan	Richardson TX	C/O PMP PO Box 173 King NC 27021
Peter	Stager	Conway AR	Inmate #376784 Correctional Treatment Facility DR-CTF 1901 D St SE Wash DC 20003
Andrew	Taake	Houston TX	Inmate #56677-509 US Penitentiary PO Box 1000 Lewisburg PA 17837

You can get information about a particular prisoner at these sites.

<https://americangulag.org>

<https://www.patriotfreedomproject.com>

<https://patriotmailproject.com>

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### A letter from Shane Jenkins, incarcerated in the DC Gulag

#### **529 Days in Prison**

**August 16, 2022**

I want to personally take the time to thank everyone who has supported us with prayer, with words of encouragement and with treasure. You have no idea how it is to read the little quotes that everyone sends. To know someone is offering up prayers on our behalf on my behalf, well, I mean, it's very humbling.

Today my friend Kyle (Fitzsimon) starts his trial. They took him out of here early this morning. I would ask that you all join me in fasting and prayer for him. Marshall Neefe is being sentenced tomorrow, as well, so please keep him lifted up, as well.

We have had our tablets taken, our phones turned off because these people, our jailers, are afraid of Ashli Babbitt's mom and CAPP (Citizens Against Political Persecution) protesting outside the jail the last couple of weeks. We can see them from our cells. We flash our cell lights as we sing the anthem, so they can see us. It's been very special to me to write to Micki, Ashli's mom, and to talk with her on the phone.

My trial date has been pushed back until March 13th of 2023. 7 months out. Many of the men will be gone to prison or hopefully home by then. The next few months will see some serious changes here and across our nation. We are all excited about the potential for the Red Wave. It's just hard to imagine our elections will go any differently if we haven't gotten rid of voting machines and the mail in ballot issue. We hope to see a 100 seat sweep in congress and the senate. We also hope to see the FBI exposed for their dark deeds. We pray for courage for whistleblowers to step forward from there and expose what they have done to us and to even Mr. Trump.

This is not a time to straddle the fence or play it safe. Today we must live with a spirit of courage and know that it's not for us; it's for the future of this nation. Is the salvaging of this Republic worth my livelihood? Worth my job? Worth me being banned from social media or my social club or country club? People have to stand! We have to stand and call out darkness where it stands. We have accommodated it too long. We've allowed it to take hold like a vine and now it's trying to strangle us.

I am so grateful for the love, for the courage, and for the generosity you have all shown me. I cannot wait to hopefully meet you all, to sing with you all, to pray with you all, to celebrate here, or in eternity. May God bless all of your families and may He show Himself to you in a greater and more evident way than ever before.

Your friend and brother in Christ,  
Shane Jenkins

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From the mother of prisoner Kyle Fitzsimon:

“My son Kyle was arrested on February 4, 2021 and is currently incarcerated in Washington, DC. He attended the January 6th “Stop the Steal” rally, which forever changed the fabric of his and his family’s life. It costs in excess of \$100,000 to hire a private defense attorney (justice is not cheap), which proved way beyond our means. Kyle has a public defender and we are trusting God for the most favorable outcome of his trial, slated for August 2022.



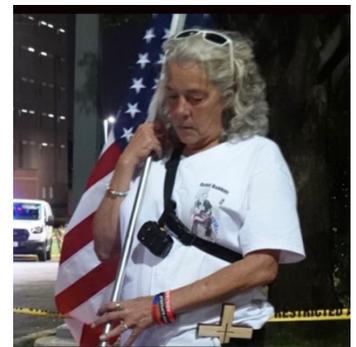
While legal fees are no longer on the table, financial need for his family remains. Kyle has a daughter that he has already been away from for half her young life, the hardest part for him. Whatever thoughts you hold on the events of January 6th, I’m certain we can agree the egregious violations of due process rights guaranteed by the Constitution that must be afforded to every American have been denied to the J6 Patriots sitting in DC jails, without access to speedy trials, time outdoors, clean drinking water, or the right to gather for worship. If you can stand in the gap and cover Kyle in prayers of protection, it is deeply appreciated.”

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Ashli Babbit’s (killed by a Capitol policeman on Jan 6) mother, Micki Witthoeft, and CAPP (Citizens Against Political Persecution) are holding a month-long candlelight vigil for the J6’ers: <https://socalrecord.com/stories/631048284-ashli-babbit-s-mom-extends-d-c-jailhouse-vigil-counter-protestors-yell-ashli-deserved-to-die>

Political prisoners in DC Gulag sing the National Anthem to Ashli’s mom: <https://thewashingtoncountyauditor.com/must-see-j6-political-prisoners-in-dc-gulag-sing-national-anthem-to-ashli-babbitts-mother-outside-jail/>

Join Micki’s efforts to secure justice for the political prisoners: <https://www.4ashli.com/cta/>



## On the Website

The website is loaded with so much great information. Search the topics that interest you, and print out anything that you might want handy in a power-out situation.

**Communications** <https://corac.co/communications-teams/>

Watch the 3-part series on radio communications!

**Health & Wellness** <https://corac.co/health-and-wellness-teams/>

Watch the foraging and homeopathy video series, and print the related PDFs!

**Sustainable Living** <https://corac.co/sustainable-living-teams/>

Watch the gardening series!

**Prayer** <https://corac.co/category/prayer-teams/>

Watch the Catechism series!

**Education** <https://corac.co/education-team/>

Read the posts about homeschooling!

**Crisis Scenarios** <https://corac.co/crisis-scenarios-team/>

Print out the emergency checklists!

## Other Items Of Interest

### AUTOPHAGY AND FASTING

Autophagy (Latin "self-eating") is the body's natural recycling process, involving the breakdown of unneeded or damaged cell components and reuse for cellular repair or generation. Autophagy is a built-in, God-given mechanism for our health. Only problem is, we've started eating too much, too often. Autophagy only kicks in when the body is *not* digesting food, so our cultural habit of constant snacking means autophagy has less time to work, or no time at all.

Autophagy is just getting started at the 12-hour fasting mark, so if you finish dinner at 7 and then don't eat again until 7 in the morning, you're approaching the zone! Fasting longer brings more benefits, with a plateau at 72 hours. Fasting is a part of every culture and religion in the world for good reason.

In early 2021, when the dangerous shots were being pushed, and before the evidence we have now, some researchers already knew, from familiarity with the human body and its myriad processes, that the mRNA shots would be destructive. (This sort of information was available to every thinking physician, but tragically few paid any attention at all.) Stephanie Seneff and Greg Nigh published a paper on the unintended consequences of the mRNA shots. They could see already that the shot might have long-lasting consequences. They suggested that autophagy could clear the spike from the body.

Autophagy is essential for clearing damaged proteins, organelles, and bacterial and viral pathogens. Alterations in autophagy pathways are emerging as a hallmark of the pathogenesis of many respiratory viruses, including influenza virus, MERS-CoV, SARS-CoV and, importantly, SARS-CoV-2 (Limanaqi et al., 2020). Autophagy is surely critical in the clearance of spike protein produced by immune cells programmed to produce it through the mRNA vaccines.

(International Journal of Vaccine Theory, Practice & Research <https://ijvtpr.com/index.php/IJVTPR/article/view/23/51>)

Since that paper was published 15 months ago, you might wonder why we haven't heard much about autophagy. I venture to say it's the same reason we haven't heard much about Vitamin D's importance in preventing viral illness: there's no money in it. Even less money in autophagy, because not only are you *not* buying an expensive drug, but you're buying *less* food. There's negative profit in autophagy and fasting.

Therefore, fasting benefits your health, and simultaneously spikes the wheel of those who, knowing what damage the mRNA shot would do, pushed it on the population anyway. Fasting just became an act of resistance.

#### **What Happens In Your Body While Fasting:**

After 4-8 hours	blood sugars fall, food leaves the stomach
12 hours	food has been burned, digestion is over, autophagy begins
16 hours	fat burning increases
18 hours	HGH (growth hormone) skyrockets
24 hours	ketones released into bloodstream
36 hours	autophagy increases 300%
48 hours	immune system reset, reduction in inflammatory response
72 hours	autophagy plateaus



### BIVALENT Ba.5 BOOSTER

Does it even need to be said? Don't get the booster. The FDA approved it without human testing. Do what you've been doing: get sun exposure for Vitamin D and supplement as necessary; have your covid tool kit ready and don't test!

### BEWARE FLU SHOTS THIS YEAR

It appears that the next round of flu shots are mRNA-based, and run similar risks to the covid shot. Attorney Thomas Renz states categorically: "Do not get the flu vaccine this coming year." <https://tv.gab.com/channel/redvoicemedia/view/gene-therapy-loaded-into-the-flu-6259b90a135cb83e004513a7>

Some universities are doing the same thing with flu shots that they did with the disastrous covid shots... mandating them. The University of California system already has the mandates in place.

## DR. GOLD INCARCERATED

One of the very first physicians to speak out about the early treatments for covid that were being prohibited in 2020 (remember the press conference on the steps of the Supreme Court in July 2020?) was Dr. Simone Gold. She founded America's Front-Line Doctors, a truth-telling network of doctors which has helped many of us first-hand.

On January 6, she was scheduled to speak after President Trump, at the rally with an official permit. Just before her speech, she received word that all speeches had been cancelled. Dr. Gold was among the thousands of people swept into the Capitol as the doors were opened. When she found herself in the Capitol, she decided to go ahead and deliver her speech there. Afterwards, she was arrested and prosecuted with hundreds of others.



Despite the fact that she had been part of the officially permitted program, she took a plea deal for entering a restricted building. She is currently in a Miami prison, where she has been discriminately “quarantined,” placed in solitary, and moved from cell to cell without notice. This is a woman with her M.D. from Chicago Medical School and a J.D. from Stanford Law. From prison she writes, “I am more determined than ever to keep fighting for you and for medical freedom.”

<https://americasfrontlinedoctors.org>

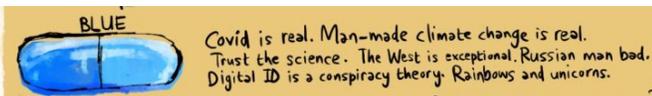
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## UNDER THE RADAR

Any of your preps that draw attention might not last long. A better, more sustainable strategy than sophisticated preps might be to learn to live more simply. We are only a few generations past living without air-conditioning and refrigeration. Figure out how our ancestors did it, and see what skills we can recover. Try this site: <https://homesteading.com/homesteading-skills-every-homesteader-should-know/>

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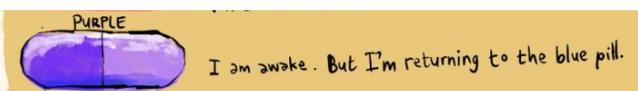
## THE 5 STAGES OF PILLING



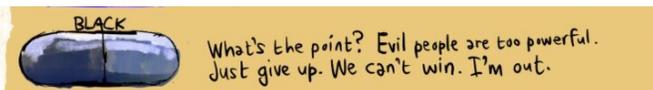
You've heard of being “red-pilled.” The expression comes from the movie, “The Matrix,” in which a character is offered the choice of a blue or a red pill. The blue pill allows you to remain complacent, believing untruths and making your own comfort the highest priority. Also referred to as “asleep.”



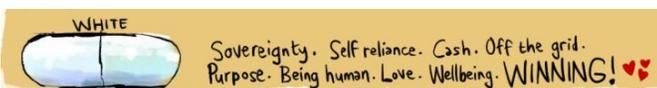
The red pill involves recognizing lies and choosing truth, regardless of the discomfort. Also referred to as “awake.” Anyone who asked questions about the vaxx was already red-pilled; we were all meant to accept the shot without thinking.



After you're red-pilled, what happens next? Some poor souls are so afraid that they live in denial of what they discovered. That's the purple pill.



Some give up in the face of a more pervasive enemy. We all have moments of being black-pilled, when we're overwhelmed by the synchronized opposition of Big Tech, Big Government, Big Media and Big Everything Else. But we get up and go on, like Christ getting back up with the cross on His back. No Christian should ever stay black-pilled; we have God, after all.



Living white-pilled is the only thing that makes sense for a Christian. We recognize the stronger enemy; we're not unfamiliar with Satan. But we fight him every day, and fall back on the Church for renewal when we fail. We are the Baptized; we live in victory, no matter the current circumstances.

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## FERMENTING

Here's an alternative to canning or freeze-drying foods that requires no special equipment. And it doesn't just preserve food; the process actually enhances their health benefits. When I was studying ways to boost the immune system in 2020, I found this easy, cheap process. Pickles, kombucha, kimchi, apple cider vinegar and sauerkraut are all fermented foods. Fermented foods give your body the "good bacteria" that fight illness. "Adding a few spoonful of sauerkraut to your sandwich is like sending a small army of good bacteria to fight off the bad."



More here: <https://www.offthegridnews.com/off-grid-foods/hidden-benefits-fermented-foods/>

How-to: <https://crestfox.com/how-to-ferment-foods-at-home/>

Another how-to from my favorite homesteader: <https://homesteadingfamily.com/fermentation-for-long-term-preservation/>

Recipes for pickled fruits and vegetables: <https://www.allrecipes.com/recipes/17618/side-dish/sauces-and-condiments/canning-and-preserving/pickled/pickled-vegetables/>

Kimchi recipes: <https://www.koreanbapsang.com/15-easy-kimchi-recipes/> Kimchi is to Koreans what peanut butter is to Americans, a staple food and a taste of home. Since Koreans have been making kimchi for centuries, they are experts!

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## PROTOCOL FOR VAXX INJURIES

The excellent doctors at Front-Line Covid Critical Care Alliance, who did so much to bring ivermectin to the attention of the public, have now published a treatment protocol for those with vaccine side effects, called I-Recover. See the protocol here: <https://covid19criticalcare.com/covid-19-protocols/i-recover-post-vaccine-treatment/> The sooner treatment begins, the better the outcome. Notice that intermittent fasting is part of the treatment; see "Autophagy" earlier in this newsletter.

There is also a protocol for those with "long covid" here: <https://covid19criticalcare.com/covid-19-protocols/i-recover-long-covid-treatment/>

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## VIGANÓ'S LATEST

When Viganó speaks, I always listen. He has been telling the truth for years, at great personal cost. His latest letter dated September 1, concerns how to oppose the Great Reset, bearing down on us at a furious pace. What is this Great Reset?

It is the forced imposition of a *fourth industrial revolution* that will lead the present economic and social system to implosion, and will allow, through a general impoverishment and a drastic reduction of the population, the centralization of power in the hands of an elite of aspirants to immortality and world domination. They would like to reduce us to an amorphous mass of clients/slaves confined in boxes and perpetually connected to the network.

For anyone who thinks that sounds too sci-fi to be real, listen to Klaus Schwab continually pushing the Fourth Industrial Revolution, which refers to the integration of the human body with computers. We are watching, and have been watching, the destruction of our economy. Farms in Europe are being shut down. Birth rates are plummeting and excess mortality is skyrocketing, at least according to the countries who still have a moderately free press. One of the wealthy elite in Canada was found to be consuming his own aborted children in hope of extending his life indefinitely, and it's a good guess he's not the only one. The Metaverse has already been launched to provide a virtual world for those who become too miserable to live in the real one. Governments will not allow covid to recede as a threat, continually pushing out new boosters, and are now introducing gene therapy even in the flu shot. None of this is fiction.

Understanding that there may be evil people who deliberately choose to side with Lucifer against God is the first step we must take if we are to resist the gigantic coup that is underway. These people are, in a sense, Satan's "mystical body" and act to spread evil in the world and blot out the name of Christ...

And that is the red pill: coming to comprehend that there are people who actually prefer evil to good. This is almost impossible for decent people to imagine, but it is the ancient story. The Archbishop concludes with a call to all decent people, and it sounds very familiar to anyone who has been reading A Sign of Hope. It is precisely what CORAC was formed to do.

Dear friends, your task — like that of many people of good will in so many other nations — is a sacred and very important one. **It is the task of rebuilding, restoring, edifying.**

The full letter is well worth reading. <https://catholicfamilynews.com/blog/2022/09/01/abp-vigano-understanding-and-opposing-the-great-reset-we-must-engage-the-battle-as-soldiers-of-christ-speech/>

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## **SEPTEMBER PRAYER INTENTIONS**

Please keep these intentions in your daily prayers:

- \*For all CORAC members who are tending to their dear ones who are going through trials or are in the process of dying, for the repose of the souls of any of our dear ones who have passed and for those who are on a journey of mourning.
- \*Continued prayer for Desmond Birch as he as he is scheduled for a diagnostic procedure very soon.
- \*That Charlie is refreshed while resting from his travels and for everything he needs as he continues his work at home, a plate that ever runneth over with duties and tasks.
- \*For a great response to our fundraising needs for CORAC.
- \* For a new infusion of courage, strength, fortitude, trust and hope as we continue into the toughest and roughest period of this Storm in 2022.
- \*That each person enters into silence and contemplation with the Lord every day, giving Him opportunities to calm us, steady us and focus us for each next right step.
- \*For the constant intercession of Our Lady, Stella Maris, and in gratitude that God created her and gave her maternal presence and support to us.
- \*That Holy Spirit descends upon us anew as it says in Ezekiel: "From the four winds come, O Breath, and breathe into these slain that they may come to life!"

*St. Gabriel, enlighten us.*  
*St. Michael, defend us.*  
*St. Raphael, protect us.*  
*Ave Maria, Stella Maris!*

Remember the Brazen Serpent Prayer. Carry copies of the prayer with you, whether printed on your own printer (<https://corac.co/2022/04/10/the-brazen-serpent-prayer/>) or on the beautiful prayer cards that can be purchased here: <https://fullofgraceusa.com/products/the-brazen-serpent-prayer-with-miraculous-medal-holy-card>)



