

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

“I strongly suspect that if we saw all the difference even the tiniest of our prayers to God make, and all the people those little prayers were destined to affect, and all the consequences of those effects down through the centuries, we would be so paralyzed with awe at the power of prayer that we would be unable to get up off our knees for the rest of our lives.”

~ Peter Kreeft

From the cockpit



CORAC founder Charlie Johnston travels from coast to coast in his trusty Outback to speak in person to those anticipating the Storm.

Our Daily Bread

One of my Mother's favorite snippets of Scripture was, "Sufficient to the day is the evil thereof." (Matthew 6:34) I like it, too. The thrust of it is to spend less time worrying about tomorrow, lest you ignore the challenges of today and, in doing so, make the challenges of tomorrow even greater. All we are given is the moment before us. How we handle that plays a huge role in how our lives play out.

All too often we worry so much about getting everything just perfect that we never get around to getting anything actually done today. Such worry can sabotage even the best of plans. Imagine yourself on your own for the first time, at age 18. It occurs to you that, if healthy, you will live at least to 80. It would be foolish to try to gather up all the food you will ever eat in one fell swoop so you never have to worry about that. Shoot, even if you could accomplish it, a lot of the food would spoil or go bad before you got to 30. As it says in the Lord's Prayer, "give us each day our daily bread." If you focus faithfully on the little you need and the little you can do each day, you will be well prepared for the greater challenges over the course of your life.

What is our daily bread? It is both physical sustenance – and spiritual sustenance. If you worked in the heat of the day each day and neglected to eat, you would faint. I found, during my pilgrimage, that in sustained, extreme circumstances, hunger presents itself differently than just as pangs and cravings in your abdomen. One morning, while hiking relentlessly uphill on a steep grade, I found myself exhausted. I couldn't understand it, as I had slept just fine the night before. I sat to rest and grabbed a yogurt-frosted granola bar out of my pack. That perked me right up. I was fine. Eating irregularly, I found for the duration of my pilgrimage that hunger first presented itself to me as fatigue. Go without any food at all and, by the third day, it is all you can think of. We need our daily bread daily to function properly.

But what about our spiritual daily bread? If we don't take time to go to the Master for a while each day, might the same sort of effects begin happening spiritually that define physical hunger? Does your spirit get fatigued? Do you get more snappish and surly? Could that not be a sign of spiritual fatigue because you hunger for your Daily Bread? Of course, spiritual hunger is more subtle than physical hunger. We do not even know for what we hunger. Go too long without your spiritual bread and you are liable to try looking in the wrong places to fill the growing holes in your essence, forgetting that it is only the Living Bread that can fill these holes.

I am not suggesting you must live some exhaustive daily spiritual regimen to get your Daily Bread, any more than I would suggest you must spend all day at the buffet to satisfy your physical hunger. My philosophy is pray and do. Eat and work. Ora et labora. It is not an event, but a process. Food gives you strength for your work and work gives you appetite for your food. Neglect neither.

All my life, some people try to dazzle me with the magnitude of their big plans. What dazzles me is the consistency of little plans, the mundane cycles of every day we live with love, fortitude and resolve. From such little disciplines, faithfully lived,

come big results. When we think we can do nothing unless we do something big and grandiose, we fail to trust God. God multiplies our little efforts when we intentionally do them in His presence. So to worry overmuch is to fail to trust God. As it is written in Isaiah 55:10-11:

For as the rain and the snow come down from heaven, and return not thither but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes forth from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and prosper in the thing for which I sent it.

Trust God. Do the little you can right in front of you – and do it faithfully and resolutely. Sufficient to the day is your daily bread... and your Daily Bread. Grandiosity comes from the evil one.

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 ONLINE WORLD MEETING

If you missed the international call last Sunday night, you can watch the replay here: <https://vimeo.com/802939063>
Charlie gave some great inspiration and plans for the future and answered questions at the end. Well worth the time to watch, especially if you haven't tuned in to CORAC lately.

LATEST PODCAST

Be Ready Coalition Operations Manager, Haley Barry talks to Charlie about preparation. Exciting news about an alliance between CORAC and Doug Barry's Be Ready Coalition! Hear about a CORAC discount for BRC's prep course.

https://vimeo.com/802790959?embedded=true&source=vimeo_logo&owner=144927933

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



CHARLIE'S QUICK BRIEFS

“Tower of Babel Moment” (4 minutes): <https://corac.co/2023/02/13/a-tower-of-babel-moment/>

“World Weariness” (6 minutes): <https://corac.co/2023/02/08/world-weariness/>

See all quick briefs here: <https://corac.co/category/charlies-brief/>

A SIGN OF HOPE BLOG

“Let Us Build Each Other Up” Feb. 23 <https://corac.co/2023/02/23/let-us-build-each-other-up/>

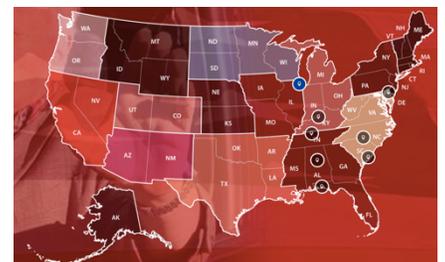
“End of Empire” Feb 13: <https://corac.co/2023/02/13/end-of-empire/>

See all blog posts here: <https://corac.co/category/a-sign-of-hope/>

CHARLIE'S UPCOMING MEETINGS

Charlie is now in the eastern part of the country, headed for Chicago on March 12.

Check for future locations near you. <https://corac.co/meetings/#dates-and-details>



Actions To Take Now

Don't postpone. As events accelerate, we may lose our ability to affect our future. Take the next right step NOW

CASH

Use cash in stores. Go back to writing checks for your bills. Avoid digital transactions whenever possible. The Central Bank Digital Currency is not a conspiracy theory. It was written into an Executive Order by Biden, and it has already been piloted by the Federal Reserve, Citigroup, Wells Fargo, Mastercard and other financial behemoths, in a simulation. It's for real, and it's coming. The best way to derail it is to use cash NOW. Avoid businesses who don't accept cash.

If we are forced into an exclusively digital economy, we will lose our freedom and our privacy and be dependent on the government to provide for the most basic needs of our families.

- Already credit card transactions in gun stores are flagged.
- The big banks are paying rewards to businesses who stop accepting cash.
- The truckers' situation in Canada has shown us exactly how easy it is for a hostile government to cut off access to your own money when they want to control your behavior. If we had been under a central digital currency in 2021, it would have been easy for the government to force the injections on us. We would have had a choice between getting the job, and eating.

Cash is our defense. By using cash NOW, we are making it more difficult for the government to funnel us into an all-digital economy. We also enrich the real economy (as opposed to the mega-banks) by using cash which is not subject to the 3.5% typical charge on credit transactions.

Of all the things we have to do to confront tyranny on multiple levels, this is the easiest: USE CASH.

More resources here: <https://globalwalkout.com/keepcashalive/>

TEAM

We are not going to get through this alone; we need teammates. Now is the time to recruit some like-minded folks. Good places to start are your immediate neighborhood and your parish. Schedule an event. It doesn't have to be a prepper course or a town meeting; it can be a barbeque, a block party, a rosary potluck, or a backyard croquet tournament! Be creative. The idea is to get to know the people closest to you, and a little fun wouldn't be out of order!

Through conversation, you begin to discern who might be open to joining you in CORAC. This is NOT about building numbers; CORAC is free. It's about getting a few local people on the same page, helping them equip themselves and getting ready to help rebuild a stable culture. It's going to take teams.

See the **Appendix** for an article entitled, "Why Join CORAC?" that you can use to recruit teammates.

ROSARY

Few admonitions in history have been given so often as *pray the rosary*. A partial indulgence is granted every time we say the rosary. When we pray in public, even more graces can unfold by simply witnessing to the presence of God in our towns or cities. Our group in Tyler prays with flags as a sign of what we are praying for.

Imagine how many people, especially young ones, have *never* seen anyone praying in public. You, standing there praying, opens a door in the mind of everyone who passes. Start now, even if you only have a few people.

More info: <https://truthforsouls.com/2023/02/27/prayer-on-the-square-one-year-anniversary/>



ADORE

We know the great solace we give to the Sacred Heart of Jesus when we adore Him in the Blessed Sacrament. The Sustainability team has issued a challenge for us to give Jesus one hour a day in adoration.

If you can't get to an Eucharistic chapel, you can go to this live adoration online in Niepokalanow, Poland. It's the chapel originally built by **St. Maximilian Kolbe**, restored recently. The live cam was established last year by EWTN. It's lovely and peaceful, and you can even see how many other adorers are with you. (750 when I opened the live cam this morning at 6:50 am.)

<https://www.youtube.com/watch?v=2W-KSOPW/WBY>



It's a very beautiful monstrance; the Eucharist is resting just beside the heart of Mary. I want to spend time every day, just loving Jesus and comforting Him.

CORAC Website

Have you explored the website lately? There is so much to learn! You might start on the tab "Member Resources" then go deep into the areas where you have an interest or a need.

- **Health & Wellness** <https://corac.co/health-and-wellness-teams/>
New topics include radiation fallout kit, and comfrey salve for pain relief.
- **Sustainable Living** <https://corac.co/sustainable-living-teams/>
Check out the Friday Challenges, bite-sized steps toward readiness for anything!
- **Communications** <https://corac.co/communications-teams/>
Continuing series on using radio, creating emergency plan using GMRS radios.
- **Education** <https://corac.co/education-team/>
How to start homeschooling, even if you thought you couldn't, plus homeschool mentoring.
- **Crisis Scenarios** <https://corac.co/crisis-scenarios-team/>
Download emergency checklists for power outages and civil unrest if you haven't yet.
- **Prayer** <https://corac.co/category/prayer-teams/>
Download the Surrender Novena and watch the Catechism series.

News

HOLY GRAIL OF SPIKE DETOX

Anyone who's had the vaxx or the virus wants to know how to limit the damage of the spike protein. Spoiler: it's nattokinase. Read Dr. Peter McCullough's explanation here. (Note: you may have to sign in to read the whole article.)

https://www.theepochtimes.com/health/holy-grail-of-covid-19-spike-protein-detoxification_5075372.html?src_src=morningbriefnoe&src_cmp=mb-2023-02-24&est=WF9f%2FXBrXFLShjW08%2BOSCMwHXQUsgBp6iO2vGLvlp4MeWJo7e6Lpmtjs54SgrWE5if

WATER TREATMENT FOR TOXINS

On the heels of the derailment in Ohio, and the proposed transport of contaminated materials to Texas (over the open highway), the CORAC Sustainability team has produced this helpful video:

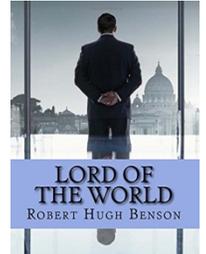
<https://corac.co/2023/02/20/water-treatment-for-toxins/>

MYSTERIES OF THE ROSARY

A new online series to help you pray the rosary more fervently. Mysteries of the Rosary integrates insights into the life of Christ, theological truths, and captivating stories together with breathtaking scenery, illuminating sacred art, and inspiring music. By filming on location in the Holy Land, our aspiration is to make the Rosary come alive in the hearts and minds of the participants. Enroll here to watch all episodes for free: <https://programs.paradisusdei.org/program/15?season=34>

CORAC BOOK CLUB

Sponsored by the Education team, the book club is open to all members. First book on deck: *Lord of the World* by Robert Hugh Benson. “This book is an opportunity to become better prepared for whatever lies ahead in the storm. It will help us build mental agility through considering possible situations, decisions, and actions. It can help us develop spiritual “toughness” and courage, virtues which aid us in taking the next right step.” (from the website <https://corac.co/2023/02/21/lord-of-the-world/>)



How to participate:

Engage in the conversation by commenting on the post online <https://corac.co/2023/02/21/lord-of-the-world/>

Join and comment on the CORAC Book Club group on Signal.

Email education@coracusa.com to be added to the email list or the Signal group.

TRADITIONAL LATIN MASS

Dr. Janet Smith is putting out a series of defenses of the TLM in Crisis Magazine.

The first: <https://www.crisismagazine.com/opinion/sacrificing-beauty-and-other-errors>

The second: <https://www.crisismagazine.com/opinion/misrepresentation-of-mediator-dei-sacrosanctum-concilium-and-ratzinger-pope-benedict-xvi>

The third: <https://www.crisismagazine.com/opinion/the-genesis-of-the-novus-ordo-and-theological-and-spiritual-flaws-of-the-tlm>

The fourth: <https://www.crisismagazine.com/opinion/unity-rejection-of-vatican-ii-and-the-holy-spirit>

The fifth and final will appear in Crisis Magazine on March 6. <https://www.crisismagazine.com>

Whether or not you attend the Traditional Latin Mass, this issue is significant to all Catholics. The Latin Mass belongs to the patrimony of the Church. If the Vatican continues to restrict it, the repercussions will be felt throughout the Church.

SATAN UNMASKED

We are embarked on the Lenten campaign of 40 Days for Life. This podcast reveals the actual activity of satanists in the abortion industry. Satan has taken off the mask. We’ve known it for a long time, but now it’s out in the open. Shawn Carney hosts. <https://www.40daysforlife.com/en/devil-in-the-details>

MORE THAN A LEAK

Agencies of the US government finally surrendered the myth of “covid” being a naturally occurring virus. But it’s more than just a lab leak; it was a bioweapon funded, created and promoted by the government. #notaconspiracytheory Karen Kingston is a biotech analyst who lays it out, and also suggests some action: <https://x22report.com/karen-kingston-big-pharma-unleashed-a-bioweapon-on-the-world-its-time-to-press-criminal-charges/>

SURVIVING COVID

I know what you’re thinking: been there, done that; we’ve all survived. This retrospective article is worth a read because it shows how thinking outside the box can save lives. This will come up again. If you had a particularly nasty case of covid, you’ll recognize yourself in these reflections. (Note: you may have to sign in to read the whole article.)

https://www.theepochtimes.com/how-i-survived-covid-19-what-they-dont-seem-to-want-you-to-know_5061804.html?src=goodeveningnoe-ai&src_cmp=gv-2023-02-23-ai-25&est=%2Bwet4gOj5WSaoQT1%2BQHW5kzIDyA2ruYF%2BJCGOH3nFXS6Ogpq8dxSrirvWojk9fdk7FkJ

THE FIRST SHOT

Bishop Thomas Paprocki of Springfield, Illinois published an article yesterday in *First Things*, calling out a Cardinal for heresy. It's forthright and supported by references to canon law and the Catechism. Although he doesn't name him within the article, the article is a response to Cardinal Robert McElroy's letter published in *America*, calling for several things that would chill the blood of any well-catechized Catholic. Perhaps the most alarming was McElroy's implicit assumption that the Synods have now become responsible for formulating Catholic teaching. See what you think!

Paprocki's article *Imagining A Heretical Cardinal*: <https://www.firstthings.com/web-exclusives/2023/02/imagining-a-heretical-cardinal>
McElroy's article on *Radical Etc*: <https://www.americamagazine.org/faith/2023/01/24/mcelroy-synodality-inclusion-244587>

It is very difficult to read the McElroy article. Gird yourself.

From the Regions

Region 9 posted a scrapbook from a past event they named "Bibles, Beans and Bullets." How can you *not* be intrigued by that?? Take a look for ideas you might be able to carry out in your own region. <https://corac.co/2021/09/13/region-9-news/>

Prayer

The Brazen Serpent Prayer Rosary

How timely this is! Originally the Brazen Serpent Prayer was written for the vaxx-injured, but it now has broader use as toxic substances are plaguing regions across the country.

The Prayer Team has created this special Rosary, with a sample decade shown in this video, using five healing passages from Scripture. We meditate upon these beautiful mysteries while praying the decades of the Rosary, asking Our Lady to intercede for us as we, in turn, intercede for those whom we encounter in our daily lives.

https://vimeo.com/799185899?embedded=true&source=vimeo_logo&owner=144927933

Download the beautifully formatted Brazen Serpent Rosary prayers here: <https://corac.co/wp-content/uploads/2023/02/the-brazen-serpent-prayer-v2.pdf>

MARCH PRAYER INTENTIONS

*For our merciful Lord's healing graces to be poured upon all in physical and spiritual need as people pray The Brazen Serpent Prayer Rosary, currently being developed into a full-length online film by the CORAC National Prayer Teams Committee

*Once again, that CORAC members volunteering for all of our committees in all of our regions receive the gifts of creativity, good humor, resilience, camaraderie, and unexpected joy of spirit as we serve the Lord in these days

*For travelling graces and good health for Charlie and for all CORAC members on our missionary journeys near and far

*For a strong, ongoing response to the current CORAC fundraising drive

*For the intercession of Saint John Paul II who, since the beginning of his papacy in October 1978, continually encouraged and exhorted the faithful: "Be not afraid!"

*For all intentions carried in the hearts of CORAC members and those posted on the CORAC Prayer Hotline

St. Gabriel, enlighten us.

St. Michael, defend us.

St. Raphael, protect us.

Ave Maria, Stella Maris!

Appendix

Feel free to use this article to help recruit members for your local team. It can be cut-and-pasted and printed on a double-sided sheet of paper.

What is CORAC?



CORAC is the Corps of Renewal and Charity, created in 2020 to help people be ready for the storm we saw on the horizon. There are members across the United States, organized into geographical regions, so that everyone has a local group, as well as access to national expertise and support.

The ethic of CORAC is simple: acknowledge God, take the next right step, and be a sign of hope to others. This credo has already gotten me through some hard times. It distills all the noise and fuss down to something anyone can do.

For people who may be isolated in tyrannical parts of the country, CORAC provides a forum of like-minded people of faith, so that no one need feel alone in their convictions.

CORAC team leaders have spent over a year building an infrastructure so that in a crisis situation, we would have resources already at our fingertips, ready to deploy, as well as plans thought out in advance. For example, the crisis scenario team has protocols and checklists for a variety of possible emergencies posted on the website, ready for each family to print out and have on-hand.

CORAC has a national network of HAM radio operators to get communications out to each region. The hub is a mega station in the north Texas area, and that particular operator is networked to others across the country.

There are resources on the website for anyone not yet certified as a radio operator who wants to get equipped, as well as practice sessions for those who are just listeners on shortwave.

The health and wellness team consists of conventional physicians, homeopaths and herbalists. They review protocols for safety and accuracy, and publish those that deal with current health issues; for example, strategies to deal with vaccine injuries, ways to stay healthy through the cold & flu season, medicinal herbs that you can find almost anywhere. Much of what is on the website consists of solutions to problems we might encounter if conventional medicine was not available for a time.

My sister in Kansas had a very bad case of covid last year, and could not get proper treatment in her little town, being unvaxxed. She finally called an MD in the nearest city, who was able to help her enormously. By sheer coincidence, that physician was a CORAC member. Now that doctor is my sister's regular physician.

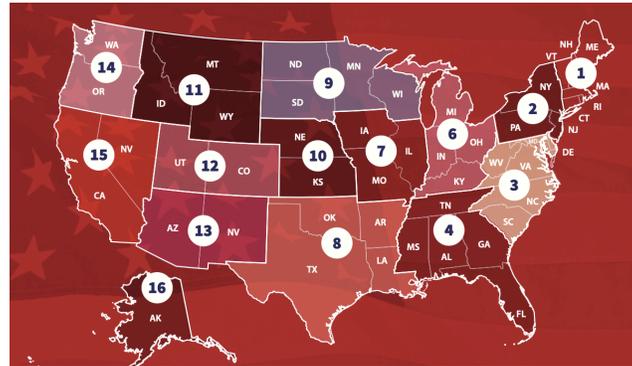
The national reach of CORAC has allowed members to find trustworthy doctors in other parts of the country for our family members who live far away. For example, a family in Texas had a relative in Illinois who was seriously ill with covid. The hospital in that area would not treat him. The regional coordinator for Illinois got us the name of a doctor in Chicago who was willing to prescribe proper medications when others wouldn't, and got the patient on the road to recovery.

The sustainable living team deals with such things as farming and gardening, sanitation during emergencies, foraging, canning and preserving food. They produce periodic Zoom classes that are recorded and then posted on the website, along with the notes in PDF form.

The prayer team has a national network of people who are actively praying for the monthly intentions of the group, as well as an ongoing Catechism class with Desmond Birch, one of the foremost eschatologists in the Church today.

The prayer team is also in charge of the network which will swing into action in a crisis, and match members who want to check on their out-of-state family members, to CORAC members in that area. This network is still being built, but I was able to access it when I had a friend who was terribly sick and stranded in Montana. He'd gone to two ERs for help, and neither one treated him. I called a CORAC member in Montana, who got prescriptions and food to him, as well as a priest who anointed him. My friend credits those CORAC members with saving his life.

That's the power of having a national infrastructure.



CORAC Regions

At the local level, it's up to us to draw people in and build the supportive kind of community that will be like gold if there is a breakdown of any kind. This could look like foraging walks with a group, everyone identifying different plants and taking cuttings or samples. It could be a canning tutorial where all the participants bring fruit and learn how to preserve it safely. It could be a meeting of people bringing their shortwave radios to a central spot to practice tuning. It could be a workshop of emergency medicine, like bleeding control and triage techniques.

In a technology blackout or genuine emergency, we will all be hyper-focused at the local level, by necessity, so it's important to build relationships and skills within local groups. Access to national expertise may also be helpful for any knowledge gaps in the local groups.

There is a plan in every town where there is a CORAC member to meet at the local parish church at 9:00 on the Saturday morning following any multi-day communications blackout. This is our strategy to share information, as well as to seek out those who may need special help.

There is no cost to join CORAC, and some materials on the website are only available to members. In addition, members receive a biweekly newsletter with news items, inspiration, tips for action, and links to helpful resources all around the internet.

So join me and help build a local network that will be charitable, helpful and resourceful in the event of a crisis. If a crisis never materializes, we will have built a strong community with valuable skills anyway!

<https://corac.co/get-involved/>

How To Stay Calm In Stressful Situations

1 Control Your Breathing

When we are anxious or feeling stressed, we tend to take quick, shallow breaths. This can further exasperate our chances to stay calm as fast, light breaths can make us feel light-headed, dizzy and panicky. Try slowly inhaling a normal breath through your nose filling your lower lungs, holding it for a second, and then slowly releasing it through your mouth. Continue this gentle breathing pattern in a relaxed, slow manner until you feel calmer.

2 Avoid Caffeine

The last thing you need when you feel you are losing control, overwhelmed or stressed is caffeine. Caffeine is great when you need a boost, giving you a quick burst of energy, but it is a central nervous system stimulant that can cause anxiousness and jitters, further stimulating an already over stimulated brain in a stressful situation.

3 Stay Positive

Having a negative attitude in a stressful situation is a sure fire way to enable the moment to completely overwhelm you. Let go of negative thoughts, employ positive thinking and you'll find the situation less stressful.

4 Look At The Big Picture

The next time you find yourself in a stressful situation, take a step back and ask yourself: Is this going to matter to me tomorrow, next week, next month or a year from now? The answer is usually that it won't! As Richard Carlson said: "Don't sweat the small stuff!"

5 Focus On One Thing At A Time

Multi-tasking can certainly increase efficiency but it can also make life more complicated and often more stressful than necessary. Try focusing on just one job at a time and finish it before moving onto your next task and watch as your stress levels reduce and life becomes easier.