

# Newsletter 2023-9

18208 Preston Rd Suite D9-552, Dallas, TX 75252

*For my people are foolish; they know Me not.*



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

It comes in waves, the realization that the “old world” is gone. The innocence that was preserved for children is no more; children are exposed to things I cannot even stomach as an adult. Health care will never be the same, as practitioners dodge liability for the God-awful shot. The news media is not just biased; they are entirely owned. My government prefers me dead. On a personal level, I will not have the retirement I dreamed of, gadding about from one National Park to another in a camper van with a Golden Ager pass. My nephews will be denigrated for being that most deplorable of all species, the White Male. And in our Church, only a very few will stand up for the truth. Too broad of a gaze is frightening, but we have one day at a time in which to add a stone to a new civilization of love in which God is first.

*Sheryl Collmer, editor*

May 17, 2023

sherylc@coracusa.com

## *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.*

### **A Perfect World**

We will get no perfect world until we reach heaven. Until then, there is much we can do to make a better world, a world more pleasing to God and a world more fulfilling for our families and ourselves. Let me tell you what a world I ran would look like.

First, there would be no authority to tell you what is and is not misinformation. Everything would have to submit to the test of examination. The way to counter bad speech would be to give better, more persuasive speech. We would still make mistakes, but because we were focused on the good, when we did we would acknowledge and correct those mistakes together.

We would value dissidents, knowing that they help challenge our assumptions and both sharpen and refine our thinking. On the other hand, we would shame and ignore those who have nothing to offer but a sneer or an insult. They think themselves dissidents but are merely ignorant cranks. You don't have to agree with me to be my friend, but you do have to respect my conscience as I respect yours. If you can't do that, we can't be friends.

Our justice system would focus on fighting and jailing criminals while defending ordinary people. To that end, the law would be focused on actual justice rather than a kabuki dance of technicalities, even while protecting the basic rights of the accused. Normal people would be free to arm themselves, as criminals don't wait for the police to arrive to make a “fair” fight. Even Jesus, as he prepared to physically leave this world, advised His disciples to get a sword to defend themselves in His absence (Luke 22:36).

When a criminal assaulted innocent people, there would be no endless kibitzing about whether police or heroic bystanders used the proper amount of force. When the criminal made the decision to assault the innocent, he would take his own life in his hands and the result would be on him. Healthy societies have always made a clear distinction between the aggressor and the defender – and the aggressor knows up front he takes his chances.

Local churches and synagogues would be the center of society, not city halls and the federal government. It would be an overtly Judeo-Christian society, for that is the necessary foundation upon which freedom and human dignity has been built over several millennia. We would render under God that which is God's, and not have the hubris to try to correct what some of us think are His mistakes. Even so, dissidents would be free to live unmolested, but not free to force us to “celebrate” their dissent.

Government would be much smaller. It would not guarantee your health or pay for your wants -or even your needs. Its job would simply be to provide for the common defense and to coordinate those things that we legitimately cannot do ourselves or through voluntary associations. The principle of subsidiarity would reign. Government would be our servant rather than our master. God is our only master.

Things are getting very dark in the world right now – and, sorrowfully, in America. The institutions we always relied on are failing at an epic pace. The dysfunction is speeding up rather than smoothing out.

Even as the social fabric tatters, CORAC is assembling the tools we need to build a free, self-sufficient society based on mutual, voluntary collaboration, founded in faith. Take a look at the [many downloads and videos our various teams have put together](#) at our website, [corac.co](http://corac.co).

Now faith is not the end of our duty to God, but the beginning. As it is written in 2 Peter 1:5-7, “...*make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love.*”

We start with faith, which leads us to take actions to purify and better ourselves, which leads us, through love, to form communities pleasing to God. We cannot make a perfect world in this life, but starting with faith, through action and love, we can and will make a Godly one for ourselves and our families.

*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.

### **A SIGN OF HOPE BLOG**

<https://corac.co/newsroom/#c-media-a-sign-of-hope>

Latest posts:

Letter to Orthodox Catholic Bishops, May 16

The Future Is What, Under God, We Make of It, May 10

A Path to Wisdom, May 4

### **CORAC GLOBAL CALL**

The global membership call was Sunday, April 23.

<https://corac.co/2023/04/24/corac-global-zoom-session-3-video/>

### **GO FORTH INITIATIVE**

<https://vimeo.com/821094339>

“Go Forth” teams provide a way for each of us to find more meaning and joy in doing the little we can in our local communities... right in front of us! Watch the intro here:

### **YOUR QUESTIONS**

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

Periodically, Charlie will have a whole podcast that answers questions from you, the members. Submit questions here.

## Actions To Take Now

# USE CASH

- Use cash for everything
- Ask your bank if they are enrolling in FEDNOW, premiering in July.
- If they are, remove your funds, and make sure your bank knows why.

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

## ADORE JESUS

The CORAC Sustainability team has challenged us to give Jesus one hour a day in adoration. If you can't get to an Eucharistic chapel, you can go to adoration online in Niepokalanow, Poland at the chapel originally built by St. Maximilian Kolbe. The monstrance is a statue of Mary, holding Jesus just beneath her heart. <https://www.youtube.com/watch?v=2W-KSOPWWBY>

## FIND ALT FOOD SOURCES

The globalists are pushing artificial, manufactured foods that our bodies don't know what to do with, inserting mRNA in meat, milk and vegetables and trying to put small farms out of business by regulating them to death. Find local farmers *now*. Buying locally is a win-win: you help small farms stay in business; they help you keep your family healthy. Start here: <https://www.localharvest.org>

## News

### PORTRAIT OF A J6'ER

A member suggested that we highlight a J6'er in every newsletter. It's been more difficult than I anticipated. There are nearly 1,000 of them, the legal proceedings are complex, the prisoners get shuffled from one prison to another, the news is incredibly biased, and the prisoners' families are attempting to stay under cover. Many wives have lost their jobs and homes from the hatred and threats that have been directed toward them.



The J6'er for this edition is **Guy Wesley Reffitt**, a 49 year old commercial driver and oil rig manager from Wylie, Texas. He and his wife have (had) three children of young adult years. Reffitt is said to be a member of the Three Percenters, a Second Amendment advocacy group which the media calls a "far-right anti-government militia." There was no evidence presented that Reffitt entered the Capitol nor committed any act of violence. Reffitt was the first J6'er to go to trial rather than take a plea deal; he got 7 years in prison, plus fines.

The most notable aspect of this J6 story is that the FBI instructed and equipped Reffitt's teenage son to surveil his father at home, and then testify against him at trial. Father and son had been at opposite ends of the political spectrum since 2016. Guy Reffitt broke down in the courtroom when his son took the stand against him. One of his daughters was interviewed afterward, and vehemently refuted things her brother had said in court. The whole story is chilling, and I expect the son had

no idea that he was throwing away his life by cooperating with anyone so evil as to use a son against a father. Reffitt's wife Nicole asks for prayers for the lost soul of her son. There has apparently been no contact since the trial in March, 2022.

Nicole is a story unto herself. While undergoing the horror of the last 2-1/2 years, she took action. She joined Micki Witthoft, the mother of Ashli Babbitt (the Air Force veteran who was shot dead at the Capitol on January 6) in her street vigil outside the DC jail where many of the prisoners are still being held. They have streamed the nightly singing of the National Anthem by the prisoners at 9:00, and drawn attention to the plight of the men held inside without due process.

Nicole writes: "It was made very clear to me from the company that I work for, that if I continued to speak out about the 1/6ers, I would no longer have a job; it was made clear to me that my words could be used to hurt Guy; it was made clear to me that the Establishment just wants us to shut up and go away, and for a second, I thought I might.....then Biden gave his speech on Thursday (the Red Speech) and it was very clear that now is not the time to be silent, now is not the time to be intimidated.... As scary as it can be to fight the might of the US government, I have to fight for my husband, my family, the country that I truly love. I cannot be scared anymore."

Guy Reffitt was held for several years in the DC gulag, and has now landed at a Federal prison in New Mexico, near the Texas border. Nicole is considering selling their house in Wylie to move closer to the prison.

Guy Reffitt #26216-509 FCI La Tuna PO Box 3000 Anthony, NM 88021

Whenever you write to any J6er, remember to steer away from politics, prisons and most current events. Encouragement, prayer, crossword puzzles, sudoku, light subjects, and assurances that they are remembered are best.

More J6 news at: <https://americangulag.org>  
<https://www.patriotmailproject.com>  
<https://www.givesendgo.com/G23DE>

If you are not currently corresponding with a J6er, I encourage you to start. This is a simple way to fulfill the corporal work of mercy, Visit the Imprisoned. The families say that letters mean the world to their men in prison. Go to this website, pick a prisoner, and make a difference to one family. <https://www.patriotmailproject.com>

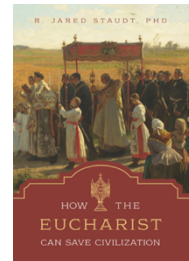
|  |                                      |
|--|--------------------------------------|
| "Please don't forget about us; we are not terrorists." | - Ronnie Sandlin, political prisoner |
|--|--------------------------------------|



## **HOW THE EUCHARIST CAN SAVE THE WORLD**

Our one true hope, and the hope of the world. The interview between *CRISIS* editor Eric Sammons and Dr. R. Jared Staudt, author of *How the Eucharist Can Save Civilization* (TAN, 2023) is 42 minutes, and can also be read in transcript at this site: <https://www.crisismagazine.com/podcast/the-eucharist-can-save-the-world>

Order the book here: <https://tanbooks.com/products/how-the-eucharist-can-save-civilization/>



## **FINANCIAL CONCERNS**

I would no more give financial advice than I would prescribe a medication, but I can point you to some experts. **Edward Dowd** is someone who joined the ranks of COVID truth-tellers punished by their professions last year. He's an experienced portfolio manager with a broad perspective of our financial system. He concludes this interview with a few suggestions for safe measures. This is a fascinating 54 minutes. <https://jermwarfare.com/conversations/edward-dowd>

Fr. Chris Alar delivers a 19-minute homily that references prophecies. The Prophetic Solution to the Crash of the Dollar: <https://www.youtube.com/watch?app=desktop&v=uictt8nFO8Q>



## **DR. MIKE YEADON**

Dr. Yeadon has been a beacon from the beginning. The former Pfizer VP was one of the first to speak out about the clot shot. I followed him as he begged people to pay attention to all the red flags back in 2021. As time went on, his anguish got sharper, and he came close to despair as people simply would not listen. At some point, he seems to have accepted a kind of martyrdom,

and determined to simply do everything in his power to save some sliver of goodness in the world for his children and grandchildren. Over the past few years, I watched the reputation of a respected, honored scientist thrown under the bus by the pharmaceutical behemoth, rise from the ashes as a determined warrior. We owe him so much.

LifeSiteNews has picked up his statement that the vaxx was deliberately intended to maim and kill.

<https://www.lifesitenews.com/news/ex-pfizer-vp-covid-vax-push-a-supranational-operation-intended-to-maim-and-kill-deliberately/>



### **VAXX WAS A MILITARY MEASURE**

At first, it strikes you odd that the military would be involved with what purported to be a medical issue. Why would the Department of Defense fund a “vaccine” for civilian use? It’s been talked about for years; now, here’s the receipts.

<https://dailyclout.io/proof-that-the-vaccines-were-a-military-backed-countermeasure/>



### **MOST “COVID” DEATHS WERE PNEUMONIA**

It has finally been admitted that most people who died allegedly from Covid-19 actually died of bacterial pneumonia, not a virus at all. So the use of “new” viruses as a scare tactic becomes marginal at best, an engineered distraction at worst.

<https://www.sciencealert.com/most-covid-19-deaths-may-be-the-result-of-a-completely-different-infection>



### **DARKEST TIMES. PUREST VICTORY**

The US Grace Force May 3 podcast features Fr. Jim Blount, speaking about the messages and warnings Heaven has sent us about the times we are living through. We have been given the means to endure the deepening darkness, and cooperate with the victory to come. As always, Grace Force is a brilliant listen. <https://youtu.be/AE5EpCDcd-8>



### **FERAL FORAGING**

Now is the time to get to know the wild plants that grow naturally in your little patch of America. It’s trickier than I thought at first, because you must be able to make positive identification before you consume something wild. But it is serious fun! Discovering what nature has growing without your help, without any cultivation or effort on your part, is exciting. It gives me the comfort of knowing that there is much more to God’s creation than mass-produced, factory-processed food.

Jesse at [Feral Foraging](#) has videos on a zillion things like eating wild lettuce, making bread from acorns, identifying mushrooms (that’s for the advanced forager!) goldenrod jelly, and DIY tamiflu. See his YouTube channel here:

<https://www.youtube.com/channel/UCmngd6QbE67Dvc9kRnrToA>



### **NEW FORAGERS**

If you’re new to foraging, here’s a good intro: <https://feralforaging.com/how-to-start-foraging/>

Also see the CORAC Foraging series here: <https://corac.co/category/specialty-teams/health-and-wellness/foraging-herbal-medicine-wild-foods/>

From field to table, Sam Thayer helps you identify, harvest and prepare 32 of the most common plants in North America.

[https://www.amazon.com/Foragers-Harvest-Identifying-Harvesting-Preparing/dp/0976626608?ref=ast\\_author\\_dp](https://www.amazon.com/Foragers-Harvest-Identifying-Harvesting-Preparing/dp/0976626608?ref=ast_author_dp)



### **TYPE II DIABETES**

One of the most-read posts on the CORAC website is the video about ameliorating Type II diabetes. It involves intermittent fasting, as advised by Dr. Jason Fung in his book, *The Diabetes Code*. It’s one more example of how God has healing built into His creation. Fasting is no-cost and highly effective. Check out the video: <https://corac.co/2023/03/29/how-to-cure-type-2-diabetes-virtual-class/> (Note: you must be a logged-in member of CORAC to see the video.)



## FRIDAY CHALLENGES

Every Friday, the CORAC Sustainable Living Team issues a new challenge. They are always small chunks that can be done easily. The challenge this week:

Take one action, step or thought exercise to improve your security situation. Check out the “Security & Self Defense” here: <https://corac.co/2023/05/03/security-self-defense/>

If you’re an overachiever, you can check out past challenges by searching “Friday Challenges” on the CORAC website. For most of us, just completing one small step per week is enough!



## FORTIFY YOUR DOORS

An easy way to complete the Friday challenge, above, to improve your home security. This is a way to strengthen your doors in 10 minutes for \$10. <https://www.youtube.com/watch?app=desktop&v=ccg4QTzDRB8&feature=youtu.be>



## THE DURHAM REPORT

Highest-level corruption and criminal activity is laid out in the report. This is big, and therefore will not be on any mainstream media outlets. Read the quick analysis by TechnoFog here:

<https://technofog.substack.com/p/the-durham-report>



## DEVOLUTION

It’s been a while since we’ve talked about devolution in this newsletter. Devolution is the process of transferring Federal powers to lower, more local entities. It runs alongside the Catholic concept of subsidiarity, management of social concerns at the lowest practical level, going all the way down to the family.

The most detailed explanation of how devolution may be operating in our time has come from a Catholic layman, Jon Herold, who goes by the name Patel Patriot online. You can get up to speed here: <https://www.devolution.link>

Along with dozens of other “conspiracy theories” of the last few years, there is much evidence that this one is true. Read the latest thread that implies the former administration has put measures in place to protect the continuity of government in the face of a hostile coup: [https://twitter.com/patel\\_patriot/status/1658597183837356033](https://twitter.com/patel_patriot/status/1658597183837356033)



## LITANY OF TRUST

Sister Maria Faustina Pia, a young Sister of Life in New York City, walks the streets of the city in a full religious habit. She attracts a great deal of attention, and people with all sorts of stories and situations approach her for help. Sister has noticed that many people either believe God is bad to allow suffering, or that they themselves are bad to deserve such pain. The answer is great trust in God’s mercy and love, and Sister Maria Faustina composed a litany to foster that kind of trust. It’s a beautiful prayer, composed specifically for our time. I find myself in almost every line. See the **Appendix** for the full litany and see if it doesn’t touch your soul at a very deep level.

“There are times when all seems lost and beyond hope and then God surprises us through an unexpected turn of events and something new is brought to life.”

- Mother Agnes Mary, Sisters of Life

<https://sistersoflife.org/wp-content/uploads/2019/07/Mobile-Litany-of-Trust.pdf>



## CATHOLIC LAND MOVEMENT

A fledgling movement to call Catholic families to reconnect with our traditions and the land we live on. The movement encourages Catholics to found their lives on the Eucharist and form Catholic homesteading communities. The CLM is located in New York, and will sponsor a conference this summer (Attention, Region 2!) The ethics of this organization sound like a natural ally for CORAC members. <https://catholiclandmovement.info>





## **GENERAL FLYNN TELLS IT STRAIGHT**

“Turn the main stream media off. That means all cable, and all the major networks (ABC, CBS, NBC). They are all liars and thieves. Do NOT listen to any more news. If you want to watch your favorite sports team, fine, but there are other ways to watch them these days. The collusion and conspiracy to destroy people, a president of the United States and the fabric of our very country is very, very real. These people are sick, psychopathic and deranged Marxists and believe they know what is best for you. Those continuing to watch ANY news on these networks, I will pray for your condemned souls because you will get what you deserve...a plate of lies and a one-way ticket to hell. Independent media is rising rapidly and on the move. Choose wisely but choose America! <https://twitter.com/GenFlynn/status/1658600391666282498>



## **MY FAVORITE NEWS SOURCES**

If you're still relying on network news, allow me to suggest a few alternatives. My favorites are on Telegram and Substack, both venues where independent journalists can speak freely without censorship or cancellation. A few:

Telegram:

Jack Posobiec

BioClandestine

Signal to Noise

Kanekoa the Great

We the Media

Rise of the New Media

Substack:

Outspoken with Dr. Naomi Wolf

Steve Kirsch's Newsletter

Courageous Discourse with Dr. Peter McCullough

The Reactionary / TechnoFog



## **WATER MEMORY**

If you have the time for something just purely fascinating, try this video featuring Dr. Luc Montagnier on the controversial topic of water memory. It's the theory that water molecules carry energy from matter they've previously contacted. In this video, world-class scientists, including a Nobel prize winner (Montagnier), carry out an experiment in which water is shaken with DNA, then diluted to the point that the original DNA molecules no longer exist. That water is then analyzed and an electromagnetic profile is digitized and emailed to a laboratory hundreds of miles away. When that file is downloaded, the "memory" of the original DNA, to 98% identity, is detectable. This is amazing, for many reasons:

- (1) Dr. Luc Montagnier is well-known to COVID truth-tellers, one of our heroes before his death in 2022.
- (2) The process of succussion and dilution is precisely the process of making homeopathic remedies.
- (3) The use of water memory holds the promise of disease cures that would cost a small fraction of current pharmaceuticals.
- (4) The scientific, pharmaceutical and medical establishments ridicule the concept of water memory.

<https://www.youtube.com/watch?v=R8VyUsVOic0&t=18s>



## **LEAVING FACEBOOK**

Many good people are still on Fakebook, for various reasons that are mostly well-intentioned. Facebook is a surveillance tool, a mind-bending device, and a propaganda machine for young people. The same applies to Twitter, and especially to TikTok. This article gives you reasons to make the sacrifice, and give up these nice-looking apps that have your destruction, and the destruction of your children, in mind. <https://traditionalcatholicstore.com/for-such-a-time-as-this-blog/leaving-facebook/>



## **DIGITAL DETOX**

Last year, some Franciscan Steubenville alums put together funds for the "Unplugged" Scholarship. Undergrads who give up their smartphones for a semester can apply. The response was so overwhelming that students continued to give up their smartphones even if they were not recipients. Many used old-style flip phones with no data capabilities, which saves a huge amount of money every month. Some used the new Light Phone; see below. Participants report improved focus, greater involvement with other people and more openness to the Holy Spirit. Full story here:

[https://www.catholicnewsagency.com/news/254255/these-catholic-college-students-dumped-their-smartphones-for-the-year-here-s-what-happened?mkt\\_tok=NDI3LUxwFUS0wNjYAAAGLnUFIKHttvqT\\_vtpDm3ZzTe2dx4OgUPCFJQT\\_DJBXi\\_ff01z1lkbLIIfxwruBEUBHxAo4XAw13xXUFDzmiq3kWFV](https://www.catholicnewsagency.com/news/254255/these-catholic-college-students-dumped-their-smartphones-for-the-year-here-s-what-happened?mkt_tok=NDI3LUxwFUS0wNjYAAAGLnUFIKHttvqT_vtpDm3ZzTe2dx4OgUPCFJQT_DJBXi_ff01z1lkbLIIfxwruBEUBHxAo4XAw13xXUFDzmiq3kWFV)

---

## THE LIGHT PHONE

The Light Phone II is a minimalist phone, specifically designed to be used as little as possible. It has phone, text and personal hotspot capability, as well as local directions. It does *not* have social media, news, email, internet or any other anxiety-inducing feed. Its creators believe that retreating from the “attention economy” will lead to happier and more productive lives.

Since you can still access what you want (Telegram, Twitter, Google) on your computer, you’re not cut off from the digital world altogether, but when it’s not on your phone, you’re not tempted to the habitual monitoring. And since there are no apps to track your movements, your “life pattern” can’t be sold to the highest bidder.

The Light Phone uses a black-and-white paperwhite screen, like a Kindle, so that the blue light that stimulates your brain so much that you don’t sleep soundly, is absent. It’s also easier to read in direct sunlight. It’s cheaper, too. There are a lot of things to like about it. <https://www.thelightphone.com>



---

## FINDING FOOD STORAGE SPACE IN YOUR HOME

Places to look and projects to create more storage space in homes for food supplies. Links to storage articles. [https://www.youtube.com/watch?v=HQUCrj1mX\\_A](https://www.youtube.com/watch?v=HQUCrj1mX_A)

---

## SLEEP AID

Many of us have no trouble falling asleep, but consistently wake up around 3 in the morning and have trouble falling back to sleep. Prayer is a good first-line strategy. A sleep study may uncover physical issues that can be addressed. What then? Our Sustainability team offers these suggestions:

“Often when someone wakes consistently around 3:00, it is an indication that the liver needs some help.

- Dandelion tea or tincture is excellent for the liver, and won’t hurt even if the problem isn’t your liver. It should not be taken by those on prescription diuretics, but otherwise, it is one of the safest herbs known to man.
- Homeopathically, you can try Nux vomica 200 twice daily for a while, along with Milk thistle tincture.”

Most of us are at full throttle right now, so sleep becomes a critical issue. We can’t be available if we’re overtired.

# CORAC Website

If you’re new to the website, start on the tab “Member Resources.”

### **Health & Wellness**

<https://corac.co/health-and-wellness-teams/>

Simple Preventative Healthcare, parts 1 and 2 are up!

### **Sustainable Living**

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

Surviving in the Home, parts 1 and 2 are up!

### **Communications**

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

Download the Communications Getting Started guide

### **Education**

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

Education Cards for English, reading and math are available for download

### **Crisis Scenarios**

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

Taking Care of Yourself in Turbulent Times, worth a listen!

### **Prayer**

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

Holy Scripture Emergency Card is available for download



# Prayer

## MAY PRAYER INTENTIONS

- \*For fruitful ideas and actions as CORAC members Go Forth, joining together with people of other churches to do good deeds for people in their local communities
- \*In these days when people feel increasing anxiety over the state of the world, that CORAC members in their midst receive grace to be deliberate, calm, thoughtful, kind, and prayerful signs of hope
- \*As always, 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 ongoing financial support for CORAC, with gratitude for the strong response to the latest fundraising drive
- \*For all intentions carried in the hearts of CORAC members and those posted on the CORAC Prayer Hotline, with gratitude for prayers answered in our daily lives

*St. Gabriel, enlighten us.*

*St. Michael, defend us.*

*St. Raphael, protect us.*

*Ave Maria, Stella Maris!*

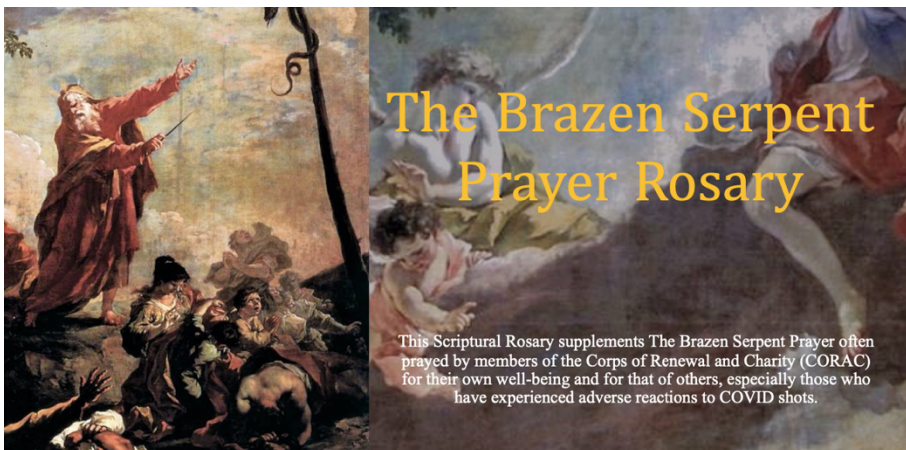


## PRAYER HOTLINE

Email prayer requests to the CORAC Prayer Hotline at [prayerteams@coracusa.com](mailto:prayerteams@coracusa.com), and we will post your request (using first names only) on the CORAC Prayer Hotline Signal group.



## BRAZEN SERPENT ROSARY



Follow along with the rosary here: [https://vimeo.com/806399452?embedded=true&source=vimeo\\_logo&owner=144927933](https://vimeo.com/806399452?embedded=true&source=vimeo_logo&owner=144927933)

Download the gorgeous prayer booklet here: <https://corac.co/wp-content/uploads/2023/02/the-brazen-serpent-prayer-v2.pdf>

## Appendices

# LITANY OF TRUST

*From the belief that I have to earn Your love*  
*From the fear that I am unlovable*  
*From the false security that I have what it takes*  
*From the fear that trusting You will leave me more destitute*  
*From all suspicion of Your words and promises*  
*From the rebellion against childlike dependency on You*  
*From refusals and reluctances in accepting Your will*  
*From anxiety about the future*  
*From resentment or excessive preoccupation with the past*  
*From restless self-seeking in the present moment*  
*From disbelief in Your love and presence*  
*From the fear of being asked to give more than I have*  
*From the belief that my life has no meaning or worth*  
*From the fear of what love demands*  
*From discouragement*

[illegible]

That You are continually holding me, sustaining me, loving me  
That Your love goes deeper than my sins and failings and transforms me  
That not knowing what tomorrow brings is an invitation to lean on You  
That You are with me in my suffering  
That my suffering, united to Your own, will bear fruit in this life and the next  
That You will not leave me orphan, that You are present in Your Church  
That Your plan is better than anything else  
That You always hear me and in Your goodness always respond to me  
That You give me the grace to accept forgiveness and to forgive others  
That You give me all the strength I need for what is asked  
That my life is a gift  
That You will teach me to trust You  
That You are my Lord and my God  
That I am Your beloved one

[illegible]

## Letter from a Dandelion

A bit of wisdom from one of the most common and useful of wildflowers.

“Hello, I'm a dandelion. A lot of people call me a weed but I'm a friend and have come to help you! My flowers are the first food for insects after hibernation and unlike most other plants, I have pollen AND nectar, not merely one OR the other, and I am generous with them. I'm one of the first bloomers in the spring, so I announce spring to you.

When you see me, remember that I'm the ONLY one who wants and can grow in that particular spot, because: either the soil is too compact / hard / stomped and I want to loosen it for you with my roots; or there is too little calcium in the soil (don't worry, I will replenish that for you with the dying of my leaves); or the soil is too acidic, but I will also improve that for you if you give me the chance; or a mixture of the above reasons. I'm here because your soil needs my help so best you let me grow without disturbing me. When everything is fixed, I will disappear again, I promise!

Are you trying to remove me prematurely with my root? However meticulous you are, I will return 2x as strong, but just until your soil is improved. You can even tell by my growth at which stage my help is at. If my leaves are flat on the ground then I'm far from ready but if they all reach up then I'm already a long way on my way.

During the day when it's hot, I open my flowers but in the evening when it cools off I close them again quickly. In fact, if it's not hot enough during the day I won't open them at all.

My flowers are even delicious for you people by the way, did you know? I used to be called "honey (or gold) of the poor" because my flowers are so sweet in e.g. jam, sauce or salad! The internet is full of recipes - check them out.

But wait until the end of May or later before you start picking and even then, don't pick everything yet! The biodiversity and bees will be very grateful!"