

Newsletter 2023-11

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

Those who wait for the Lord will renew their strength



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

We can sense we're on some kind of trajectory, and it's getting dizzying! Every week I think we've reached a breaking point, and every week, we climb higher still. It's a joy to be on this journey with all you folks who love and cherish the same things. I can't imagine walking through these times without the wisdom, experience, and attitude of fellow CORAC'ers. East Texas is blessed to have many of us in close proximity. If you don't have that, make at least *one* close contact. If you can't find any, recruit one. I think we're going to need each other, and that's why CORAC was created.

Sheryl Collmer, editor

June 14, 2023

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Every month, we have more and more resources for members: on the website, the newsletter, the Signal threads, and in the local regions. If you're getting value from CORAC, consider becoming a monthly donor: <https://corps-of-renewal-and-charity.myshopify.com/collections/donation>



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.

God is Your Only Refuge Now

As the world gets darker, the rules that must govern our daily lives have changed in ways most have not fully grasped yet. Certainly, we need to act with prudence, but it must be supernatural prudence. Ordinary prudence will not cut it anymore. In fact, it can become a disastrous stumbling block.

Ordinary prudence involves calculating risks to your own best advantage. There is no reasoning with those who have taken the reins of power in contemporary culture. If we try to ingratiate ourselves to them and their toxic ideology, we offend the Lord. If we mask what we believe, we offend the Lord. If we go clumsily blundering in, swinging wildly at the offenses that beset us from every direction, we can trigger retaliation from the ugly powers that now hold sway. Not only that: we offend the Lord as well – because He expects us to act with competence rather than unthinking recklessness.

How, then, to maintain your integrity before both God and man in these perilous times?

This is the time when you must live “The Next Right Step” with fortitude, resolve, and fidelity. Do not become an exposed nerve which just reacts with a yelp every time it is touched. Neither become a bloodless automaton, not reacting to the daily offenses that surround you.

There is a place for anger. Anger is, in fact, a powerful tool. The key is to use your anger without ever letting it use you. When you do use your anger, there are many who will assume it has gotten hold of you. Give those of good will account of why you have chosen to use that tool, while ignoring those who are just trying to shut you down. Be bold without being brash.

Envision scenarios of things that may happen to you – because they are, even now, happening to others of honest nature. Do not become wedded to these scenarios. They are just mental dress rehearsals to help you decide how you want to behave in extreme and crisis situations. If your performance, when crisis comes, does not match what you envisioned, do not be discouraged. Pick yourself up, dust yourself off, and begin on your way again.

You may act in a cowardly way when a real crisis hits. If so, do not wallow in self-pity over it. Often, a bad reaction is how God teaches and fortifies you going forward. St. Peter experienced that intensely when he denied Christ. His deep shame over that episode fortified him to proclaim the Gospel boldly ever after, even going to his death rather than deny the Master again.

Give yourself entirely over to trust in God. Know that when you have done that, whatever befalls you afterward the Lord allows – either for your good or the good of others. When you take this step, disaster loses its sting and triumph loses its hubris. Both are just like different manifestations of the weather. Some days are sunny, some are stormy. Either way, you have to do your daily work and receive your daily bread. Be neither dismayed to distraction by the storms of life nor seduced to distraction by pleasant weather. Receive your daily bread with gratitude; do your daily work with fidelity.

Clever plans to advance yourself will now lead to destruction. Carefully devised plans to build the kingdom and care for those souls God has put in your territory will draw an abundance of blessing. Do not dissemble when questioned about what you believe. Speak plainly, bluntly and without malice.

We are in God's winnowing fan right now. Though it may seem that those who have chosen evil are prevailing, what is really happening is that we are bearing witness of ourselves in God's great deposition. Those who seem to prevail by manipulation right now are just being prepared for the fire. During this time, to speak plainly under duress is to show God that you do, indeed, love and trust Him.

In all setbacks, do not ask, "Why me, Lord?" Rather, ask, "What do you intend for me in this, Lord? How may I live it to draw souls back to you?"

We must become like children, without malicious guile. Yet we must act as men of God, with shrewdness for the right that is pleasing to Him. For what we truly are – and want to be – are children of God, trusting in Him while taking initiative to build His kingdom here on earth and proclaim His good news.

Do not be dismayed that the rules have changed. You already know it when dealing with ordinary political and legal affairs. You will learn by trial and error as you go. But self-serving cleverness is soon to be deadly. Remember that the race is not to the swift nor the battle to the strong. Fidelity to God is now the most practical plan for daily life.

You cannot know with certainty what the next right step is. You can, through contemplation, come up with the most right thing you can think of. Do it, submitting it to God with humility and He will fortify your heart and gently correct your inevitable errors. Intentionally become His sons and daughters – and He will justify you.

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

On Earth As It Is In Heaven
Gangster Government Gears Up For War
Letter to Orthodox Catholic Bishops

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

BRIEF UPDATES

Be The Lighthouse
It's Speeding Up Dramatically, Folks
Judgment Call

<https://corac.co/category/charlies-brief/>

YOUR QUESTIONS

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

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

Actions To Take Now

USE CASH

Use cash for everything. It's our best defense against a CBDC.

Decline to use any bank that's enrolled in FedNow.

Read more here: [Never Go to the Second Location](#)

ADORE JESUS

Give Jesus one hour a day in adoration, in person or virtually. <https://www.youtube.com/watch?v=2W-KSOPWWBY>

FIND LOCAL FOOD SOURCES

Find local food sources *now*. Start here: <https://www.localharvest.org>

News

It could reasonably be said that I spend too much space on the J6ers. I don't do it just because their situation breaks my heart, but because it goes to the very core of what we are confronting in this country. If one administration can do absolutely anything they choose to their political opponents, without any regard for the Constitution, individual rights and liberty, rule of law, moral conscience, human decency, then we had better, by golly, come to the aid of those so treated. It will be us next.

MEET A J6ER

Jeremy Brown's story would make a good action movie. He is a retired 20-year veteran of the US Army, Special Forces Green Beret with two Bronze Stars for meritorious conduct in a combat zone. He was deployed twice each to Iraq and Afghanistan. Interestingly, the government didn't prosecute him on any of the usual violations they've used on J6ers, but on charges of possession of illegal weapons and secret documents. In fact, Brown never entered the Capitol and was not known to have committed any act of violence on that day. Many other J6ers never entered the Capitol either, but they were charged anyway. So Brown was arrested for activities on January 6, but tried on other charges. Was there was some reason the government didn't want Brown testifying about January 6, as he would have done in his defense?



When the FBI searched his residence on September 30, 2021, they claim to have found live grenades, illegal guns and highly secret documents. The "documents" turned out to be his own notes about a project he'd completed in 2011 on active-duty. Brown claims the grenades the FBI found were never his, and indeed, there were no fingerprints, and DNA tests found that the DNA on them was not Brown's. None of the officers who conducted the raid wore bodycams that day.

The judge at his bond hearing said that Brown posed a threat to law enforcement, and that no condition could reasonably assure the public safety were Brown allowed to be out. He has now been sentenced to 7 years in prison by a female judge who castigated him for showing no remorse for things he didn't do. "And you were defiant to the end," she said, inadvertently bestowing high praise.

In December, 2020, just weeks before January 6, two Federal agents visited Brown about some of his social media posts that were pushed out to the FBI by Twitter. They identified him as "far right" and the agents purported to be concerned about his welfare. After ascertaining that Brown was a "good guy," they invited him to inform on suspicious activities and players. They

gave an example of a man who had a bumper sticker on his truck stating: “Biden is a pedophile.” The agents hinted that Brown could be paid for delivering intelligence that helped stop an attack, which is an insult to any patriot.

In Brown’s own words:

In December of 2020, the very government I served for 20 years and that entrusted me to hold a Top Secret/SCI Security Clearance, attempted to recruit me to be a Confidential Informant for the FBI’s Joint Terrorism Task Force. I was asked if I would be willing to collect information (AKA spy) on law-abiding American citizens. I refused, but I recorded the entire meeting. In January 2021, I volunteered to be part of a Security Detail tasked with protecting speakers at the Jan 5th & 6th “Stop the Steal” Rally in DC.

It was the testimony of FBI Director Christopher Wray in front of Congress that made me realize I could not stay silent. On March 5th 2021, I went public with what I knew and my professional opinion about what happened January 6th as a 20-year Special Forces Combat Veteran. I knew that going public against a corrupt FBI narrative would put my safety and freedom, as well as the safety of my family and friends, in jeopardy, but if not me then who? I have prepared for this day, and this is God’s plan for me.

In one of the few released videos of January 6, Brown is seen pushing back police in riot gear from an older woman who had collapsed. The police are massed around him, while he tends to her and eventually helps her back to her feet and escorts her to safety. That is what any trained professional would do.

Brown was held for over a year in maximum security until a grassroots group of citizens successfully petitioned to have him relocated to a lower security level, where he has more freedom of movement and telephone access. That’s the power of a united effort by ordinary people.

Listen to Jeremy himself in a phone interview from prison. <https://rumble.com/v27xolc-a-special-message-from-jeremy-brown.html>.

Earlier this year, Brown’s mother was invited to Mar-A-Lago along with other J6 families for dinner with President Trump. The families reported that they left with more hope than they’d had in a long time.

Jeremy’s GiveSendGo page, with links to more articles and interviews:
<https://www.givesendgo.com/JeremyBrownDefense>



You can write to: Jeremy Brown #1875858 Pinellas County Jail 14400 49th St North Clearwater, FL 33762-2877

“Please don’t forget about us; we are not terrorists.”

- Ronnie Sandlin, J6 political prisoner

GOOD NEWS FROM THE GULAG

On June 1, J6er Kenneth Thomas was cleared of all violent charges in the melée at the Capitol. This was due to video footage proving Thomas was trying to protect other civilians from the police, not attacking the police, as alleged. He stood as a human shield for those behind him, as police beat him with batons and sprayed his face at point-blank range with lethal chemicals. When Thomas saw a police officer beating an elderly man who was *already on the ground*, he stepped between them, and the elderly man was able to get up and escape the area.



As Thomas attempted to leave the west terrace, police shot at his back (shooting in the back is the mark of a coward) with rubber bullets, but the shots were blocked by... none other than our friend, Army Special Forces Jeremy Brown, who should receive another medal for valiant conduct in a battle zone. <https://americangulag.org/exclusive-this-j6-defendant-tried-to-stop-the-brutal-police-beatdowns-and-won-the-best-j6-verdict-so-far-it-was-a-miracle-watch/>



THE CHARADE CONTINUES

As recently as *this month*, the Biden administration continues to arrest people who attended the rally on January 6, 2021. Last week, actor Jay Johnston had a visit from the FBI and has been charged with felony obstruction and several misdemeanors.

Johnston was in an area where many civilians were gassed, and Johnston helped them wash tear gas out of their eyes, or as the government put it, “poured water on their faces.” He and some other men formed a line to protect civilians from the riot police. <https://americangulag.org/regime-arrests-hollywood-actor-for-assisting-injured-trump-supporters-and-picking-up-a-police-shield-holding-it-up-and-walking-forward-at-us-capitol-on-jan-6-two-and-a-half-years-after-pr/>



DUE PROCESS DENIED

Cynthia Hughes founded the Patriot Freedom Project to help J6ers and their families. I’ve used her website many times to keep up with the status of various J6 prisoners.

<https://www.patriotfreedomproject.com>

Through her work, she’s heard some appalling and tragic stories: families have been broken, lives have been lost, and children have been traumatized at the hands of their own government. This is a short read, and worth the time.

<https://posthillpress.com/book/due-process-denied-the-detained-the-families-the-fallout>



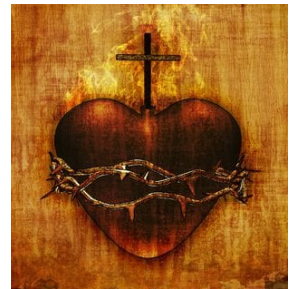
THE SACRED HEART

This year, the Solemnity of the Sacred Heart of Jesus will be observed on Friday, July 16. The observance is always on the Friday following the octave of Corpus Christi, as celebrated in the Traditional Latin Rite. The traditional date for Corpus Christi is the Thursday after Trinity Sunday, which was three days prior to the Novus Ordo celebration. (If those revising the rites had left the calendar alone it would have been much simpler.) To sum up... Corpus Christi in the Traditional rite was Thursday, June 8 this year. The octave of Corpus Christi therefore ends on Thursday, June 15, which means that the Feast of the Sacred Heart falls on Friday, June 16. Such is the calculus of the Church’s “moveable feasts.”

Jesus asked St. Margaret Mary Alcoque to observe the feast, and she first did so privately, at her monastery in 1686. Nearly two hundred years later, in 1856, Pope Pius IX declared the feast for the entire Church. In 1899, Pope Leo XIII wrote the encyclical *Annum sacrum*, consecrating the whole world to the Sacred Heart of Jesus.

Tyler Bishop Joseph Strickland prominently mentions the Sacred Heart of Jesus in his interview with Raymond Arroyo, concerning the prayerful procession at Dodger Stadium this Friday.

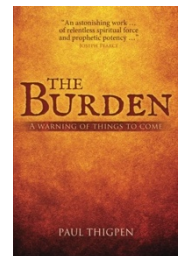
https://www.youtube.com/watch?v=1J_03LsTR9E It makes me think God has something beautiful in the works.



THE BURDEN OF KNOWING

In 2013, Paul Thigpen, Catholic author and editor of TAN Books, wrote a short little gem entitled *The Burden*. The title refers to the state of prophets when they have knowledge they must deliver to God’s people, but groan under the weight of it. Ten years old, the book reads like it was written today. There are messages to the Babblers, the Shepherds, the Nations and the Flock. When you read them, you will know exactly who these messages are intended for, though Thigpen is clear that it is his own message, not a direct word from God. Here is are excerpts from the message to “The Eagle”:

I looked to the sky and behold, an Eagle, once young and strong, now old, weak and weary.
She folds her wings and dozes as her enemies advance. Her rivals sail past her.
When I first hatched you in the sunlight, I saved you from predators. I gave you gifts unequalled.
But now you have ignored me. Your full belly has deceived you. No longer do you seek me.
If even once I should look away from you, you would return to the dust from which you came.
I send the storms to rouse you, but you will not awaken.
Your nest is falling apart, a fierce free-for-all of feathers. Your children riot and revolt.
When you are gone, the circling vultures will take your place, and freedom’s face will be forgotten.



It’s a quick, stunningly vivid read. And somehow comforting to know that wise men saw coming the storm we are now in.

<https://www.amazon.com/Burden-warning-things-come/dp/0615780431>

HOSPITAL PROTOCOLS

Many of us will not be trusting hospitals any time soon, but what do we do in the meantime if we need acute care? Several groups have risen up to protect the rights of patients. If anyone you love needs hospital treatment, familiarize yourself with your options. <https://www.lifesitenews.com/news/worried-about-deadly-protocols-in-us-hospitals-this-new-website-could-help/>

SOUND OF FREEDOM

Buy your tickets now for this amazing movie which will be released on July 4 nationwide. The release will open a floodgate of news that will change the world. Already we've got the release of the pedophilic images on the Hunter laptop, the revelation that Instagram hosted a marketing tool for child sex buyers and sellers, the HHS whistleblower who testified that the administration is releasing minor children to known traffickers.

The movie will put a child's face on this issue. It will no longer be an abstract problem. It will mobilize a multitude to save the children, but we must first be willing to open our hearts to the reality of these children's lives. See the movie, break the silence, hear the children. Besides, it's a fabulous movie!



Trailer here: <https://www.youtube.com/watch?v=hyyyKcfJRGQ>

Tickets available in advance here: <https://www.angel.com/tickets/sound-of-freedom?msclkid=5d1d9e21828c1dabc092faa6d9e34ee8>

CONVERTING THE DODGERS

By the time this newsletter goes out, the LA Dodgers will be on the verge of their "Pride Night" where they will honor the despicable drag queens, the Sisters of Perpetual Indulgence. Their antics are beyond filthy, and the only "charitable work" they have done is to groom children and normalize mental illness and sexual immorality. The organization Catholics For Catholics has organized a prayer procession in one of the parking lots of Dodger Stadium on Friday, June 16 at 3:00 Pacific time. Our beloved Bishop Strickland from Tyler will lead the group, and the novenas have begun for the safety of all participants. Hear Bishop Strickland here: https://www.youtube.com/watch?v=IJ_03LsTR9E



Details and about the procession here: <https://cforc.com/2023/05/prayerful-procession-to-dodger-stadium/>

Watch this excellent video from Catholic Vote about the "Dodger Way" <https://www.youtube.com/watch?v=FHGt6r5-fLI>

NATIONAL EUCHARISTIC REVIVAL

In 2022, the US bishops instituted a 3-year Eucharistic revival, and I think it's time the laity pony up and make it more than just an agenda item for a committee with a budget. What is more worthy of our time and energy than the Eucharist? As J.R.R. Tolkien once said, "I put before you the one great thing to love on earth: the Blessed Sacrament."



"Out of the darkness of my life, so much frustrated, I put before you the one great thing to love on earth: the Blessed Sacrament ... There you will find romance, glory, honor, fidelity, and the true way of all your loves upon earth ... which every man's heart desires."

-- J.R.R. Tolkien, Author of *The Hobbit* and *The Lord of the Rings*

Visit the Revival website to get oriented. There is a National Eucharistic Congress in Indianapolis in July 2024. They are expecting 80,000 people, but we can blow that number out of the water for our Lord. <http://eucharisticrevival.org>

One unique tool being used to revive Eucharistic fervor is the age-old tradition of pilgrimage. For millennia, Christians have been worshipping on their feet, walking to distant shrines in Rome, Jerusalem and Santiago de Compostela.

The National Eucharistic Pilgrimage will begin in May 2024 and conclude at the Eucharistic Congress in July. Four teams of “perpetual pilgrims” will walk four routes from the borders of our country to Indianapolis. The Marian route begins in Minnesota; the Seton route begins in Connecticut; the Juan Diego route begins in Brownsville, Texas; and the Serra route begins in San Francisco. <https://www.eucharisticpilgrimage.org/about-the-2024-national-eucharistic-pilgrimage>

There will be opportunities for anyone to meet up with the pilgrims and walk shorter sections of the route. See the map to find out if the Pilgrimage will come close to your home. If it doesn't, start a local pilgrimage to holy sites in your own diocese. All the resources can be found here: <https://www.eucharisticpilgrimage.org/plan-your-own-pilgrimage> Since Tyler is some distance north of the big Pilgrimage route, we have already begun plans for the “East Texas Camino.”



There is just something about walking. Our Lord went everywhere by foot, teaching his disciples as they went. Could Jesus have taught the lesson about the Sabbath had they not been walking past a wheat field? Would the parable of the fig tree have had the same impact if the sight had just been blurring past from a car window? The Transfiguration took place when they were all out on a hike.

No, there's something special about walking. It's why literally hundreds of millions of pilgrims have walked on the Camino in Spain over the last 1,000 years. It's why Charlie's cross-country walk changed him forever and clarified his mission.

If you don't feel up to walking a few miles for the Eucharist, then it's a great motivator to get started *now* with small distances to be ready for next year! Footsteps for Jesus, baby! We're gonna have ourselves a Revival!



WHAT CAN I DO?

Advice from Dr. Mike Yeadon, former Research VP for Pfizer, now a campaigner for individual sovereignty:

- 1) Use *only* cash for absolutely everything you can. Set aside convenience. This is a matter of life and death. Store some cash in a secure place. Consider precious metals. If you think this is risky... it is, but it's more risky to leave your money in a bank, because the authorities can and will steal it or restrict your access to it.
- 2) Wake up as many people as you can and build alliances with a group of good people who live close enough that you can meet up with, using your legs or a bicycle. You're going to rely mutually on these people. You won't be able to do it later because access to the internet will be restricted to those compliant with globalist objectives.
- 3) Find faith and connection to your Creator. Turn away from darkness and align yourself with the light. God is real, just as Satan is real and is powering these evil crooks.
- 4) Stockpile basic goods, including food.
- 5) WHATEVER YOU DO, DO NOT SIGN UP FOR DIGITAL ID. If you say, “I've got to sign up or I'll be restricted,” please use your imagination. You may be restricted, but you'll still be sovereign. You'll be rehearsing how to cope outside the slave system they're installing right now.

That's pretty strong stuff, even those of us who have been expecting the storm, but Dr. Yeadon's words are backed up by plenty of evidence. I tend to credit his warnings and advice.



FRIDAY CHALLENGE

Get your bug-out bins ready for any emergency (tornado, earthquake, hurricane, power blackout, etc.) Investigate the new Disaster Deck for information sheets and emergency cards for most common scenarios, from Active Shooters to Winter Storms. <https://corac.co/2023/06/07/the-disaster-deck/>
See Appendix for a sample Bug-in Bin that provides a good estimate of supplies for one person for one month.



CORAC GENERAL DISCUSSION THREAD

To chat with other CORAC members nationwide, you can join the General Discussion channel on Signal. Download the Signal app and register your account. Then search “CORAC General Discussion” and request to be added.



FIGHT, CHILDREN OF LIGHT

Our Lady of La Salette has warned of the Fight of Fights in our future, and has promised to fight with us. Watch this video of pilgrims who travelled to the shrine to pray for our country and our Church. It features the prayer of Archbishop Viganó, the Consecration and Reparation to Mary Most Holy at La Salette.

Video: <https://remnant-tv.com/video/our-lady-of-la-salette-i-will-fight-for-you->

Text article here: <https://remnantnewspaper.com/web/index.php/articles/item/6653-finding-la-salette-consecration-at-the-top-of-the-world>



More about the message delivered at La Salette: <https://www.lasalette.org/about-la-salette/apparition/the-story/705-the-message-of-la-salette.html>

CORAC Website

Check out all the new content listed here, or just go exploring “Member Resources” on the website: <https://corac.co/the-conversation/> The squirrels have been busy, uploading great new stuff!

Health & Wellness

Making Tinctures from Spring Herbs
Homeopathy “Energy Medicine”?
Toxic Plants

<https://corac.co/health-and-wellness-teams/>
<https://corac.co/2023/05/23/tinctures-from-spring-foraged-herbs-video-class/>
<https://corac.co/2023/06/13/homeopathy-as-energy-medicine-a-brief-qa/>
<https://corac.co/2023/06/13/dealing-with-toxic-plants/>

Sustainable Living

Emergency Fuel
Survival Fishing Methods
Self-Defense Strategies

<https://corac.co/sustainable-living-teams/>
<https://corac.co/2023/06/08/do-it-yourself-emergency-fuel/>
<https://corac.co/2023/06/09/10-fishing-methods-for-survival-scenarios/>
<https://corac.co/2023/06/09/10-self-defense-strategies/>

Communications

Protecting Critical Devices From EMP
Radio Band Plan for CORAC
Emergency Comm Card

<https://corac.co/communications-teams/>
<https://corac.co/2023/06/13/guide-to-protecting-critical-electronic-devices-from-emp/>
<https://corac.co/2023/06/12/band-plan/>
<https://corac.co/2023/06/07/emergency-communication-card-morse-code/>

Education

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

Crisis Scenarios

Disaster Deck

<https://corac.co/crisis-scenarios-team/>
<https://corac.co/2023/06/07/the-disaster-deck/>

Prayer

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

Prayer

JUNE PRAYER INTENTIONS

- *That the Holy Spirit guide CORAC members ~ individually and communally ~ in discerning what is true, what is right action in a given situation, and what will inspire hope in the hearts and minds of people around us
- *That CORAC members receive the graces to live according to Charlie's exhortation in a recent podcast: "Be calm. Be the welcoming voice. Be the lighthouse in the storm. If you do that, we will do much whether we're ready or whether we're not."
- *For CORAC members to live their vocations fully and beautifully as God has called them; with special gratitude for the long, faithfully lived vocation of our own Father Wang, celebrating his 69th anniversary of priestly ordination on May 30
- *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 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!

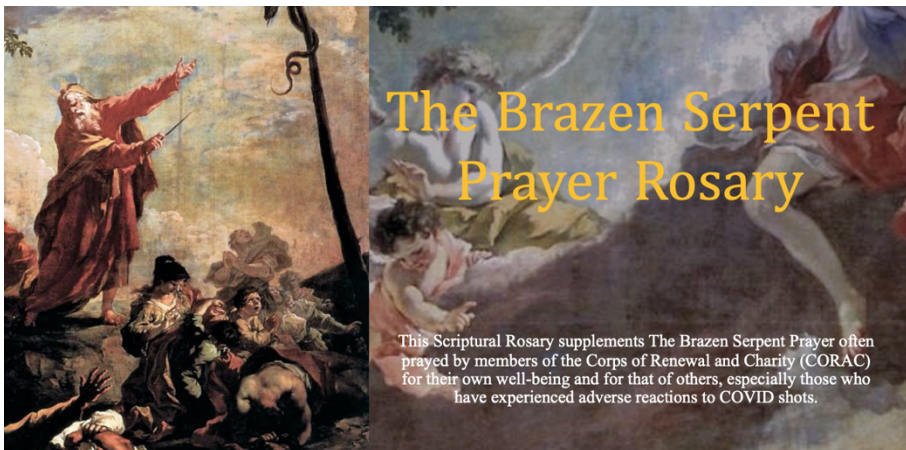


PRAYER HOTLINE

Email prayer requests to the CORAC Prayer Hotline at prayerteams@coracusa.com, 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
Download the gorgeous prayer booklet here: <https://corac.co/wp-content/uploads/2023/02/the-brazen-serpent-prayer-v2.pdf>

Appendix

The Stay-In Bin

A standard 27-gallon black/yellow bin (\$10.98 at Home Depot) will hold approximately a month's worth of supplies for one person.

- ☐ Protein sources: tuna, Spam, salmon, other canned/pouch meats
- ☐ Fat sources: olive oil (healthiest of the oils), mixed nuts
- ☐ Carb sources: canned or dried fruits and vegetables
- ☐ Coffee: you get 15 times as many cups per ounce from instant as from grounds
- ☐ Garlic: strong anti-inflammatory, keeps colds at bay, adds interest to food
- ☐ Dark chocolate: anti-oxidant, feel-good treat
- ☐ Vitamins: at minimum, C, D3, zinc and quercetin
- ☐ First Aid kit, supplemented by Neosporin, Advil, Advil PM, and alcohol)
- ☐ Lifestraw: water purification (also Katadyn or Sawyer)
- ☐ Heavy-duty Hefty yard bags: sanitation
- ☐ Pocket knife or multi-tool
- ☐ Duct tape: 101 uses
- ☐ Zip-loc bags, all sizes: 101 uses
- ☐ Tactical flashlight
- ☐ Portable radio, AM/FM at least (crank style is good option)
- ☐ Batteries
- ☐ Sewing kit
- ☐ Baking soda
- ☐ Toilet paper (4 rolls - one roll per person per week)
- ☐ Plastic drop cloths: for catching rain, sealing gaps in doors and windows
- ☐ Binder clips: modern man's answer to clothespins
- ☐ Bleach: disinfectant, water purification (6 month shelf life)
- ☐ Lighter: for your portable stove, sterilizing needles (or matches)
- ☐ Cash: it may still have some value
- ☐ Blessed salt or holy water
- ☐ Large storage bin: can be used with plastic sheet for rainwater collection
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Other:

- ☐ Items to barter (coffee, ammo, seeds)
- ☐ Toolbox
- ☐ Camping equipment (stove, propane)