



Jan 13, 2021
Newsletter

From the cockpit of the Subaru

Welcome to the new national CORAC newsletter! We want to ring in the New Year by bringing you news you can use to help organize your region; collaborate with your neighbors; connect with others – near and far – who are committed to faith, family and freedom; and tout the things that are working all across the country to bring people together.

Sheryl Collmer of Texas is the managing editor for this project – and we hope it will become a useful tool for all of you who are activists, a source of information for all, and a way to build the organization and keep everyone connected with what is happening across the country.

Last year, the Health and Wellness Team trained hundreds of volunteers in homeopathy. In the last few months, we have been getting info out to thousands on effective regimens for Covid, along with direct emergency assistance with effective therapies. We want to have as much success in all our areas of focus; helping people develop genuine home skills that will help them sustain their families in hard times, building communications networks that will keep people in touch whatever happens, and grounding it all in a solid base of prayer and devotion to God.

2021 was a dark year when all of our public institutions squandered their credibility. 2022 could well prove to be even darker. But here at CORAC, while noting and resisting assaults on our liberty, we spend our time lighting a candle instead of cursing the darkness. While some run around asking frantically, “Can you believe what just happened?” our focus is on how to help people live their faith effectively; cooperating with their neighbors from the bosom of their families; and assuming the freedom that God bequeathed us and that our Constitution guarantees us. In short, we are old-fashioned Americans who are determined that the light of liberty shall not perish from the earth.

Our primary focus in this newsletter will be on things you can do to visibly and actively support faith, family and freedom in cooperation with each other. As things develop throughout the year, we want to hear from you about the sort of things you want to see in this newsletter.

The world has gone crazy, but we have not gone along with it. Our fondest hope is to take America back to a time when faith, family and freedom were predominant in our culture. Our most fervent wish is to make this the future for ourselves and our children. Come and join us as we work to bring America back to the future!

Charlie Johnston





Mayberry Now

Like that “Mayberry Now” logo? Wear it around town and be a sign of hope for others who don’t think it’s possible to ever have a safe and congenial society again. To see the full line of CORAC swag, just click the button below.

[SHOP NOW](#)



Weekly Podcast

Most CORAC members could listen to Charlie for hours. Now here’s your chance to do just that, because Charlie has a podcast, “A Chat With Charlie.” Region 10 member Joe Brickner winds him up once a week and lets him run for about half an hour. We’re up to Podcast #5, so click below to watch the latest.

[WATCH ALL PODCASTS](#)

Editor's Note

EVERY MEMBER. AN ACTION

This is the first of our national newsletters, appropriately timed because CORAC is moving from a preparatory stance to an action crouch.

Charlie never envisioned CORAC as a top-down structure. He sets the direction, but members equip the ship and pull at the oars. If you have not yet had your turn rowing, take the initiative to knit yourself together with others in your geographical area. There are lots of ideas in this newsletter for small group action. The CORAC vision becomes effective when we know one another and work together.

My goal is to produce a newsletter broad enough to give every single member, regardless of location, health, age or family situation, an ACTION. Are you homebound? You can send letters to Congressmen. Do you travel for your job? You could arrange to be in DC for the March. Are you a busy parent? You can pick up a few extra staples at the grocery store to see your family through any supply shortages. Are you ill? Join Our Lady’s Power Hour for the Rosary. Make something happen in your region, and send me the details so I can write about it!

If you went to the effort to join CORAC, that means you are, at some level, ready to DO something! The time is now. The storm is here. The Lord of Hosts is mustering His army. Let’s roll!

Sheryl Collmer, *Editor*
sherylc@coracusa.com

ACTION ITEMS



Here are some easily implemented action items. Don't wait for "someone in charge" to organize something. If you're a member, you're an operative. Make it happen.

America Prays

This is an easy project; all you need is a sign, one other person and a rosary.

This is modeled after "Austria Prays," a public rosary movement responding to the proposed universal vaccine mandate coming for Austrians on February 1. Every Wednesday evening since November, Austrians all over that country are meeting to pray in public.

In little Tyler, we will meet next Wednesday, in the city square, at 5:30 pm, for maximum visibility. There will only be 3-4 of us to start. Many people are hungry to do something to fight the Enemy, and I believe the weekly gathering will grow if it's God's will. Once we have it established, we will try to get it into newspaper or other media.

Some suggested signs:

**REJECT
FEAR**

**GOD
OVER
GOVERNMENT**

**UNITED
NON-
COMPLIANCE**

**STOP
THE
SHOT**

**RESIST
TYRANNY**

The best signs are often hand-lettered, but if you want a professional sign, I recommend <https://www.buildesign.com>. They have a custom design tool to make your sign exactly what you want, and the corrugated plastic signs have a quick turnaround. An 18" x 24" Coreplast sign runs about \$18.

Grab a friend and a rosary and go to your local town center. That's all it takes.

J6 Project

It's now been a year since dozens of our fellow citizens have been detained in unconstitutional conditions without anything resembling a trial. Most of them have lost their jobs, businesses, and some have even lost their families. None of them dreamed they wouldn't come home from the January 6 rally in Washington last year. The prisoners are veterans, small-business owners, fathers, sons and brothers.

PENPALS

Thanks to member Kristen Martinez, we have CORAC members in correspondence with all the J6 prisoners in the DC jail. If you'd like to participate in the "penpal" effort, contact her at: Kannmartinez@sbcglobal.net.

CONTACT CONGRESS

The biggest need in this area is contacting Congressmen

J6 Project *(continued)*

to urge (demand) that these people get fair trials with decent legal representation. Most of them are working people, without savings to pay for good lawyers. They're dependent on public defenders who are proving to be politically-biased against them, or uncaring. In the APPENDIX is a sample letter you could send to your Congressmen. It doesn't matter if they're Democrat or Republican; demand that true justice be served for these people.

BASIC NEEDS

The last need is for worldly help, and anyone can easily do that. Only a couple of these prisoners have the resources to pay for good legal representation. Meanwhile back home, an income is absent, and their families are hurting. Most of the prisoners have allowed GiveSendGo accounts to be set up for donations. Check this website to review the prisoners and their needs: <https://www.patriotfreedomproject.com/the-16ers>

PRAY

Consider adopting a particular prisoner for daily prayer. When you read their backstories, your heart will break and you will want to carry them with you to the foot of the Cross,

and beg our Lord for their safety and that of their families.

The ambush and political punishment that these guys are suffering could happen to any of us. Some of them had returned home from Washington, and were living their lives until an FBI squad showed up at their door at night, months later, and handcuffed them in front of their families. Was that justified? How would we know? Most of them haven't had a hearing, don't have legal access to discovery, and are being railroaded into plea deals just to get home.

If you think that the J6'ers deserved what they got, please take the time to watch this movie:



Save the Kids

Perhaps the best thing we can do to save the kids in our lives is to wake up their parents.

How, exactly? There is ample evidence of a psychological phenomenon called "mass formation" going on in many of our acquaintances. How do we help people break out of that oblivion? Familiarize yourself with the concept by listening to Dr. Matthias Desmet, a Belgian psychologist who has broken into the public eye lately with his theory of mass formation. It explains why so many people are impervious to common sense, logic and evidence.

Highly recommend the investment of time it will take to listen to the one-hour interview in which Dr. Desmet is joined by our medical heroes, Dr. McCullough and Dr. Malone:



If you prefer a print version, here's a good article, with links to some excellent supplementary videos:

PRINT VERSION

To summarize in one short phrase: SPEAK OUT. It is absolutely essential to speak out against the lockstep narrative that is being forced on the population. It takes one discordant note to make people question the symphony. The price of not speaking out is more severe than I even want to contemplate. We are headed toward a regime of total control, and we must be the generation who will derail it.



By speaking out. You don't have to have a bunch of statistics to spout, you don't have to be a practiced orator. All you have to do is say, "No, I don't believe that."

It's that simple. All it took was one little boy to say, "The Emperor doesn't have any clothes on!" Be that little boy. That's how we save the children.

School Boards

This is another quite easy action that anyone can take. Simply do an internet search for your local school board. (I searched “Tyler ISD school board” and found all the info about the board, their meetings and their election process.)

JUST SHOW UP

Grab a friend and show up at their next meeting. These boards are accustomed to functioning with no public oversight. In my conservative town, I think there are only six leftists, and they’re all the on school board. They run unopposed! So show up. You don’t have to say a word; just be there. Having a witness can correct the most egregious of wrongs.

Listen carefully to see what items you might be able to influence. Ask innocent questions. Communicate what you learn to others. Write a letter to the editor of your local newspaper if something needs to be aired out. Any school board who has been operating in the dark will sit up straighter when they know someone is paying attention.

This is not just for parents. The indoctrination of children, especially in public schools, is directing this country down a particular road.

Election Integrity

Another project anyone can do. Almost every county in the US has Open Records Laws. November 2020 election records are ****public documents****. There is no reason groups of concerned citizens cannot file open records requests in their own counties to see the election records there.

Does YOUR county still have the November 2020 election records that they are required by federal law to preserve until September 2022? It would be a fantastic idea for you to file an open records request and ask to see those election records.

Search your county and state with the words “public records request.” You can often make the request online; otherwise you make the request in writing. Be very polite. You do not have to give a reason, but you can say, “research on voting patterns in the 2020 election.”

More information here:

<https://briancates.substack.com/p/is-delaware-county-pa-where-the-election>

Take Action Border Tour

We Stand America is sponsoring a peaceful event in McAllen, Texas on Saturday, January 29- Sunday, January 30. The subject is border security and its relationship to election integrity and domestic security. The main event on Saturday will feature great speakers (General Mike Flynn is one) and live music, with dancing in the evening because, hey! It’s in Texas! On Sunday, there will be a guided (and guarded) tour of the border.

Registration is as low as \$15 for the basics.

See <https://westandamerica.com> for details.





Communications

Keeping in touch when channels are unreliable

SUNDAY NIGHT RADIO PRACTICE

Shortwave broadcast update: tune in this Sunday evening at 6:30 Central time on 7.284.10 (40 meter band) or 6:45 Central on 3.976 (80 meter band).



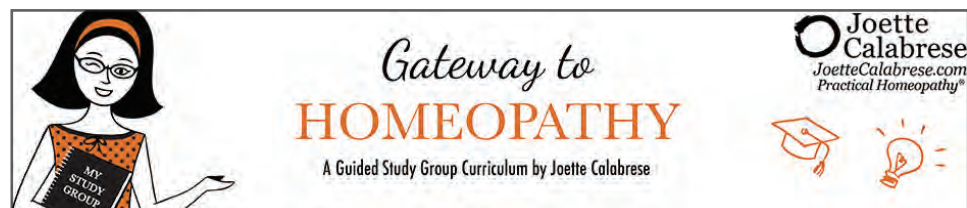
Health & Wellness

Staying robust in trying times

Many of us joined other CORAC members in 2021 to learn about homeopathy, led primarily by Region 6 member Mick Blunt. Mick has been practicing homeopathy for many years, and herself was mentored by Joette Calabrese, a certified classical homeopath.

We can all see that the medical profession is less and less relevant in these times. If we have to provide home medical care, we should have some idea what we're doing.

There may be more homeopathy classes offered to CORAC members in 2022, but you don't have to wait. Joette's website shows you how to set up your own study group and get through an eight-week course of study. Recruit a few friends, buy the workbook, and start learning about this fascinating healing field.



'Tis the season for colds and flu, aka viruses. For those already conversant with homeopathy, here is what Joette has to say about viruses:

Many times when a virus first hits, we don't know exactly what it is! We just know that it feels as though we've caught something. An excellent place to start during the first stage of this kind of feeling of a cough or cold is the Banerji protocol of Aconitum 200 mixed with Bryonia 30. Both medicines go into the mouth simultaneously, creating a combination remedy. Generally, this protocol is taken in direct correlation to the severity of the onset. On occasion, one dose will suffice. However, if I'm hit especially hard, I'll repeat the medicine every 15 minutes or perhaps every hour, gradually lengthening the time between doses as the symptoms subside. Finally, when I feel very much better, I discontinue (as is the case with all homeopathic medicines).

Source: <https://joettecalabrese.com/blog/a-pox-upon-your-house/>



Sustainable Living & Survival Skills

Staying robust in trying times

Whatever your decision about prepping your household, it is recommended that you “top off” in the next week or so, and fill in any gaps of essentials. The supply chain crisis has been percolating for over a year now, and some events are in place to bring it to a crucial stage soon. Do you think Biden is smart and trustworthy? Well then, act accordingly.

On January 15, truckers will have to show proof of vaxxx in order to cross the US/Canada border. Truckers have been exempted until now, and if the Jan. 15 mandate is enforced, tens of thousands of truckers will lose their jobs and approximately \$500 billion in trade could be hung up for lack of transport. Take a look at what you use everyday, and what you would want on-hand if trucking were to slow or shut down. Be aware that 70% of our consumer goods move by truck.

We've all been aware that there is some smelly stuff coming down the pipes; now there's a date: January 15. We hope and pray that prudent heads prevail... but I haven't seen any prudent heads hanging around Washington in the last year. Be wise. No one should be spending their life savings on emergency food buckets and no one should believe that everything will just go on as normal. Find your sweet spot. My personal estimate is about three month's worth of household supplies. If I've overestimated, what the heck? I'll use it up anyway. www.theconservativetreehouse.com/blog/2022/01/07/we-have-less-than-two-weeks-to-finalize-preparation/

Interstate Insights

CORAC Region 15 member Patrick observes the USA from one coast to another on a weekly basis as a professional truck driver. He can see national trends that we, in our individual regions, may be oblivious to. He has graciously agreed to share what he sees from the road.

“In the last several months, I've seen a dramatic change in the way people conduct themselves in public. In travel stops, where I see families in addition to truckers, virtually no one is wearing masks anymore. It seems no one is concerning themselves with social distancing either. It looks pretty normal out there.

“Most places dropped the mask signs on their doors, from late summer to December, whereas they were omnipresent before that, at every truck stop and warehouse and convenience store. They were rare in the later half of the year. In December, mask signs started intermittently appearing again on doors, but most employees are not bothering to enforce them.

“I think that most people are realizing how stupid all these lies and mandates are. Two weeks to flatten the curve? People are beginning to ask why they have to wear a mask or get tested when they've already had the virus or been vaccinated. They're asking why the PCR tests show positive for any virus, not just SARS-CoV-2.

“In my experience, it's only one person in fifty that's not beginning to ask questions.”



Other Items of Interest

Random stuff I just felt like sharing

LIFE

Have you noticed how pro-life concerns seem to have been kicked to the curb over the course of the Plandemic? From the scandalous way that abortion clinics were kept open when all decent commerce was closed down, to the total disregard of aborted fetal tissue used in the rushed quaccines... what has happened to the Christian concern with innocent lives sacrificed in abortion?

January is Life Month; time to re-focus on the unborn. There will be events in every parish; please participate in them because the best action is local action. Dedicate a holy hour. Pray a sidewalk rosary if you have an abortion mill in your area. In Tyler, our local Planned Parenthood doesn't do surgical abortions, but that is no comfort since about 60% of all abortions now are chemical. The ratio is about to dramatically increase because the corrupt FDA just loosened regulations so that a woman may commit abortion at home without an in-person visit to a doctor. This cannot end well.

If you use your imagination, it is horrifying. Aborting is not pain-free or bloodless. The infant is expelled into the toilet, and flushed. Our water treatment facilities are unequipped to filter the effects of this practice on the public water supply. It's time to re-focus on life.



March For Life DC

It's ON this year, on January 21 in Washington DC. If you're in Regions 2, 3 or 4, please consider forming a group to attend. There are many educational and devotional opportunities available, along with the walk itself. This is the premiere pro-life event in our country. We can't expect that the President will attend this year, but that makes it all the more important that we do.

Click below to visit their site for more details. There are many local events in addition to these big national ones. Find them.

[LEARN MORE](#)



West Coast Walk For Life

The West Coast Walk For Life is January 22. If you're in Region 12, 13, 14 or 15, consider getting a group to go. They put on a great event, with plenty of security, and hey! It's San Francisco! You can go to North Beach or Sausalito afterwards.

Click below to visit their site for more details.

[LEARN MORE](#)



Trustworthy Medics

We all have our portfolios of doctors who have proven themselves honest in the last two years: Drs. McCullough, Malone, Zelenko, Cole, Tenpenny, Gold, Vliet... and the list is growing every day.

- [America's Front Line Doctors](#)
- [COVID Critical Care Alliance](#)
- [Truth For Health Foundation](#)



Defeat the Mandates

And now, here comes “Defeat The Mandates: An American Homecoming.” This event will take place in Washington DC at 11:30 Eastern on January 23 at the Washington Monument. We will walk from the Washington Monument to the Lincoln Memorial to show that we are against coerced vaccinations, lost jobs and lost medical freedom. There will be talks by respected medics, led by Dr. Robert Malone. Come to Washington for the March for Life on Friday; stay for An American Homecoming on Sunday.

Click below to visit their site for more details.

[LEARN MORE](#)

Credo:

This is a pivotal moment in our global history. The time to act is now!

People around the world are rising up, to protect freedoms that originated here in America.

It is high time we joined them.

We are brothers and sisters

Of every color, creed, and political stripe.

We are not against the vaccinated.

Many of us are the vaccinated.

We are against forcing vaccinations on Americans.

Enough is enough.

We're coming home.

In peace we March!



VAXX Passports

They are being enforced in countries abroad, and in a few unfortunate cities here in the US. They are an abomination, impeding the free movement and lives of citizens. And they are extremely dangerous in the way they can be used to control not only our movements and our social events, but also our commerce, bank accounts, and religious activities.

In Austria, an unvaxxed person will not be able to leave their home without incurring a fine. The fine can be imposed over and over without limit until the person is bankrupt. Then the person can be imprisoned for nonpayment of the fines. Do you see how dangerous the Vax Pass can be?

The following article advances 22 ideas on how we can fight the passports before they become widespread in America. And I would say we need to hurry to put these in effect:



Prayer Teams

Staying right with God

There is an indulgence attached to the recitation of the Rosary (assuming the other three conditions for an indulgence are fulfilled: sacramental confession, Holy Communion and prayers for the Pope’s intentions.) Anyone seeking the indulgence must also be free from any attachment to sin, even venial sin.

A group in Ohio conducts a large, telephone Rosary on Wednesday nights at 8:00 Central time. To join, visit Our Lady’s Power Hour at www.gospa.org. You can sign up to receive the link to join the rosary by telephone or internet. After the Rosary, Bishop Joseph Strickland gives a short reflection.



APPENDIX



Paul Gosar AZ
 Andy Biggs AZ
 Lauren Boebert CO
 Matt Gaetz FL
 Byron Donalds FL
 Marjorie Taylor-Greene GA
 Andrew Clyde GA
 Jody Hice GA
 Mary Miller IL
 Thomas Massie KY
 Clay Higgins LA
 Andy Harris MD
 Scott Perry PA
 Jeff Duncan SC
 Ralph Norman SC
 Louis Gohmert TX
 Chip Roy TX
 Randy Weber TX

Please adopt this sample letter to be appropriate to your Congressmen

You can find your two Senators and one Representative by entering your zip code here: www.270towin.com.

Most Congressmen have websites with an email feature and you can copy and paste your letter to their email form. I am also following up with snailmail letters. To get any action on this issue, which up till now, few have wanted to touch, we need to bombard Congress with requests.

The Congressmen listed at left have signed letters calling for Constitutional treatment of the J6 prisoners. If you live in their states or districts, keep calling for more action, but also THANK THEM for upholding the law and pressing for fair treatment.

Dear Senator/Congressman:

Your oath of office obliges you to uphold the Constitution, and your failure to do so would make it unlikely for you to be re-elected, at least in most states. I call upon you to uphold the Constitution in the affair of the January 6 detainees.

They have not received anything like a speedy, public trial. Their attorneys have not been given access to discovery, especially the thousands of hours of video footage that very likely contains exculpatory evidence for many of them. They are being held in conditions incommensurate with their charges. In no way is solitary confinement appropriate in their circumstances. Refusal of necessary medical treatment, violence of guards, inadequate nutrition, violation of the right to religious observation, toxic living conditions with malfunctioning plumbing and raw sewage in cells.

When this all comes to light – and it will – the Congresspeople who sat by and did nothing will be going back home in shame. No Congressman who sat silent through this travesty will be able to hold his head up. Republicans who sat by, doing nothing, will be seen as worthless. Democrats who participated, by party complicity, in this horror, will lose their office. Do you think that decent people even in the Democrat party would support this sort of treatment?

There will be a reckoning. Do the right thing now. Uphold the Constitution. For this, you were elected. By ignoring it, or worse, ridiculing it and defying it, you will lose what power you have. This affair has been a farce from start to finish, not worthy of the most corrupt banana republic in history. America is not so defunct that people won't rise up, throw scoundrels out of office, and exact a penalty for blatant violations of the Constitution.

Do you want a legacy your family would be proud of? Demand justice, true justice, not partisan persecution, for the January 6 detainees. Demand they have access to all discovery; demand their right to a speedy public trial; demand that humane treatment be guaranteed the detainees. Demand that the jailers observe basic tenets of humanity and hygiene, and concede that, in the United States of America, a person is innocent until proven guilty.

You are completely underestimating the people of the United States if you think we do not care about the Constitution.

(If your Congressman is one who has spoken up for the J6 prisoners, include a paragraph of thanks)

Sincerely,
 Your Name
 Your Congressional District or State

CORAC Newsletter

“For every member, an action”

January 28, 2022



This is our second national newsletter. If you missed the first one, you can read it here: <https://corac.co/national-newsletter-011322/>. It's downloadable or you can read it online. This current edition will also be housed online, and available for downloading and printing. Thank you for your patience as we find the optimal formula for distributing the newsletter nationally and making it the most print-friendly.

- Sheryl Collmer, editor



From the cockpit of the Subaru:

Charlie traverses the country at the wheel of his trusty Outback, held together by duck tape and guardian angels, 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>

Nine Things to Help You Prepare for the Worst

Of late I have talked often of the need to learn to go analog in a digital world – that is, to recover some old-school skills that many of us once had, and some others that our forebears had. I encourage everyone to be prudent and not obsessive, to spend no more than you can afford. The ideal is to do things that will be good even if everything, miraculously, calmed down, and could be vital if things continue down the current path.

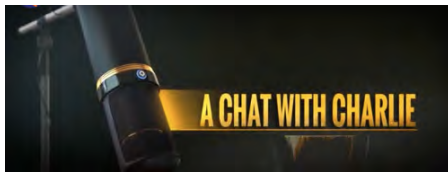
Here are nine things that can get you started on recovering the skills that will protect you and your family in case of serious crisis:

- 1) **Find a reliable source of water nearby.** This could come from streams, rivers or lakes. You probably ought to get filtering equipment or boil any water you take from “the wild.” Next to the air we breathe, water is the most vital and constant form of sustenance we need.
- 2) **Put aside a small store of non-perishable food supplies.** This can include dried beans, rice, dried fruits and powdered milk.
- 3) **Get a good quality camping knife.** Knives can be used for a variety of purposes – to prepare food, to cut away small brush, to open packages and much more. Also, stock up on small utilitarian items you might need but would be in short supply in a crisis – such as BIC-style lighters, cook pots and utensils.
- 4) **Get wood-burning capacity if you can.** This can come in the form of a fireplace, a wood-burning stove, or a chiminea. It is important to be thinking of how it might be used to cook food or heat your shelter, if needed. You can also lay in a supply of propane or natural gas canisters and perhaps, even, a small generator.
- 5) **Get a bicycle for each member of the family.** In the case of serious shortages or deep crisis, bicycles can give you a handy means of transportation using only human power. Consider any family members who have disabilities and think of ways you can provide for their mobility in difficult times.
- 6) **Learn to read and write cursive – and get some carbon paper.** For quick, reliable communication when no keyboards are available, cursive writing has been effective for hundreds of years.
- 7) **Get paper maps and learn to read them.** If GPS satellites became inoperative – or even spotty – a lot of people would be lost. I got very good with paper maps, both road maps and wilderness maps, when I was still in my teens. It is an invaluable skill. But the skill means nothing if you have no paper maps. I got a good, 50-state Atlas again after going without for a long time.

- 8) **Get a rolodex.** I realized last year that if the internet or utilities were shut down, I would lose almost all my contacts. Start putting your contacts on rolodex cards and you won't lose them. Make sure to include physical addresses - and directions.
- 9) **Get a light-weight tent and a sleeping bag rated for cold weather.** If things really got tough you would need both quality materials and ease of portability. When hiking, weight is your sworn enemy. If things calm down, you have great camping equipment.

This is, by no means, a comprehensive list – but it is a good start. As much as I say it is good to be prudent, I say more emphatically that it is vital *not* to go full survivalist. I am convinced the times we are in are God's way of forcing us back to primary reliance on Him. If you get obsessive, God has the means to make your plans meaningless. For me, my only preparation is to keep a loaded backpack and quality hiking shoes always near me – and it does include a lightweight tent and good sleeping bag. But I have the experience of living and hiking outside for over a year to help. Make sure you have enough so you can learn safely on the fly if you have to.

Charlie Johnston



REGULAR WEEKLY PODCASTS

Stay current with Charlie, CORAC and events that matter to us by tuning in to the half-hour weekly podcast.

- 1) Introductory Chat
https://vimeo.com/655064237?embedded=true&source=vimeo_logo&owner=144927933
- 2) One of the Family
https://vimeo.com/656719009?embedded=true&source=vimeo_logo&owner=144927933
- 3) Christmas Story
https://vimeo.com/659157292?embedded=true&source=vimeo_logo&owner=144927933
- 4) Reflections on 2021
https://vimeo.com/660790806?embedded=true&source=vimeo_logo&owner=144927933
- 5) A Look at 2022
https://vimeo.com/662296845?embedded=true&source=vimeo_logo&owner=144927933
- 6) Things We Can Do
https://vimeo.com/665768648?embedded=true&source=vimeo_logo&owner=144927933
- 7) Recent Developments
https://vimeo.com/667015245?embedded=true&source=vimeo_logo&owner=144927933
- 8) Trial, Tribulation and Triumph
https://www.youtube.com/watch?time_continue=1&v=LbNz_UG4sE&feature=emb_logo

And there you were, wondering what you were going to do this weekend...



Action Items

Every CORAC member is an active-duty soldier in the army of God

Every member should have at least one action project. YOU are the Lord's army. YOU are the Church Militant. Don't wait for someone in charge to organize something. If you're a CORAC member, you're an operative. Make something happen.

AMERICA PRAYS

Absolutely anyone can do this. Get a friend, make a sign and go down to your city hall or town square. Pray the rosary. Be part of a force that is going to change the world for the better. Even a small gathering will grow, if it is God's will

This project is modelled after "[Austria Prays.](#)" Every Wednesday evening since November, Austrians have been gathering to pray in public places. The movement is spreading around the world.

The best signs are often hand-lettered, but if you want a professional sign, try <https://www.buildasign.com> An 18" x 24" Coreplast sign runs \$18 and turns around in about 3 days.



Wednesday evening prayer warriors in Tyler, Texas. Every week, rain or shine.

J6 Project

We are in solidarity with the citizens who have been held unconstitutionally for attending the rally last January 6. They are political prisoners and subject to appalling conditions. Watch the movie, "Capitol Punishment" for more details about this travesty of justice. <https://capitolpunishmentthemovie.com>

PENPALS

We have CORAC members in correspondence with all the J6 prisoners in the DC jail. If you'd like to send encouragement to a prisoner, contact Kristen Martinez at: Kannmartinez@sbcglobal.net.

CONTACT CONGRESS

The biggest need in this area is contacting Congressmen to urge (demand) that these people get fair trials with decent legal representation. In the APPENDIX is a sample letter you can send to your Congressmen. It doesn't matter if they're Democrat or Republican; demand that true justice be served for these people. This is a quick task that anyone can do, less that 30 minutes to complete.

BASIC NEEDS

Only a couple of these prisoners have the resources to pay for good legal representation. Meanwhile back home, an income is absent, and their families are hurting. Most of the prisoners have allowed GiveSendGo accounts to be set up for donations. This is an easy and practical way to help. <https://www.patriotfreedomproject.com/the-16ers>

PRAY

Consider adopting a particular prisoner for daily prayer. When you read their backstories, your heart will break and you will want to carry them with you to the foot of the Cross, and beg our Lord for them and their families.

Awaken the Parents

Perhaps the best thing we can do to save the kids is help their parents come to grips with the truth, so that they won't offer up their kids for the Vaxxx.

Just since the last newsletter came out two weeks ago, uncounted people have "awakened." Most of us have known for a long time that we're being lied to, but those newly aware are extremely distressed and disoriented. Imagine that you took the Vaxxx, and now you find out that it doesn't work, it may have destroyed your natural immune system and you've participated in a massive lie that has harmed millions of people. It could break your mind.

We came to the truth over time, but *they* are being hit with it all at once, as the media's control of the news is leaking. Charlie has spoken about this previously. When the house of lies comes crashing down, people are going to be in shock, fear, and disbelief. We have to be kind, truthful, and willing to help.

You think you know someone who will *never* come to the truth? Don't be so sure. It's happening all over. Be ready with solace, and bite back those horrible words, ITYS.

The mass formation psychosis we read about is breaking up because so many people have been willing to stand up and say, "I don't believe the narrative." Huge respect to everyone who has been so bold!

You can read more about the dangerous phenomenon of mass formation here:

<http://journalpulp.com/2021/09/22/why-do-so-many-still-believe-dr-mattias-desmet-professor-of-clinical-psychology-at-ghent-university-belgium-gives-an-exceptionally-incisive-explanation/>

All you have to do, to punch another hole in the narrative is say, "No, I don't believe that." It's that simple. That's how we save the children.

SCHOOL BOARDS

Simply do an internet search for your local school board. Grab a friend and show up at their next meeting. These boards are accustomed to functioning with no public oversight. You don't have to say a word; just be there. Having a witness can correct the most egregious of wrongs.

Listen carefully to see what items you might be able to influence. Ask innocent questions. Communicate what you learn to others. Write a letter to the editor of your local newspaper if something needs to be aired out. Any school board who has been operating in the dark will sit up straighter when they know someone is paying attention.

ELECTION INTEGRITY

Another project anyone can do. Almost every county in the US has Open Records Laws. November 2020 election records are **public documents**.

Search your county and state with the words "public records request." You can often make the request online; otherwise you make the request in writing. Be very polite. You do not have to give a reason, but you can say, "research on voting patterns in the 2020 election."

More information here:

<https://briancates.substack.com/p/is-delaware-county-pa-where-the-election>

Communications

Keeping in touch when channels are unreliable

The national comm team is aware that many members are having trouble tuning their shortwave radios. More instruction will be forthcoming. Be aware that tuning a shortwave is very different than AM/FM radio, where signals are clear, precise and originate locally. Shortwave listening is a bit of an artform.

Try the suggestions here: <https://corac.co/2021/10/18/shortwave-radio-listening/>
and here: <https://www.swling.com>

Is your antenna optimal? Read about dipole antennae here: <https://corac.co/2021/06/17/basic-dipole-antenna/>

SUNDAY NIGHT RADIO PRACTICE

Shortwave broadcast update: tune in this Sunday evening at 6:30 Central time on 7.284.10 (40 meter band) or 6:45 Central on 3.976 (80 meter band).

SIGNAL

Register for your regional Signal group, if you haven't already. Contact your Regional Coordinator for instructions. You can find your RC on the website: www.corac.co/get-involved/#find-your-region

Health & Wellness

Staying robust in trying times

TIMING OF QUERCETIN

It has recently been revealed that **quercetin**, which is recommended to be taken with zinc for maximum efficacy, should not be taken at the same time as Ivermectin. Take these two substances several hours apart. The quercetin can negate the effectiveness of Ivermectin when taken simultaneously (as I have been doing, but seem to still have gotten some benefit.) <https://mobile.twitter.com/kacr91/status/1484700741352796163?cxt=HHwWhsC94afd25opAAAA>

HOMEOPATHY STUDY GROUPS

Consider starting your own course of study with friends. Joette Calabrese, a certified homeopath, can help you set up your own study group and get through an eight-week class. Recruit a few friends, buy the workbook, and start learning about this fascinating healing field. On completion of the class, you receive ordering privileges at OHM Pharma and a discount.

<https://studygroups.joettecalabrese.com>



Gateway to
HOMEOPATHY
A Guided Study Group Curriculum by Joette Calabrese

ANTI-COVID COOKBOOK

Check out the latest posts from the Health and Wellness team on the website, such as Steve BC's Anti-COVID Cookbook! <https://corac.co/2022/01/04/anti-covid-cookbook/>

Steve is our resident rocket scientist, whose advice and research helped guide Charlie's recovery. We have been relying on Steve's expertise for some time now, and he speaks to the latest questions about COVID and vaxx recovery.

THE DAY 8 "RELAPSE" PHENOMENON

Our friends in Region 12, who previously gave us the COVID refrigerator protocol, have now publicized a phenomenon that has not been much talked about... the day 8 "relapse." Do you know anyone who's been recovering from COVID, who then suddenly takes a downturn around days 8-10?

According to Dr. Shankara Chetty, it's an allergic response.

<https://www.bitchute.com/video/nV1c0N5bS1Xu/?fbclid=IwAR1Npelo38sjZWIIvcGIBfezH2CT3SZMqcLWu1kVDICR Jjt fvTvqlNJVE>

This video is an hour long, so Region 8 member Sue Cyr has given us the Cliff notes:

Some people are having allergic reactions to spike protein, either from illness or injection (if injection, usually takes 7-10 days to show up.) The spike protein is an allergen. (The Omicron variant, which is milder, is characterized by fatigue, headaches, and gastro-intestinal distress, with fewer respiratory effects.)

The treatment:

- 1) Steroids (video not specific as to which ones)
- 2) Antihistamine (Benadryl, Claritin, Zyrtec)
- 3) Montelukast, or Singulair, which is an asthma medication
- 4) Anti-coagulant (regular 325 mg aspirin, also Vitamin K)

SPIKE PROTEIN DETOX

Whether you've had the infection or the injection, you got spike protein in your body. It's a dangerous protein and we all want to mitigate the damage it can cause. Review the protocol here:

<https://media.mercola.com/ImageServer/Public/2021/December/PDF/spike-protein-detox-pdf.pdf>

VAXX RECOVERY

If you or someone you love has taken the vaxxx (that's all of us) there are some things you can do to mitigate the damage. SteveBC, our rocket scientist, has some suggestions here: <https://stevesfrontporch.com/healing/healing-protocols/covid-vaxxxines/> On this page, he links to his Vaxxxine article. Click on the link to download and read it. These things are worth trying!

Sustainable Living and Survival Skills

Home skills for self-sufficiency

Be sure to check the latest offerings in the Sustainability subsection of the CORAC website:

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

The latest posts & resources

To join the Sustainable Living Team general discussion, simply click on the button above, or click on any post below to learn more about a topic, engage, comment, share and download available resources.



Container Gardening

by Sue in soCal | Jan 27, 2022

Sometimes 1'x1' (square foot) gardens are known as container gardens. I...

[read more](#)



Do-It Yourself Water Filter

by Sue in soCal | Jan 26, 2022

If you're trying to survive in dire circumstances and the only nearby...

[read more](#)



Water Purification

by Sue in soCal | Jan 26, 2022

These purification methods can remove groundwater contamination from...

[read more](#)



CORAC Region 15 member Patrick observes the USA from one coast to another on a weekly basis as a professional truck driver. He can see national trends that we, in our individual regions, may be oblivious to. He has graciously agreed to share what he sees from the road.

Unfortunately our interstate correspondent is down with the coof. He is a living, breathing example of what has gone terribly wrong with our medical system. On a route to Washington state, he became ill and tried to tough it out. He stopped at two different hospitals in two different states, and neither one diagnosed or prescribed properly. One suggested Remdesivir (“Run, death is near!”) and he declined. He was finally helped by a trustworthy doctor in Texas who was willing to treat by phone. This doctor diagnosed more accurately long-distance than the two ERs who had personal observation.

A note about Telehealth: these folks are overwhelmed. If you get sick at night or on the weekend, you may wait a good long time before they can get back to you. Dr. Peter McCullough, one of our trusted docs, estimates that only 500 physicians in the US are treating COVID properly. You can imagine how busy they are. It’s another reason to think ahead. Contact your Regional Coordinator for trustworthy doctors and telemed resources in your region.

BE PREPARED for illness and don’t rely overmuch on the medical system right now. It’ll get fixed eventually, but right now, be ready to treat yourself and your family for colds, flu, COVID and general household emergencies. You should have a COVID TOOLKIT (see Appendix) and a good household medical kit. DON’T GET CAUGHT UNPREPARED.

You can take courses in homeopathy (<https://studygroups.joettecalabrese.com>). There are many healing plants that you can forage or grow yourself (<https://urbansurvivalsite.com/medicine-in-your-backyard/> for a start.) Every household should have some sort of medical manual, like <https://homedoctorbook.com/book/>

On a personal note, Patrick finally pulled into a hotel in Missoula, Montana to get his meds and take a rest... and it was the same hotel Charlie stayed in for three weeks when *he* had COVID. And the same CORAC angels that attended Charlie ministered to Patrick. Patrick is back on the road now, and we’ll hope to get an Interstate Insight from him next newsletter.

Other Items Of Interest

Random stuff I just felt like sharing

O CANADA



How about those Canadians?? Apparently their Leftist government hasn’t crushed *all* our Northern friends. A goodly amount of them are standing at roadsides and on overpasses, cheering the 50,000 truckers of the **Freedom Convoy 2022** passing by on their way to Ottawa to demand an end to forced vaxxing, vaxx passports, contact tracing and censorship of news.

Prime Minister Trudeau doesn’t appear to get it. He calls the longest convoy in history “a fringe minority” with “unacceptable views.” It’s as though if he pretends they’re small and weak, then they will be. Now it seems he has gone into hiding, just before the Convoy nears the capitol.

GoFundMe has frozen over \$4,700,000 in donations raised for the Convoy. Say goodbye to that platform.

The “fringe,” which is growing by the hour, should arrive in Ottawa on Friday, and a peaceful protest is planned for Saturday. Keep an eye on it; the success of the Canadians could influence what goes on in other countries around the world. We stand to owe them a great deal. Honk your support to US truckers; they know what’s going on in Canada.



Read more here:

<https://www.lifesitenews.com/news/truckers-freedom-convoy-lists-its-demands-to-canadas-trudeau-government/>

<https://www.actforcanada.ca/l/freedom-convoy-2022/>

<https://ourgreaterdestiny.org/2022/01/freedom-convoy-2022-a-glorious-sight/>

<https://cnsnews.com/blog/craig-bannister/roadside-crowds-cheer-canadian-truckers-freedom-convoy-protesting-vaccine>

IS WASHINGTON STATE STILL AMERICAN?

Washington state needs its own convoy, as it has become a surveillance state. Regulations passed this month allow “public health officers” to place individuals in quarantine against their will.

The “official” news said this:

WA - [False claims](#) about the Washington Board of Health's scheduled January 12 meeting began circulating on social media saying the board will use law enforcement to force people into quarantine or isolation if they are not vaccinated against covid-19. Other similar claims about creating covid-19 concentration camps were also made. None are true.

However I found these items on the State Department of Health website:

Court Order for Involuntary Isolation or Quarantine - [WAC 246-100-040\(4\)](#)

Likely to be used when: Not confident that individual will comply with either Request or Local Health Officer Order; Local Health Officer believes that it may be necessary to move to a contempt of court proceeding with the threat of incarceration and/or greater fine to secure the individual; as a supplement to the Local Health Officer Order for Involuntary Isolation or Quarantine (both can be obtained, i.e. not mutually exclusive).

When voluntary compliance was sought, but the individual refused or otherwise indicated that he or she would not comply, use the following forms:

- [Summons \(Word\)](#)
- [Detention ex parte petition when voluntary detention refused \(Word\)](#)
- [Confidential schedule \(Word\)](#)
- [Declaration supporting ex parte detention petition when voluntary detention refused \(Word\)](#)
- [Order ex parte when voluntary detention refused \(Word\)](#)

When no attempt is made to seek voluntary compliance due to the serious and imminent risk to the public, use the following forms:

- [Summons \(Word\)](#)
- [Detention ex parte petition \(Word\)](#)
- [Confidential schedule \(Word\)](#)
- [Declaration supporting ex parte detention petition \(Word\)](#)
- [Order ex parte for involuntary detention \(Word\)](#)

In places like Washington, a system is being set up that bypasses ordinary freedoms and encourages people to spy on and report each other. So dangerous. If you live somewhere like Washington, stand up and make your voice heard! If you don't, give thanks to God for your freedom, and vow to do everything to preserve it.

COVID BY THE NUMBERS

- Ten billion (10,000,000,000) doses have been administered worldwide, as of today.
- 61% of the entire world's population has received at least one dose.

This is extremely concerning, as evidence is beginning to show of antibody-dependent enhancement and vaccine-induced immunodeficiency. We can hope that the mad scientists behind this horror show administered a good number of saline placebo doses. The evidence seems to suggest it, given that 95% of all the deaths and adverse events, so far, have taken place due to 5% of the batches. It is a massive experiment, and they've planned for a control group.

DEFEAT THE MANDATES: AN AMERICAN HOMECOMING

Two days after the March for Life in DC, “[Defeat The Mandates: An American Homecoming](#)” came to the Capitol. Some of our most trusted physicians and scientists spoke to around 50,000 people. Region 7 member Paula Voigt was in the crowd, and sent this report, along with photos:

Over 50,000 freedom-loving souls from all walks of life gathered on Sunday in Washington to rally for freedom in unity against the unlawful, unethical mandates.

We gathered at the base of the Washington Monument until it was time to march, taking in the live music and inspired signs. Under the shining sun and crisp air, we began the pilgrimage across the pond, culminating in our arrival at the steps in front of the Lincoln Memorial. I had the privilege of walking alongside The Bravest for Choice, a coalition of firemen from across the country. As we arrived at the Memorial it truly felt like a sort of homecoming, and I felt goosebumps as Jimmy Levy’s voice belted out “Welcome to the Revolution” and our National Anthem!

J.P. Sears did an amazing job as emcee and we heard from many courageous doctors and scientists who have been censored and shut down by their institutions as well as the media, including Dr. Peter McCullough, Dr. Christina Parks, Dr. Pierre Kory and Dr. Robert Malone.

RFK Jr. was amazing as always, and delivered a powerful and sobering message about the dangers of vaccine passports and drive home how we must resist at all costs. Del Bigtree gave an impassioned, spiritually-inspired speech, and called out the media, pointing out the lies, manipulation and incompetence.

We heard truly remarkable and heartbreaking testimony from a panel of the vaccine injured, and I am so grateful they were given the opportunity to be heard. They deserve so much more.

I urge you to watch the livestream, as there were so many impactful speeches with crucial messages that need to be heard by all. [DC: Defeat The Mandates Livestream – CHD TV: Livestreaming Video & Audio](#)

It was the event of a lifetime, to be amongst so many warriors of truth and freedom. Our collective energy was vibrant, powerful and undoubtedly held and guided by the palpable presence of God.”



Modern hero Robert Kennedy, Jr of
Childrens Health Defense



Crowd at the reflecting pool



With Del Bigtree



In front of the Lincoln Monument

Individual speeches from the event can be heard here:

Robert Kennedy Jr: <https://www.redvoicemedia.com/video/2022/01/robert-f-kennedy-jr-tells-more-truth-in-washington-dc-in-30-minutes-than-fauci-has-in-2-years/>

Dr. Robert Malone: <https://www.newsri.in/video/20220124/14213899/Dr-Robert-Malone-Full-Speech-at-Defeat-the.htm>

Dr. Peter McCullough: https://www.youtube.com/watch?v=ELIjActt_rE

Dr. Christina Parks: <https://marktaliano.net/dr-christina-parks-full-speech-defeat-the-mandates-dc/>

Del Bigtree: <https://www.redvoicemedia.com/video/2022/01/del-bigtrees-fiery-speech-in-dc-puts-fauci-dr-birx-joe-biden-corporate-media-more-on-notice/>

Dr. Pierre Kory, Dr. Paul Marik and Dr. Mary Bowden: <https://odysee.com/@rowanman28:0/Dr-Pierre-Kory-Dr-Mary-Bowden-Dr-Paul-Marik-Defeat-The-Mandates-Rally:5>

Dr. Ryan Cole: <https://ourtube.co.uk/watch/MnLAlxmrKD1Puup>

Steve Kirsch: <https://www.onenewspage.com/video/20220125/14220895/Steve-Kirsch-speech-at-Defeat-the-Mandates.htm>

Dr. Paul Alexander: https://brandnewtube.com/watch/dr-paul-alexander-defeat-the-mandates_x9AVYQYeLiQ6m7p.html

Dr. Aaron Kheriaty: https://brandnewtube.com/watch/dr-aaron-kheriaty-defeat-the-mandates-chd-january-23-2022_fMbHzW8BEly7pgl.html

But wait! There's more! You can listen to the entire rally here: https://ugetube.com/watch/defeat-the-mandates-a-american-homecoming-washington-dc-01-23-22-full_LnxfS8stR6TQpx.html

AND THEN, THE VERY NEXT DAY...

On Monday, Senator Ron Johnson (R-WI) held a conference “COVID-19: A Second Opinion” with a group of world renowned doctors and medical experts providing a review of the current knowledge about early and hospital treatment, vaccine efficacy and safety, what went right, what went wrong, and what should be done now.



The full event, starting at the 40:00 mark: <https://rumble.com/vt62y6-covid-19-a-second-opinion.html> (5 hours)

Highlights (38 mins): https://odysee.com/@SubversionDiversion:8/COVID-19_-A-Second-Opinion:8

VAXX INJURIES

What hurts vaxx-injured families most is that they have been made invisible. The FDA, pharmaceutical companies, and social media have all decreed that such people do not exist. They have been erased. Meanwhile, they have disabilities that may be permanent, that doctors will not address, and that there is no compensation for.

One family that has been able to partially break through the wall of silence is the De Garays. Watch Maddie's video here, along with Angelia Desselle's: <https://rumble.com/vp9d29-maddie-and-angelia-our-vaccine-stories.html>

Senator Ron Johnson gave the vaxx-injured one of their only forums to be seen and heard at this event last summer. The numbers of injured have grown terribly since then.

<https://www.ronjohnson.senate.gov/2021/7/helping%20people%20be%20seen,%20heard%20and%20believed%20after%20adverse%20vaccine%20reactions>



Don't let them suffer abandonment! Watch the videos. Acknowledge them. Pray for them. God is listening, though the responsible parties are not.

Prayer

Staying right with God

Every month, our national prayer team, under the leadership of Beckita Hesse, sets prayer intentions for CORAC. Please join together to pray for the following January prayer intentions:

- For the complete recovery of all our CORAC members and families who may be suffering with covid
- For a new infusion of courage, strength, fortitude, trust and hope as we continue into the roughest, toughest segment of this Storm in 2022
- For our police officers to break free from participating in tyranny and fully live their oath of honor
- For a resoundingly successful response to the new CORAC fundraising drive
- That each member grow in complete reliance on God, and that we refrain from abrogating our personal responsibility to someone else
- That all will embrace the wisdom of letting prophecies rest, and be all-in with what *must* be our focus: acknowledging God, taking the next right step and becoming a sign of hope to those around us.
- That fear be banished, in the Name of Jesus, as we choose to do what Charlie has exhorted: "...become accustomed to thinking that all is lost while doing the best we can and trusting God to come through – in His time and in His way, seeking actively to find what we have missed"

Come Holy Spirit, descend anew upon us, granting us breakthrough in the ability to hear God's whispers, the better to live the following expressed wisdom:

"Infirmity and affliction are God's classroom. I fervently pray that the troubles that afflict us may soon pass away, but not a moment before we have absorbed every lesson God intends for each of us. Let us all apply ourselves without nodding off while living the privilege of being in God's classroom."

Amen!

See what else the prayer team has posted at: <https://corac.co/2022/01/01/january-prayer-intentions/>

Appendices

COVID TOOLCHEST

This list appeared originally in the Region 8 newsletter dated October 1, 2021. Credit to Sue Cyr and Steve Baker.

SUMMARY OF SUPPLIES TO ORDER --. Most of the notes in yellow on this first Summary of Vitamins are per Steve Baker, <https://stevesfrontporch.com/healing/healing-protocols/covid19-protocol-short/>

- Nebulizer for lung treatments with food grade hydrogen peroxide, DMSO, colloidal silver, Iodine, baking soda, prescribed meds, etc.
- Pulse Oximeter to monitor oxygen saturation (92 or 93 is concerning and need to get oxygen level up by nebulizing food grade hydrogen peroxide/saline solution or other treatments below.)
- DMSO
- Colloidal Silver
- 3% Food Grade Hydrogen Peroxide
- normal Saline solution (buy small bottle to mix with Hydrogen Peroxide)
- distilled water
- Iodine 5% or 2% Detoxified Iodine Dr. Edward Casey AMAZON 2 bottles \$22 each
- C powder and/or liposomal Vitamin C
- Vitamins D3-K2 Take K2 with MAGNESIUM per Steve Baker
- Ivermectin binds to neutralize and clear spike protein. AB will sell you some Ivermectin shipped here from India, shipped from New Jersey. Text: 973-342-5165 Order: 200 count, 12 mg, \$190 including shipping, no fee for Telemed. Payment by Zelle or check. Receive in 3 or so days. Or get prescription from Dr. Hoover or others - see details below.
- Zinc 100 mg/day elemental zinc picolinate (1x30 mg cap evening)
- Quercetin 250 mg twice a day (1 500 mg cap evening)
- Melatonin 5 mg
- NAC N-Acetyl-Cysteine (Covid and long-haul) 2x600 mg/day 2-3 caps per day www.swansonvitamin.com
- Acute Immune Benefits DaVinci Labs or Amazon
- Nattokinase Plus DivinciLabs.com or Amazon
- Lumbrokinase (10x more powerful as anti-inflammatory than Nattokinase - for long-haul or vaxx repair)
- 1-2x20mg per day for one month after sickness
- Aspirin 325 mg if sick, for anti-coagulant
- Baby aspirin St. Joseph 81 mg preventative anti-coagulant
- Ibuprophen if don't have any natural anti-inflammatory, to prevent virus spreading and causing much damage from inflammation
- Chaga Mushroom powder
- L-Lysine 2500 mg 3x/day to suppress virus at onset of symptoms. If exposed, 2 500 mg 2x/day.
- Mouth wash with cetylpyridinium chloride to prevent / clean virus out of your mouth and throat
- Nasal rinse 3x day to clean virus out of nose (or can make home rinses with food grade hydrogen peroxide / distilled or purified water / drop of iodine / colloidal silver etc.

Other Anti-inflammation options

- Astaxanthin (3x4mg per day) **break up eliminate graphene oxide**
- White Willow Bark if sick more than 5 days (2 800 mg per day or 6 drops of extract 3-6 times per day) **anti-inflammation**
- Echinacea **formula against virus**
- Selenium 200 micrograms day **works with NAC to build glutathione stores, anti-inflammatory influence**
- Bromelain or Proteolytic Enzymes that contain Bromelain 1-3 caps per day WITHOUT FOOD **works with NAC to prevent spikes from binding to ACE2 receptors and might dissolve spike proteins**
- Niacin B3 B Complex with 100 mg Thiamine inflammatory 250-500 mg **every other day build NAD+ levels Baker, regulate and reduce unneeded inflammatory activity**

- Boswellia inflammatory 1-3 caps a day until well Body repair damage to central nervous system. supports a healthy inflammatory response all over body, including lungs, GI tract and brain.
- Milk Thistle Silymarin 1000 mg Anti inflammatory protects liver
- DLPA 500 anti inflammatory
- Lung Tonic heal lungs <https://www.amazon.com/Lung-Tonic-Herbs-Etc-Softgel/dp/B001ED1EPC>

You will likely not order all of these things, but do a bit of research and see which ones make the most sense for you.

SAMPLE LETTER TO CONGRESSMEN IN SUPPORT OF JANUARY 6 PRISONERS

You can find your two Senators and one Representative by entering your zip code here: www.270towin.com
 Most Congressmen have websites with an email feature and you can copy and paste your letter to their email form. I am also following up with snailmail letters.

Dear Senator/Congressman:

Your oath of office obliges you to uphold the Constitution, and your failure to do so would make it unlikely for you to be re-elected, at least in most states. I call upon you to uphold the Constitution in the affair of the January 6 detainees.

They have not received anything like a speedy, public trial. Their attorneys have not been given access to discovery, especially the thousands of hours of video footage that very likely contains exculpatory evidence for many of them. They are being held in conditions incommensurate with their charges. In no way is solitary confinement appropriate in their circumstances. Refusal of necessary medical treatment, violence of guards, inadequate nutrition, violation of the right to religious observation, toxic living conditions with malfunctioning plumbing and raw sewage in cells.

When this all comes to light – and it will – the Congresspeople who sat by and did nothing will be going back home in shame. No Congressman who sat silent through this travesty will be able to hold his head up. Republicans who sat by, doing nothing, will be seen as worthless. Democrats who participated, by party complicity, in this horror, will lose their office. Do you think that decent people even in the Democrat party would support this sort of treatment?

There *will* be a reckoning. Do the right thing now. Uphold the Constitution. For this, you were elected. By ignoring it, or worse, ridiculing it and defying it, you will lose what power you have. This affair has been a farce from start to finish, not worthy of the most corrupt banana republic in history. America is not so defunct that people won't rise up, throw scoundrels out of office, and exact a penalty for blatant violations of the Constitution.

Do you want a legacy your family would be proud of? Demand justice, true justice, not partisan persecution, for the January 6 detainees. Demand they have access to all discovery; demand their right to a speedy public trial; demand that humane treatment be guaranteed the detainees. Demand that the jailers observe basic tenets of humanity and hygiene, and concede that, in the United States of America, a person is innocent until proven guilty.

You are completely underestimating the people of the United States if you think we do not care about the Constitution. (If your Congressman is one who has spoken up for the J6 prisoners, include a paragraph of thanks)

Sincerely,

Your Name

Your Congressional District or State

The following Congressmen have signed letters calling for Constitutional treatment of the J6 prisoners. If you live in their states or districts, keep calling for more action, but also THANK THEM for upholding the law and pressing for fair treatment.

Paul Gosar AZ
Andy Biggs AZ
Lauren Boebert CO
Matt Gaetz FL
Byron Donalds FL
Marjorie Taylor-Greene GA
Andrew Clyde GA
Jody Hice GA
Mary Miller IL
Thomas Massie KY
Clay Higgins LA
Andy Harris MD
Scott Perry PA
Jeff Duncan SC
Ralph Norman SC
Louis Gohmert TX
Chip Roy TX
Randy Weber TX

CORAC Newsletter

“For every member, an action”

February 25, 2022



As I write this on Thursday, the People’s Convoy has rolled from Barstow, California to Kingman, Arizona, with an enthusiastic send-off and many supporters on the route. By the time this newsletter is published on Friday, the Convoy will be two days and a thousand miles in. If you want current news about the convoy, *don’t* get your news from the mainstream. See the Convoy section of this newsletter for links to updates. The elites have multiple distractions playing out to keep you from noticing that the vaccines are a murderous failure; that Canadians are still standing up to tyranny even after suffering blows; and that American truckers have picked up the baton of freedom from our northern brothers. Keep your attention on what you can affect.

- Sheryl Collmer, editor



From the cockpit of the Subaru:

Charlie traverses the country at the wheel of his trusty 2002 Outback, ably maintained by loving friends and guardian angels, to speak personally to crowds from one coast to the other. Check the website for his upcoming visits: <https://corac.col/meetings/#dates-and-details>

Workers of the World, Unite!

The American truckers Freedom Convoy left Barstow, California on Wednesday this week. This issue of our newsletter will give you lots of information about that convoy and the route it will be taking across America. Check in with your Regional Coordinator on what you can do to show your support for those who are bravely putting it on the line to demand that public officials remember they are honored to be servants; not privileged to be masters.

Never underestimate how much strength we have when we work together under God. Early this week, Canadian officials quietly started to try to walk back their act of freezing and seizing protesters bank accounts. Seems five Canadian banks shut down operations altogether rather than risk the ruinous bank runs that Justin Trudeau’s ruinous emergency act was triggering. Yep, the Canadian government sought to harshly punish anyone who dared to have a different opinion from that which the government allowed and instead has risked tanking their entire banking industry. Couldn’t happen to a nicer bunch of tyrants.

When one bee starts buzzing you, it is simple to swat it away as a nuisance. If a million bees start swarming you, you had best run and take cover. That is what has happened in Canada – and that story is not over yet, even though the Parliament despicably confirmed Canada’s descent into tyranny.

Shockingly, a poll commissioned by the Daily Wire, showed that only one group in America supports Canada’s act of war against its own people: Democrats. The left in America supports Justin Trudeau’s handling of the protesters by a whopping 65%. I suppose that shouldn’t be shocking, given that Democrats supported putting people who would not take the Covid shot into camps and seizing their children. But man, this sure isn’t the Democratic Party of John Kennedy anymore.

Astonishingly to me, a full 8% of Republicans supported the descent into tyranny. I’m guessing the pollsters accidentally called the Lincoln Project’s headquarters. What a hideous thing for that despicable group – to name itself after the president who ended slavery while that group supports renewing it, only for all the people who are not part of the ruling class. Amazing that in this “Looking Glass America” the thug groups like to call themselves their exact opposites: the fascists call themselves antifascists and the people who want serfdom for all but a few adopt the name of the president who worked to end any form of serfdom in America. I guess they have convinced themselves that the folksies they so loathe are stupid. Truth is, they remind me of toddlers who think that, if they cover their eyes, you can’t see them.

In any case, 55% of the people polled condemned Trudeau’s attack on freedom. Thank heavens, but that number is way too low – mainly because of the robust support for tyrannical methods by Democrats.

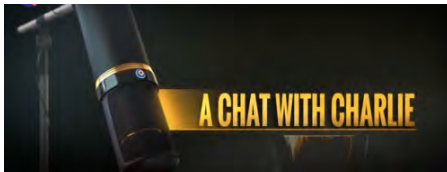
There was one segment of the polled group which condemned the Canadian overreach unanimously: people between the ages of 24-35. That should send shivers down the spines of all the authoritarians in America. The left has always counted on the

support of younger people. Their antics have now earned them the unanimous contempt of younger people. So much for the “emerging” permanent Democrat majority.

I hope to see CORAC people showing up in force to support the truckers throughout their route across America. Showing up to a big protest has huge consequences. It heartens the faithful – because courage is contagious. Bring signs. If supplies are needed, work together with others in your region to help get them, so our heroes can keep on trucking. Make it clear to all the aspiring tyrants in America that we will not be ruled – and that we will toss all the petty authoritarians to the curb (and, hopefully, to prison).

Freedom lovers of the world, unite!

Charlie Johnston



Latest weekly Charliecast: [Make Americans Free Again](#)

Fabulous interview with Pam Popper, a fireball and straight talker, an internationally recognized expert on nutrition, medicine and health, and a practical warrior for setting our country at rights again. Aptly named, she really does make things POP! Highly recommended.



More about Pam and her organization here:

<https://makeamericansfreeagain.com>

See all the CORAC [podcasts](#) here:

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

Action Items

Every CORAC member is an active-duty soldier in the army of God. Make something happen!

THE PEOPLES CONVOY

Many convoys sprang up in the US after Canada lit the flame, but the most prominent one with the greatest support is [The People's Convoy](#). Visit their website to stay current on news. This group is partnered with [The Unity Project](#) (Dr. Robert Malone, Dr. Peter McCullough, Dr. Paul Alexander, Dr. Pierre Kory), [Children's Health Defense](#) (Robert Kennedy Jr.) [Front-Line Critical Care Alliance](#) (where we got those great protocols for treating early COVID), [US Freedom Flyers](#), [Thomas Renz](#) (attorney for medical freedom) and the [Epoch Times](#).

This group is working with local governments to respect the law and keep everyone safe. The convoy will stop short of actually entering Washington DC, to avoid any incidents like the January 6 debacle. I believe most of the other smaller convoys will end up folding themselves into this one. The proposed schedule:

Day 1	Wed 2/23	Barstow CA	Kingman AZ	200 miles
Day 2	Thu 2/24	Kingman AZ	Lupton AZ	300 miles
Day 3	Fri 2/25	Lupton AZ	Glenrio TX	375 miles
Day 4	Sat 2/26	Glenrio TX	Elk City OK	220 miles
Day 5	Sun 2/27	Elk City OK	Vinita OK	280 miles
Day 6	Mon 2/28	Vinita OK	Sullivan MO	275 miles
Day 7	Tue 3/1	Sullivan MO	Indianapolis IN	290 miles
Day 8	Wed 3/2	Rest day	Indianapolis IN	-
Day 9	Thu 3/3	Indianapolis	Cambridge OH	270 miles
Day 10	Fri 3/4	Cambridge	Hagerstown MD	260 miles
Day 11	Sat 3/5	Hagerstown	DC Beltway	60 miles

DONATE: The Canadian government did a good job scaring everyone with their vengeful overreach. Nevertheless, I opted to [donate online](#); if I let fear of tyranny prevent me from supporting one of the more hopeful approaches to *stop* tyranny... then the battle is lost before it begins. Fear is what the elite have been using for two years to control us.

If you cannot bring yourself to donate online, there is the option of mailing checks or gift cards to a physical address: American Foundation for Civil Liberties and Freedom, 6528 E 101st St – Ste D1, #399 Tulsa, OK 74133. Do it promptly, because as of today, mercy sakes alive, looks like we got ourselves a convoy!

FOLLOW ONLINE:

Most reliable news is on their [website](#).

Most up-to-date news is on [Telegram](#) or [Gab](#) (but steel yourself for some salty language from other followers.) There are already videos up on Telegram showing the sendoff from Barstow and trucks' arrival in Kingman. Americans have learned from our brothers and sisters in Canada: they are lining the highways and bridges with signs and flags.

PARTICIPATE:

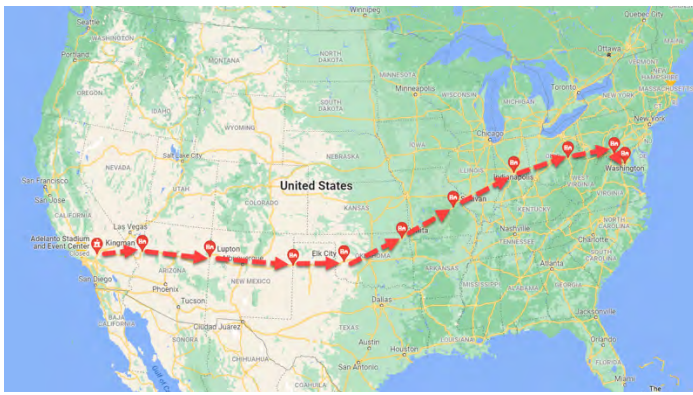
Yes, you! No matter where you are, you are probably not too far from an interstate highway. It doesn't even matter which one because they will all be full of drivers who *wish* they could be embedded in the big convoy, but can't be. If you stand (safely) on any interstate overpass with an American flag, you give all those drivers a chance to honk and wave and feel like they get to take part after all. You will be exhilarated by the enthusiasm you get!

We stood with flags over I-20 last weekend to great response; the enthusiasm will be even bigger now that the Convoy has begun.

If the main convoy is coming through your region, contact your CORAC regional coordinators for specific information. Check the map and keep an eye on the [website](#) to be aware of any changes.



If you plan to be present at any of the points of the Convoy, please see **Appendix** for supplies and helpful hints.



Find this map at: <https://thepeoplesconvoy.org>

I've heard people saying it would be better for everyone to stay home. Really? If we don't find a way to stand up and publicly say NO, the globalists will just keep coming. Do people think they will be nice to us if we're nice to them? That is a profound misunderstanding of the nature of evil. Passivity on the part of the controlled just encourages greater degrees of control. See Neville Chamberlain and his policy of appeasing the Nazis. Epic fail.

Furthermore, look at the people who've put their livelihoods and reputations on the line just to get the truth and decent medical treatment to us. Dr. Malone and Dr. McCullough, among others, have lost everything they've worked their whole professional lives to achieve but self-respect and fidelity to the healing tradition. Consider the truckers who are foregoing two week's earnings to join the convoy. Lawyers working for free. Honest media who are embedded in the convoy, away from home and family. We owe them a huge debt. How can we repay them?

Answer: Donate, Follow, Participate.

AMERICA PRAYS

Many "America Prays" groups are meeting on Wednesday evenings all over the country, gathering in front of city halls and county courthouses. Grab a friend and a flag and just get on down to your local public space to pray the Rosary for our country, and especially for the children. Speaking of which...



SAVE THE CHILDREN

The FDA postponed the hearing at which they were to authorize the Vaxxx for children aged 6 months to four years. They say it was to have more time to look at giving young children 3 doses instead of just 2, but I'd wager it was the effect of our hundreds of thousands of emails saying, "ABSOLUTELY NOT!" Thank you to everyone who wrote emails to the committee members. A new meeting date has not yet been announced, so stay tuned and be ready to do the email campaign again.

SCHOOL BOARDS

Find your local school board on the internet and attend meetings. You'll know what to do from there. Here in Tyler, the interested parties have been able to speak civilly and effectively with well-intentioned school board members and remove offending material from school libraries with no fireworks whatsoever. But if your school board is more recalcitrant, consider the use of surety bonds as a tool to bring school boards back to their true mission. See the strategy here:

<https://welovetrump.com/2022/02/03/watch-what-are-surety-bonds-is-this-the-blueprint-to-finally-defeat-corrupt-school-boards-other-tyrants/>

Read a success story here:

<https://welovetrump.com/2022/02/05/surety-bond-success-story-ohio-father-forces-school-board-to-end-mask-mandate-on-children/>

J6 PROJECT

We The People Convention held a “Justice for J6” Rally on February 23.

You can watch the replay here:

<https://wethepeopleconvention.org/articles/Video-JusticeforJ6-Rally>



There are still 14,000 hours of unreleased video evidence from January 6 that could prove exculpatory. There's a good chance it shows J6'ers who are innocent of criminal acts, and possibly even heroic. Meet the patriots here:

<https://www.patriotfreedomproject.com/the-16ers>

Communications

Keeping in touch when channels are unreliable

CORAC Radio Net Broadcast, every Sunday 7:30 pm - 9:30 pm

Each broadcast will start out with an introduction, the reading of a chosen scripture, sharing CORAC news of interest, then opening the net for anyone who desires to check-in. To check-in, you have to have an HF radio with transmission capabilities, and a general amateur radio license. All unlicensed members are invited to listen to the CORAC net using a shortwave radio. If you can hear the transmission, please post your comments in the CORAC Communications Forum. There is no set time limit, and people checking in are free to discuss any issues concerning CORAC, faith, family, and freedom.



1st Broadcast 7:30 PM Eastern, 6:30 PM Central, 5:30 PM Mountain, and 4:30 PM Pacific. Frequency: 7.284 MHz
2nd Broadcast 8:00 PM Eastern, 7:00 PM Central, 6:00 PM Mountain, and 5:00 PM Pacific. Frequency: 3.980 MHz

Communications Team comment page here: <https://corac.co/2021/06/01/communications-team-general-discussion/>

Health & Wellness

Staying robust in trying times

Due to enormous interest, the Health & Wellness team is again offering classes! See the [online calendar](#) for more details.

SUN
27

February 27 @ 3:00 pm - 5:00 pm

Basic Tincture Class (Weekly – 7 Sessions)

Zoom

This is a basic tincture class that will be held via zoom, every Sunday afternoon (3pm ET, 4pm CT, 5pm MST, 6pm PT), for seven weeks. If you wish to be a participant please send complete the form below (note: you must be a registered CORAC member to attend. [Click Here if you need to register \[...\]](#))



Basic Tinctures (7 week course) begins Sunday, February 27 3:00 to 5:00 pm. You must be a registered CORAC member to sign up. Complete the form for the class [here](#).

SAT
12

March 12 @ 5:00 pm - 6:30 pm

Homeopathy – Gateway 1 Study Group

Zoom

4 week study group will be offered Saturdays March 12, 19, 26 & April 25:00PM - 6:30PM PST Gateway 1 Study Group is open to all regions. Please invite others. Required book [...]



Homeopathy 1 (4 week course) begins Saturday, March 12, 5:00 to 6:30 pm. Sign up for the class [here](#). Don't postpone because you need to order the study guide and it can take up to 2 weeks to be delivered.



In 2020, Trump was reported to have told people to drink bleach. What he [actually said](#) was, “And then I see the disinfectant, where it knocks it out in one minute, and is there a way you can do something like that by injection inside, or almost a cleaning. Because you see it gets in the lungs, and it does a tremendous number on the lungs. So it'd be interesting to check that.” Trump is entertaining, but no one would ever claim he was a scientist.

Shortly before that fateful press conference on April 23rd 2020, Trump had seen the claims of a chlorine dioxide formulation for medical use. He said he was impressed with the use of small-dose water-soluble ClO₂ in attacking the COVID virus. He was then viciously attacked for allegedly telling people to “drink bleach.” (Incidentally, bleach is sodium hypochlorite, not chlorine dioxide.)

Then in 2021, the [Journal of Molecular and Genetic Medicine](#) published this:

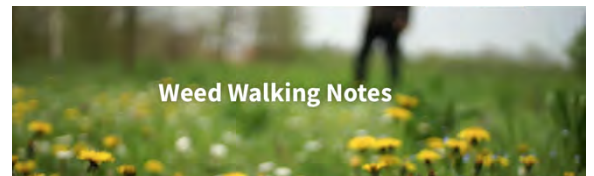
Statistics from Bolivia where the use of water-solubilized chlorine dioxide (ClO₂) for the prevention and treatment of COVID-19 was approved by law in early August 2020, demonstrate a marked reduction in cases and deaths in that country. From a peak of 2,031 daily cases on August 20, 2020, cases dropped to 147 daily cases on October 21, 2020 – a 93% decrease.

Which brings us to 2022, and several CORAC members reporting good results with chlorine dioxide. It is beyond the scope of this newsletter to evaluate chlorine dioxide, but the Health and Wellness Committee has taken it under study and will report back. In the meantime, if you decide to try it, please research possible side effects, proper solution mixing procedure and recommended dosing to avoid oxidative damage. This remedy requires some caution.

Good place to start is Stephanie Seneff: <https://www.westonaprice.org/health-topics/the-chlorine-dioxide-controversy/>

Meanwhile, over at the CORAC website, the [Health and Wellness](#) team has some very interesting posts:

Be sure to download the PDF. There are pictures and descriptions of many healthful and medicinal herbs that may be found in the wild where you live, or which can be grown from seed. If buying seed, be sure to get open-pollinated, non-GMO seeds so that you can reproduce your plants from year to year. Check out the links below:



<https://www.stclareseeds.com/garden-help/>

<https://territorialseed.com>

<https://strictlymedicalseeds.com>

VACCINE ADVERSE EVENTS

The montage on the following pages consists of items from the Telegram channel “They Say It’s Rare.” These are only a small fraction of what was posted in a two-day period. When you start to multiply these damage stories, it begins to appear that insurance companies and hospitals will be vastly overstretched, with collateral damage to employers who lose staff, families who lose productive members, and individuals who would do anything to turn back time and make a different decision.

Twitter
carla78 🇺🇸 #deplorablefortrump 🇺🇸
@DrSmartbat I have colleagues who went blind in one eye a half hour after getting the vax, another one had a leg amputated because of a vaccine induced blood clot that blocked circulation to her leg, 18 year olds with endocarditis that can't play sports their senior year after vax
👁️ 1K 9:20 AM

Twitter
LIZZIE 🇺🇸
Forrest's just found out his friend at work passed away last night. They were very close and he had 2 kids and a wife ❤️ I don't even need to say why. You can all guess what he had a few weeks ago and it wasn't Covid 🗡️👎 Please pray for his family ❤️❤️❤️❤️
👁️ 1K 11:31 AM

Twitter
Tess
@trex554 My 28 year old nephew had a stroke and died 3 days after getting the booster shot. He went to emergency but they dismissed his symptoms since he was "to young for a stroke", they told him his dizziness was just Vertigo, and that it's normal to feel "run down" after being jabbed.
👁️ 816 10:14 AM

Twitter
Corinne Moore
@JohnWrightLive @doctorbenzene Wish I could get on with my life. Pericarditis from my first jab along with other diagnoses. Now I can't visit my aging parents, go to restaurants, watch my kids sports unless I continue to get my subsequent shots. Have three young children and am terrified I will die if I do.
👁️ 1.1K 2:44 PM

COVID-19 vaccine to blame for 24-year-old man's death
"A rare complication to the COVID-19 vaccine turned deadly for the Watts family of Lockwood. Their son, George Watts Jr., died at just 24-years-old after receiving the Pfizer-BioNTech COVID-19 vaccine."

LizAnn
@LizAnn622 @grahamwalker You must be seeing the vaccine injuries? 19 y/o girl in church just had a heart transplant (and waiting on kidney) after vax. Sister developed heart condition after vax. My cousin had GBS and hasn't walked since May. My neighbor's 35 year old cousin found dead in bed. Blood Clot.
👁️ 1K 3:46 PM

Twitter
Alpha News
Six-year-old Milo Edberg was alert and walking in early December before he got the COVID-19 vaccine. Now, he's confined to a hospital bed, diagnosed with myocarditis, unable to walk.
alphanews.org/doctors-said-a...



Twitter
Andrew Wells
@FishOnReactor @StanilandDean Guy who was meant to do some gib stopping for my parents never showed up. Parents rang the guy all day. Turns out he was in hospital with Myocarditis. 2nd pfizer shot. Hearing it from all my trade friends.
👁️ 1.4K 9:33 AM

Twitter
Make Low Effort Thinkers Think Again
@theysayitsrare My friend's cousin, wife, and wife's mom all went together to get their first dose of PZR last year. All ended up with shingles within 24 hours. My friend who told me is pro-vax, he didn't understand censorship until he went on google which told him that it's unrelated.
👁️ 1.2K 12:53 PM

Twitter
Dr Tina Peers
Colleagues and I are seeing more and more cases of adverse events, serious illnesses and deaths from the current programme. It is very concerning to us all. We must stop now, look at the huge body of evidence that has amassed and realise that big mistakes have been made.
👁️ 986 2:58 PM

Twitter
"Fortified" not rigged TexasRed
@theysayitsrare I know of a 22 yr.old SMU student who died in his sleep after vaccine. He felt unwell, saw a doctor and died that same night. I'm not sure the family is making a connection but I'm wondering how many of these cases are out there. So sad.
👁️ 939 1:51 PM

Twitter
GinnyGM
My nephew's dad has been in the medical administration for a decade. Growing up he seemed smart. College, good career, income. He took the vax. A week later, Rushed by lifeline to save his life. 20 blood clots in his chest. He still trusts vax & says he has to get booster
👁️ 1.1K 2:57 PM

Twitter
Wake Up UK
Kansas woman Jeanie Evans died of an allergic reaction to COVID-19 vaccine, autopsy shows **@theysayitsrare**
news.yahoo.com/kansas-woman-j...



Twitter
Atom Jones 🍷🍷🍷🍷
@Cannydc1 @Slinkybrowneyes @colepfief
Bruising, clots, neuropathy, heart attacks, pericarditis, myocarditis, partial paralysis, loss of speech, early onset dementia, sterility, skin peeling off uncontrollably, death. My cousin's death immediately followed 2nd Moderna shot and my family will never be the same.
👁️ 1K 4:02 PM

Twitter
P P Rose
I now know 9 people who have contracted shingles after the booster?? Is that another coincidence? In addition to the increases in heart attacks, blood clots and myocarditis? What's happened to the AstraZeneca vaccine which seems to have disappeared??!
👁️ 1K 1:11 AM

Twitter
Lower Voices
@JustinTrudeau My friend just died of a massive heart attack in front of his kids. 47. No pre-ex conditions. Forced to get job to keep job to take care of his family. Does his life not matter? Or is he collateral damage? He didn't want job but got it because of your mandates. Now what?
👁️ 913 1:13 AM

Twitter
Rellie 🇺🇸
I lost another friend today. Don't let anyone tell you the vaxx doesn't kill. That's two in two weeks. Five in total..... and that's just people close to me... don't get me started on deaths counted via friends.
👁️ 1K 5:53 AM

Twitter
CommonSense
@theysayitsrare Hearing so much about shingles. My dr said she had >40 cases in the last two weeks, all in young college kids. What has happened in the last month? College kids had to get boosters to return to college.
👁️ 1.3K 1:11 AM

Twitter
Sandra D 🇨🇦
@LNathan123 @theysayitsrare My son had a coworker who bled non stop for 2 months right after the jab and ended up needing a hysterectomy at age 31. This is poison!!!! 🗡️
👁️ 1.1K 1:07 PM

Twitter
Globus Vigilare
@SeppeltDon My son called me a few days ago and told me about another friend who had suddenly developed blood clots. This 21-year-old developed blood clots in his brain shortly after his booster. Another one developed clots in his lungs and is now struggling to fend for his young family. 897 4:55 AM

Twitter
curious skeptic
♥️ my dearest friend has just died. He had been in remission many years. Took the 2nd shot in August. Capillary leakage and Cancer was back by October. Strange clotting in the liver. Dead today. I will never forget. I will fight this evil. 882 4:55 AM

Twitter
Unapologetic Patriot 🇺🇸🙏
We found out last night a dad at school went skiing with his family over the weekend Dropped dead of heart attack in hotel room Had booster before left on trip From what I know he was a healthy man So sad, 2 little girls now don't have their daddy 😞 916 10:44 AM

Twitter
Thomas Burley
@JohnBoweActor My wife had a miscarriage last summer a few days after receiving her first Pfizer jab. We cannot say for certain that the jab caused the miscarriage but I do not believe in coincidences. Personally, I don't think that experimental vaccines should be given to pregnant women. 977 11:44 AM

Twitter
Marcelo
I feel very sad for all the vaccine injured folks filling our local hospitals. An employee and friend, known as Roberto, suffered a heart attack days after his most recent booster. I pray for him and his family tonight 🙏 Hope he will make it. 1.1K 1:50 AM

Twitter
Zyx
My wife NY frontline nurse over 20 years never ever got sick until she had a really bad heart reaction right after 2nd Pfizer. She is always out of breath now always tired She is being forced to get booster. She is such a mess mentally now. She won't quit her job I begged her 1.1K 11:07 AM

Twitter
Dr. Dawn Michael ♥️
I was told by a friend of my husbands that is a surgeon, that he has never seen so many blood clots ever in his entire career as a medical doctor. 1.2k 4:44 PM



Twitter
DrKatPhD 🧠 typer of typos
COVID-19 vaccine-induced cellulitis and myositis [cajm.org/content/88/12/...](https://www.cajm.org/content/88/12/...)



Twitter
Luna Stryker
@BlueSlots @BlueSlots same with me. Was perfectly healthy, go to a personal trainer, got 2 Pfizer jabs and now I have pericarditis and major head pressure daily. I can barely function 1.3K 2:47 AM

Twitter
Ruth Drake
@chrisssy79 @KatyKatshaw
@BeckieParnell My friend's nephew, aged 20, died of a heart attack after his jab. Last week I found out about another young lad who also died of a heart attack from his jabs. If I know of 2 people, surely others must do? 927 12:50 AM

Twitter
Nate Timesamillion
Hello friends. Last night I went to the ER with fever, chest pains and shortness of breath. I have Pericarditis, a swelling of the tissue surrounding the heart. The doctor says this may be a reaction to the mRNA booster I received on Saturday. I'm doing fine today, resting up.



Twitter
Denise
A few months back I tweeted that one of our customers young son had suddenly passed. He was a sailor, surfer and amazing lacrosse player at his college prep school. We knew why, but did not pry. Today his Mom verified it... myocarditis. The poison. 😞😞 1.4K 12:33 PM

Twitter
candaces
A horrible thing has happened. My coworker lost his perfectly healthy 8 year old son. He was found dead in his bed two days after taking the vax. How long will this be allowed to go on?? It's so heartbreaking ♥️. Please pray for the family 🙏 984 12:52 AM

Twitter
Deborah Lee
My sister Jamie passed away last night. 46 yrs old, unexpected, autopsy pending. Yes, if wondering, she was vaxed. Please lift up my family in prayer, especially for her husband Jorge and daughter Luci (11)

Twitter
Firuzi Mehta
Yesterday read about the 26 year old girl who dropped dead at her own wedding reception. Today read about the 22 year old nurse who dropped dead whilst on duty. Is no one concerned that young healthy people are dropping dead? Trace the path back and you'll find the vaccine. 1.4K 10:54 AM

Twitter
Susan McLaren
@MarkGraham_Akl My son is fighting for an MRI as 3 ECGs show nothing. He's had adverse reactions to Pfizer & AZ. Migraines & heart pain since Sept. Mandate at work so had to have 2nd vax. So even ppl who haven't caught covid will be left with longterm health issues as a result of vaccination. 1K 5:05 PM

Twitter
Kim McNamara
@CalliesHere12 @BrandAdalia
@LetsBeeHonest3 My friend's healthy 20 yo daughter died from myocarditis after getting the vaccine. I will never stop crying. 1.6K 2:33 AM

Sustainable Living and Survival Skills

Home skills for self-sufficiency

Survivopedia.com has myriads of great ideas. It is written from a worst-case-scenario viewpoint, however, so I can only take it in small doses. But you can find just about any survival topic on the website.

The following article about preserving yourself in a crowd could be valuable across many situations. At the Boston Marathon in 2006, as runners were crowded into corrals, a stampede started when the starting gun went off. A woman went down, and would have likely been seriously injured or killed, but for a fast-thinking man who jerked her upright. No one behind her would have *meant* to hurt her, but in a dense crowd, you cannot resist the movement of the mob.

Best strategy is to stay out of crowds, but it cannot always be avoided. This is good basic survival information:

<https://www.survivopedia.com/how-not-to-die-in-a-human-stampede/>

Another article from Survivopedia.com. This is one that will only be useful under the worst conditions. As long as my tuna fish and beef jerky hold out, I won't be hunting wabbit. Still, it could be helpful at some point, if you have the fortitude to consider the possibility of reaching that point.

<https://www.survivopedia.com/video-winter-survival-making-snares-for-rabbits/>



CORAC Region 15 member Patrick observes the USA from one coast to another on a weekly basis as a professional truck driver. He is completely recovered from COVID now.

With all eyes on truckers this week, I was especially interested to hear Patrick's viewpoint. He will not be in the convoy, as he is a contractor driving a company truck, but he has a front-row seat. He believes that the truckers who are joining the convoy, and forfeiting thousands of dollars in lost income for several weeks, are motivated by a desire to "do their part" to get people's attention and wake them up to the dangers we're facing.

Patrick estimates about half the country still doesn't understand what's going on (threat of tyrannical takeover) and won't get involved, or indeed, won't understand why anyone else would. Truckers are in a unique position, as their work is seen on a daily basis. No one may ever see the cool spreadsheet I created as an accountant, but the whole world sees truckers as they go about their business. Big rigs are visceral; they shake my little Mazda when they lumber by. They are behemoth.

More to the point, they make our lives possible. They deliver food and fuel, to speak to the most essential things. Every business is dependent on truckers for raw materials and finished goods, as well as FedEx, UPS and mail. If trucking stopped, people would have to start paying attention; the rumble in their tummies would force them to.

Truckers, in general, enjoy a life of independence. They can choose their routes and schedules and thus they have an enviable autonomy, in return for doing what most of us couldn't... spending all day alone in a cab, eating convenience food, dealing with distracted drivers and weather conditions on the road for long hours, and then sleeping in a space approximately the size of a prison cell, most of which don't even have bathroom facilities.

As Patrick related, every trucker, at some point, decided to leave a more conventional job and take matters into their own hands to govern their own lives. They are not likely to take kindly to attempts to control their personal lives now, especially with mandates that don't even make sense.

Patrick has mixed feelings about the convoy, expressing concern for the safety of the truckers after seeing the dictator come prancing out in Canada. Those who commit illegal acts against citizens seem to be escaping justice.

Truckers are doing something altruistic and generous for the next ten days. God bless them!

Other Items Of Interest

Random stuff I just felt like sharing

VAXXX BY THE NUMBERS

- 10.63 billion doses have been administered worldwide, as of Feb. 23, up 3.5% from the last newsletter.
- 62.5 % of the entire world's population has received at least one dose, a 1.5% increase, which means it's mainly boosters, rather than "fresh victims"

As the mandates are dropped and reports of adverse events leak out, we should see all of this slowing down considerably.

Data from: <https://ourworldindata.org/covid-vaccinations>

RUSSIA / UKRAINE

This is an extremely complex issue, with a long historical background, complicated by corrupt US activity in Ukraine. To reach an informed conclusion about American involvement in Ukraine would take a good deal of study. Here are a few basic sources. I'm not recommending their perspectives, just passing on information for you to do your own research and pondering. Knee-jerk reactions to this situation will completely miss the point

One of the last articles to be published on the subject before the action began:

<https://selfreliancecentral.com/2022/02/23/the-russia-ukraine-crisis-explained/> (published February 23)

Dennis Prager's take on US intervention. Recorded last month, but Prager is always worth a listen.

<https://www.prageru.com/video/ep-223-when-should-america-intervene>

Putin's explication of the historical Ukrainian context, from the horse's mouth

<http://en.kremlin.ru/events/president/news/66181>

Explains the historical tension between NATO and Russia

<https://theconversation.com/ukraine-the-history-behind-russias-claim-that-nato-promised-not-to-expand-to-the-east-177085>

Judicial Watch's Tom Fitton explains the role played by corrupt American influence in the region, specifically the Bidens

<https://www.judicialwatch.org/videos/fitton-biden-corruption-exposed-in-ukraine-and-russia/>

Not to be outdone, the Pelosi family has similar involvement

<https://libertyonenews.com/pelosis-son-busted-ukraine-scandal-explodes-democrat-party-in-shambles/>

VOCABULARY

Normie, *noun*.

(adopted from the Urban Dictionary)

A person gravitating to social standards and accepted practices of the times. Normies are uninterested in ideas not easily accessible or those outside society's current range of acceptance. They tend to adopt "popularity" as the only measure of good or bad. They tend to have a sense of superiority over the minority independent thinkers, and claim that indies are mentally ill or unfit to participate in society. See also "mass formation."

"Normies in Canada are waking up to the fact that their government has turned on them like a rabid dog."

"American normies believe everything they hear from Dr. Fauci, despite clear evidence that his pants are on fire."

Red pill, *noun*.

A free-thinking attitude, formed after waking up from a "normal" life of intellectual sloth and ignorance. Red-pilled people prefer truth, no matter how gritty and painful it may be. The term originates in the movie, "The Matrix," when the character Neo is offered one of two pills. The red pill represents a difficult awakening, one that will require a response. The blue pill signifies luxurious security and blissful ignorance, requiring nothing more than sinking into inertia. Taking the red pill requires courage, and a radical trust in God because what you thought made you safe in the world... doesn't. See also "The Great Awakening."

*When someone close to you has a heart attack or stroke within days of being vaxxed, you get suddenly **red-pilled**.*

*If you believe what you see with your own eyes, rather than what a corporation tells you, you have taken the **red pill**.*

Emergency, noun.

Something dangerous or serious, such as an accident, that happens suddenly or unexpectedly and needs fast action in order to avoid harmful results. Well, look around. Do you see anything sudden or unexpected? It's all the same 'ol, same ol' as far as I can tell. By definition, you can't logically call anything that lasts for two years an emergency. If there ever was an emergency, apart from government and hospitals creating conditions that hastened hundreds of thousands of deaths, it's over now.

But Biden wants to extend the "emergency" beyond the two-year point. The National Emergencies Act can be invoked by the President but it can also be revoked by Congress. Although Biden cites deaths from COVID as the reason for prolonging the "emergency," it is clearly aimed at the convoys that are rolling his way.

*A true leader deals with impending issues before they become an **emergency**.
"There is nothing so strong or safe in an **emergency** as the simple truth."*

(Charles Dickens)

False flag, noun or adjective

An intentional misrepresentation, especially a hostile act that is made to appear to have been perpetrated by someone other than the party actually responsible. The term originates from ships flying a flag other than their own to evade identification. Pirates would fly a legitimate flag in order to get close enough to a target ship to launch an attack. Now the term means an operation carried out to be pinned on an enemy organization, to destroy that organization's reputation or to hide illegal activities by misplacing responsibility.

*Some people believe that the January 6 debacle was a **false flag** to rush through the certification of the 2020 electoral votes. Truckers are expecting a **false flag** attack to make the Convoy appear to be dangerous.*

MORE WORTHWHILE READING

A perfectly brilliant essay about Trudeau and the truckers, by a Protestant pastor with a gift for words

<https://dougwils.com/books-and-culture/s7-engaging-the-culture/tin-soldiers-and-trudeaus-coming.html>

New series with John-Henry Westin, "Faith and Reason", Episode 1: The New World Order. Features Fr. James Altman

<https://www.lifesitenews.com/video/exposing-the-sinister-connection-between-the-vatican-china-and-the-new-world-order-faith-reason/>

Steve Kirsch interview with Canadian researcher Dr. Byram Bridle. Kirsch is a brilliant researcher; Bridle is the Canadian physician who first obtained the biodistribution studies that showed accumulation of vaxx spike protein.

https://stevekirsch.substack.com/p/my-interview-with-dr-byram-bridle?utm_source=url

Will hemorrhagic fever be the next pandemic? Chinese whistleblower drops a bombshell and says Chinese Communist Party is already buying up the drug that appears to be most effective against HF.

https://jdrucker.substack.com/p/exclusive-dr-li-meng-yan-reveals?utm_source=substack&utm_campaign=post_embed&utm_medium=web

800,000 US children aged 5-11 missed school days due to serious adverse vaccine events

<https://dailyexpose.uk/2022/02/23/800k-kids-missed-school-adverse-reaction-covid-jab/>

The vax-pushers' pathetic last stand, a dispatch from an excellent writer, Mark Oshinkie

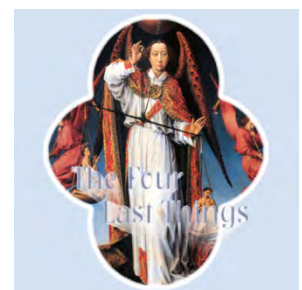
https://markoshinskie8de.substack.com/p/the-vax-pushers-pathetic-last-stand?utm_source=url

Prayer

Staying right with God

CatholicTradition.org hosts an online book published originally in the 18th century, entitled "The Four Last Things: Death, Judgment, Heaven and Hell" by Fr. Martin Von Cochem. Region 8 member Sue said that reading this book made her never want to even come close to sin for the rest of her life!

This would make a good read for your holy hours during Lent this year. You can read it on any device. <http://catholictradition.org/Classics/4last-things.htm>



Meet a Member

What are members thinking about CORAC these days?

Danielle Schott, Region 4 (Heart of Dixie)



Danielle was a “founding member,” joining CORAC immediately when Charlie announced its formation in 2020. She’s participated in regional Zooms, personal visits with other CORAC members, including Charlie, and one of the homeopathy classes offered by Health and Wellness.

She’s most interested in **skill-building** opportunities: growing food, medical care if doctors are unavailable, radio communications, sewing. She sees that we need more participative members, who could share a skill with others. She’d also like to see us plug into the growing “parallel economies” as people find ways to work around corrupt industries.

Danielle believes that God wants the world to get **small** again, living closer to the basics. She senses that there is an awakening going on, but that the door may be closing. Everyone will have to choose sides, soon. The remnant will be small, but faithful, like David facing Goliath. She thinks that’s where CORAC has a chance to shine. We have spent the past year building and figuring out what we’re going to do, who we’re going to be. We are on a **trajectory**, and our big moments are still ahead of us.

Take-aways:

- Members with “small living” skills might volunteer to teach a class: sewing, carpentry, gardening.
- Members who are just observing might consider taking a more active role. Everyone has something to offer.
- If you have ideas, contact your regional director. Or just act on them!

Here’s an [initiative](#) out of my hometown, Tyler, Texas. The creator of this site (she’s not a CORAC member, but a great example for us) just up and did this herself. She saw a need, and took action. She gathered the names of farms, ranches, growers, apiaries, artists and craftspeople who serve the East Texas community, published them on a website with links to individual suppliers, and even mapped them out so a user could easily see who is nearby. It’s a complete win-win! Producers find a readier market, consumers have healthier products, and any governments manipulations of the supply chain or food safety will have less effect on our community.

We envision a closed-loop supply chain of production, processing, distribution and consumption that will provide stability in food availability, job opportunities for our friends and neighbors and economic growth for the region.



**ANYONE COULD DO THIS
IN ANY PART OF THE COUNTRY**

Appendices

GOING TO THE CONVOY

FUEL: Top off your tank before you get to convoy route to avoid any shortages or long lines to get gas.

SUPPLIES: Load your car as though you're taking a long trip, just to have anything that may be needed.

- Warm clothes
- American flags
- Noisemakers (air horns, cowbells)
- Signs, good for parking lots and roadsides. Make them big to be visible. Ideas below.
- Phone charger and extra battery if you've got one
- Extra water and food
- Cash
- First aid kit
- Blanket
- Tool kit with hammer, duct tape, string, scissors... might come in handy

DRESS: High-visibility colors like red, orange, neon yellow. If you have a safety vest or headlamp, bring them.

LADIES: Don't carry a big purse. Use a passport pouch or backpack instead. Take precautions, as there may be crowds. If you're standing for a long time with flags and signs, a big purse or pack is going to wear you out anyway.

WEATHER: Check before you go and remember, your body gets a lot colder standing still than moving.

SAFETY, SAFETY, SAFETY: Be watchful, prudent, situationally aware. We can't support the truckers if we're creating emergencies of our own.

HISTORY: This convoy may fizzle. Maybe people are too scared and controlled. Maybe America is not ready to wake up. OR... maybe this convoy will grow like crazy. Maybe it's the very thing that WILL wake people up. Maybe it's part of God's plan to bring His people back to Him. One thing I do know is that this convoy is history in the making. It is ordinary people, coming together, to defeat tyranny and hand over a safe, sane homeland to their children.

Some ideas for signs:



CORAC Newsletter

“For every member, an action”

March 11, 2022



Remember what your purpose was when you joined CORAC? You didn't just want to receive information; you wanted to take part in community activities that *make a difference*. If you're not active now, pick something you feel strongly about and get out there. We have lots of ideas for you, but you have to take the plunge into positive action. You'll be glad you did; waiting nervously for the next big crisis is no way to live. Get out in front of it, and do *something*.

- Sheryl Collmer, editor



From the cockpit of the Subaru:

Charlie traverses the country at the wheel of his trusty 2002 Outback, ably maintained by loving friends and guardian angels, 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>

If a Forest Collapsed Into Their Laps, Would the Media Notice?

As this is written, the massive People's Convoy (the American trucker's convoy) is circling Washington, D.C. several times a day. At one point I saw drone footage of the length of the convoy while it was in the Midwest. The person who posted the footage said it stretched for almost 90 miles. This is one of the biggest protests in American history.

How much have you heard about it from the establishment media? When the biggest protest in history happens under their noses, it's all crickets in the corrupt American media – because it does NOT fit in with their preferred narrative. If you do not know by now that the establishment media is filled with liars and gaslighters; that it has, indeed, become the enemy of a free people, you may be an invincibly slow learner. If you do know that and you still get much of your news from the MSNBCNNABCBS media complex, what are you thinking?! Do you think they intentionally lie about this and not about everything else? They are not interested in informing you: they want to herd you into serfdom.

It is time to opt out and plug in. Opt out of establishment media, as defined above and that of your local daily newspaper, led by the New York Times/ Washington Post Axis of Lies. You need not be uninformed, but you should refuse to continue to be intentionally misinformed.

Some sites you can completely count on are the *American Spectator*, the *Federalist*, and *American Greatness*. Some of the other secular sites I peruse regularly are *Townhall*, *RedState*, the *Daily Wire*, *American Thinker* and *Citizen Free Press*. My top religious sites are *The Catholic Thing*, *Catholic Culture*, *LifeSiteNews* and *First Things*. Another of my favorites is *Crisis Magazine*, where the managing editor of the newsletter you are reading, CORAC's own Sheryl Collmer, has a piece this week entitled, "[Dispatch From the Convoy.](#)"

More important, perhaps, than the media in this age of lies and chaos is getting out and getting involved with friends and neighbors who are determined to work together to do the little they can that is right in front of them. That is fundamentally what CORAC is about. Check in with your Regional Coordinator or go to our website at corac.co (not .com) to check out the different national teams we have set up where you can work with people close to you AND all across the country to help each other with medical needs, communications, education, gaining home and frontier skills and prayer teams.

Some think the prayer teams sound innocuous and sedate. Let me tell you about just one of the projects coming from that group right now. It is the Wild Initiative – not because it is crazy, but because I chose to name it after the person who sparked the idea. Many people have family members, whether students at school or relatives who are not near other family – and rightly worry about how to look in on them if a need arises. A Carmelite Nun had this concern and mentioned to me at lunch one day that she wondered if there might be someone in CORAC, since we are national, who might be near her parents and could look in on them if need be. What a fantastic thing! So now we are working

to connect people with loved ones isolated from family to people in CORAC who are near those family members to check in on them when the need arises. Simple stuff, but it forges community and gives peace of mind to many.

Our prayer teams work together on contemplative prayer, prayer of worship, prayer of praise, prayer of petition AND prayer *in action*. So it is with all our teams and regions. Opt out of fake news, and plug into our community that brings people together to help each other and those around them who ask – and share in the joy of real community in action. Acknowledge God, take the next right step, and be a sign of hope to those around you. That’s the CORAC way.

Charlie Johnston



Latest podcasts with Charlie:

- Charlie ponders This Week’s Headlines [here](#). Charlie shares some reflections about Ukraine and Russia, the SOTU, and the measured approach to emotional issues.
- Communications, with Larry Wescott and Steve Johnston [here](#). They discuss radio education and practice, EMP’s, the CORAC plan for communications in difficult situations.

See all the CORAC [podcasts](https://corac.co/newsroom/#regular-podcasts) here: <https://corac.co/newsroom/#regular-podcasts>

Action Items

Every CORAC member is an active-duty soldier in the army of God. Make something happen!

THE PEOPLES CONVOY

Our beautiful rolling heroes are now in the DC vicinity, staying overnight about 60 miles away from Washington. They have been driving south to DC in the mornings, where they circle the Beltway *without* entering the city, but in a great enough numbers that they cannot be easily ignored. Representatives from the Convoy have had several meeting with legislators, and will stay the course until they meet their objectives of ending the so-called state of emergency, ending all the vaxxx mandates and repairing the damage that’s been done over the last two year.

Participate: Buy a flag at Lowe’s, go to the nearest Interstate overpass, and let the stars and stripes wave! You will get grateful honks from the people who pass under the bridge. There are more of us than you would ever imagine.

Donate: As the price of fuel goes up, the truckers could use a helping hand. They have a very solid organization running the [online donations](#), as safe as anything we do these days. You can also send checks to a physical address American Foundation for Civil Liberties and Freedom, 6528 E 101st St – Ste D1, #399 Tulsa, OK 74133.

Follow:

The most reliable news is on their [website](#).

The most up-to-date news is on their [Telegram channel](#).

The *Crisis* magazine article about the convoy is [here](#).



This photo features Bridgett, a CORAC member from Oklahoma!

Dispatch from the Convoy

BY SHERYL COLLMER

AMERICA PRAYS

Many “America Prays” groups are meeting on Wednesday evenings all over the country, gathering in front of city halls and county courthouses. **START ONE.** What are you waiting for?? It’s easy to talk your Catholic friends into doing a rosary with you, especially during Lent. Just do it outside, in public, and hold a flag while you pray. That’s it.

SAVE THE CHILDREN

Stay tuned. The FDA has not yet announced a new date to consider the vaxx for children under 5 years. If they try again, we’ll be on the letter-writing project immediately.

SCHOOL BOARDS

Find your local school board on the internet and attend meetings. You’ll know what to do from there. If the mask mandates have been dropped in your area, there is still a good reason to oversee school boards: pornography. School libraries receive assortment boxes of books from the state, which have pornographic materials mixed in. When I say “pornography,” I’m not exaggerating. You would be horrified. Let’s get on that!

J6 PROJECT

This situation is a national disgrace: people held without formal charges for long periods of time, in solitary confinement for misdemeanors or nothing at all. Now one of the unjustly confined, [Matthew Perna](#), has committed suicide, a completely broken young man. This must stop!

Please write your Congressmen and demand investigation into the unconstitutional mistreatment of the J6 prisoners. Do it now, before you forget these pitiable men, some of them veterans, most of them fathers, all of them American citizens who should be protected by the Constitution.

Everyone should write **3** letters, to each of your two Senators and to the Representative for your district. Find addresses here: <https://www.findyourcongressperson.com>

To get ideas for your letter, read this: <https://www.americanlibertyemail.com/articles/finally-gop-reps-demand-answers-on-torture-of-january-6-political-prisoners/>

Some of their Constitutional rights that have been violated:

- Right to a speedy trial
- Right to confront your accusers
- Right to humane conditions
- Right to appropriate medical care
- Right to express grievances
- Right to competent legal counsel
- Right to access discovery in their cases



These men have virtually no one to help them. Please do what you can. *We* are their only hope.

Communications

Keeping in touch when channels are unreliable

For a great conversation about radio communications, listen to the [podcast](#) with CORAC's comm specialists, Steve Johnston and Larry Wescott. Great encouragement for beginners and those with questions.

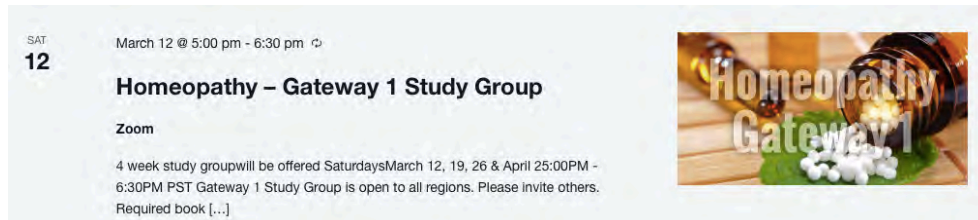
The CORAC Radio Net Broadcast occurs every Sunday 7:30 pm - 9:30 pm. Tune it to practice your radio skills.

1st Broadcast 7:30 PM Eastern, 6:30 PM Central, 5:30 PM Mountain, and 4:30 PM Pacific. Frequency: 7.284 MHz
2nd Broadcast 8:00 PM Eastern, 7:00 PM Central, 6:00 PM Mountain, and 5:00 PM Pacific. Frequency: 3.980 MHz

Health & Wellness

Staying robust in trying times

The CORAC Health & Wellness team is again offering classes! See the [online calendar](#) for more details.




SAT
12

March 12 @ 5:00 pm - 6:30 pm

Homeopathy – Gateway 1 Study Group

Zoom

4 week study group will be offered Saturdays March 12, 19, 26 & April 25:00PM - 6:30PM PST Gateway 1 Study Group is open to all regions. Please invite others.
Required book [...]



Homeopathy 1 (4 week course) begins Saturday, March 12, 5:00 to 6:30 pm. Sign up for the class here: <https://corac.co/event/homeopathy-gateway-1-study-group/2022-03-12/>

Anthocyanins

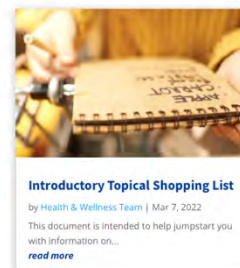
These pigmenting compounds found in red and purple foods have long been known to boost immunity, help prevent cancerous cell growth, and fight inflammation. Now they are believed to have some effect on [COVID](#), and may well treat the viral hemorrhagic fever that is rumored to be currently circulating in China.

It's no sacrifice to eat more berries, but check out the other beneficial qualities [here](#), and the viral protection for hemorrhagic fever [here](#).

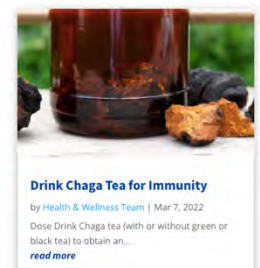


The latest posts & resources

Over at the CORAC website, the [Health and Wellness](#) team has some great new posts:



Introductory Topical Shopping List
by Health & Wellness Team | Mar 7, 2022
This document is intended to help jumpstart you with information on...
[read more](#)



Drink Chaga Tea for Immunity
by Health & Wellness Team | Mar 7, 2022
Dose Drink Chaga tea (with or without green or black tea) to obtain an...
[read more](#)

Sustainable Living and Survival Skills

Home skills for self-sufficiency

The CORAC Sustainability team has put up a virtual gardening class on the website!

In this first Gardening Session designed for beginning to experienced gardeners, you'll learn about supplies, planning and watering (1st topic), chickens and gardening (2nd topic). Presented by Suzanne Paroski and Tim Bucher of CORAC's Sustainable Living team. 1 hour, 30 minutes [here](#).



Gardening - Session 1 (Virtual Class)



CORAC Region 15 member Patrick observes the USA from one coast to another on a weekly basis as a professional truck driver. It is a perspective few of us have, from an industry that inspires something like awe for the captains of those behemoth vehicles. We're all learning a bit more about truckers now with the Convoy!

After some initial concern for the safety of the truckers, Patrick says he is impressed with the Convoy's lawful approach, good manners and careful prudence to avoid traps set for them. He believes they are shedding favorable light on the trucking profession. Their leadership does them credit.

However, despite all their best efforts, they are just not getting press coverage. Even the meeting with Senators Johnson and Cruz was a negligible bit of publicity. Patrick believes that more than half the adult American population has no awareness at all of an American convoy, and that among those who were aware, most don't know that it's still going on. That's a serious liability, but like the multiplication of loaves, God can take the meager efforts of a few people, and use them to benefit multitudes of people.

The Convoy has not affected his daily life as a trucker, except insofar as some people may be more kindly disposed towards truckers in general, more courteous in traffic, more conscious of the trucks around them. There may be a fondness for truckers that was not there before.

Patrick is trying to avoid taking loads to the eastern part of the country near Washington DC right now, in order not to be stuck. He drives a contract truck and neither he nor his customers can afford lengthy delays. This is the situation for the vast majority of truck drivers, and the reason why the Convoy is not bigger. The truckers in Hagerstown right now are mainly owner-operators who have control over their own schedules, and can freely make the sacrifice.

The power of a trucker's strike is the potential non-delivery of essential goods. Right now, the number of trucks in the Convoy, not delivering loads, is not near sufficient to cause any shortages. Patrick doubts that a general strike of truckers will occur, as so many drivers are naturalized citizens from all over the world: Somalia, Ethiopia, Mexico, eastern Europe. Being recently arrived in America, they don't have the resources to be able to strike. He doesn't think there is enough solidarity to envision a general strike of the size that would squeeze the economy.

Other Items Of Interest

Random stuff I just felt like sharing

COVID BY THE NUMBERS

- 10.93 billion doses have been administered worldwide, as of March 10, up 2.8% from the last newsletter.
- 63.4 % of the entire world's population has received at least one dose, a 1.4% increase, a slight slowing of the increase since last newsletter.
- 13.7% of those in low-income countries have been injected.
- It is alleged that 65% of Americans have been "fully vaccinated" while another 11% received only one injection, for a total of 76% of our population.

Data from: <https://ourworldindata.org/covid-vaccinations>

The rate of injections is indeed slowing down, though it may be that the focus is now on people in low-income nations, as the first world nations are becoming more and more aware of the dangers of the shot. Third-world nations are more easily coerced, as they depend on foreign aid, which can be made contingent on their vaccine policy.

RUSSIA / UKRAINE

There is no shortage of opinions whirling dervishly around, with explosive emotions on both sides. The vast majority of us can have *no idea* what is really going on in Ukraine. There is massive misinformation, deep corruption and extremely strong motivation to deceive the public because the stakes are so high. The people I trust most right now are those who are suspending judgment until more is revealed.

One exception is Archbishop Viganó. He is in a position to know more than the average bear, and he has demonstrated that he is fearless for himself when delivering a message for the faithful. His latest letter is long, and worth every ounce of mental energy you must invest to comprehend it.

<https://www.lifesitenews.com/opinion/abp-vigano-globalists-have-fomented-war-in-ukraine-to-establish-the-tyranny-of-the-new-world-order/>

This letter is being called "the global shot heard round the world." Don't miss it!



VOCABULARY

Relatively obscure terms leap into the news as if on a timer. Here are a few that are suddenly in common usage.

Color Revolution, noun.

Originally, popular uprisings against authoritarian regimes. Now it is often understood to refer to operations by foreign governments to destabilize one regime and replace it with hand-picked agents. Examples are the *Rose Revolution* in Georgia in 2012, the *Orange Revolution* in Ukraine in 2004, and the *Tulip Revolution* in Kyrgyzstan in 2005.

Black Swan event, noun.

Unforeseeable events with severe consequences, like the Black Death in the Middle Ages or the deliberate piloting of an airplane into a skyscraper. Black swan events are things that no one saw coming, but then are discovered to have been explainable in hindsight. An ancient writer once said that something was "as rare as a black swan," that is, non-existent; but then black swans were actually discovered to exist in Western Australia centuries later. Black swan events demonstrate the randomness of daily life, and the inability to accurately project the present into the future.

DEVOLUTION

Not saying it's real; not saying it's not. But it's extremely interesting! "Patel Patriot" has been studying this for a long time, the transfer of power to a lower level, especially by central government to local or regional administration.

(“Patel Patriot” is a Catholic layman who got interested in this subject a while back, and is now probably the world expert on it.) It’s a *lot* of reading, but as I said, drop-dead interesting. It will make you think hard. Index to the articles [here](https://www.devolution.link). <https://www.devolution.link>

DO NO HARM SEXUAL IDENTITY CONFERENCE

A joint effort of the Catholic Pro-Life Dallas and the Catholic Medical Guild, for physicians, attorneys, counselors, clergy and all involved in the professions of care, including teachers and parents. There is a charge for participation, as this is a primarily professional conference, with education credits available. See the [website](#) for full details.

The physical event takes place on Saturday, March 26, from 8 am to 4:40 pm at St. Rita Catholic Church in north Dallas, but it can also be livestreamed from anywhere.

Tell any of your friends in the helping professions.



HEALTH FREEDOM SUMMIT

This virtual event features dozens of excellent speakers such as Bishop Athanasius Schneider, Dr. Robert Malone, Robert Kennedy, Jr., Monica Smit (Australia), Dr. Peter Breggin, Dr. Christina Parks, Pam Popper, Dr. Peter McCullough, Del Bigtree... in short, the Cadre of Courage, the Brigade of Bravery, the Team of Truth.

The event began Thursday, March 10, but you can still [sign up](#) and get Friday and Saturdays talks for free, or buy the [Premium Pass](#) for unlimited access to all talks, plus some freebies.



HELP FOR VAXXX-INJURED

Dr. Zev Zelenko, another fearless health warrior, has [announced](#) that there is help coming for those who’ve taken the vaxxx. It should reduce the risk of blood clots, lethal immune system overreactions and immune deficiency. He tells readers to “stay tuned.” It will be called Z-D-Tox, and as soon as I hear it’s available, I’ll publish details.

STATUS OF MANDATES

In the Free State of Florida, the surgeon general Joseph Ladapo has courageously [recommended against](#) giving children the vaxxx, saving many families a lifetime of grief.

Meanwhile, in the People’s Republic of California, Governor Gavin Newsom is [doubling down](#), attempting to force all schoolchildren, employees and independent contractors to submit to the vaxxx.

The documents that Pfizer was compelled to make public confirm that, *by their own data*, the shots are not safe and not effective. See this [analysis](#). No one except the willfully ignorant or deeply corrupted would be recommending the shots at this point.

ALTERNATIVE CURRENCIES

Ever since Canada endangered their own banking system by destroying consumer confidence in their safety from government appropriation, ordinary people have been wondering about alternative currencies. Then the sanctions against Russia moved more investors into crypto and precious metals. And now we have inflation to plague the strength of the US dollar. I definitely think alternative currencies are worth a look. They each have their own risks and potential rewards. I prefer to do my research in this area *offline*, ie... books. Here are a few:

[Bitcoin Basics](#) by Eric Sammons

[Investing in Precious Metals](#) by David Ganz

Do very diligent research before investing. If you decide to invest, research your broker thoroughly. There are good crypto exchanges, but you will want to learn about private wallets for crypto. Think about safe storage ahead of time.

ARE YOU A REAL CORAC MEMBER?

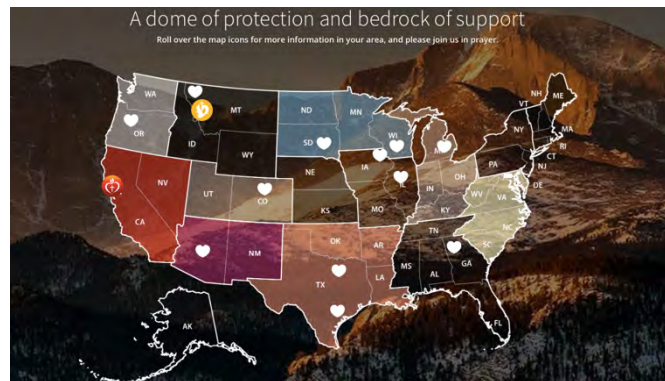
Quick! Prove it by answering this question: What's the threefold mission of CORAC?

I had to look it up on the [website](#), too, but now it's right on the top of my brain. This organization may someday be incredibly important to you. I am already aware of several lives that have been saved because of contacts through CORAC in other regions of the country. Learn the mission so you can live it, too, and be a sign of hope to others.

CORAC is a grassroots organization dedicated the traditional values of **faith, family and freedom**.

Our three primary goals are to:

- **Publicly stand for these values** by connecting active members for mutual support
- **Prepare people to defend themselves** against any effort to outlaw these fundamental principles.
- **Prepare to publicly defend** any of these traditional core values that are outlawed or suppressed.



HOW TO LOVE FASTING

Prayer and almsgiving feel much more manageable to me than fasting, so I was glad to see this [presentation](#) by *Crisis* editor Eric Sammons, and [this article](#) on OnePeterFive. There is help for us weaklings!

FAITH AND REASON

New series with John-Henry Westin, "Faith and Reason"

Episode 1: The New World Order, [here](#).

Episode 2: Russia and Our Lady of Fatima [here](#).

Episode 3: Escalation [here](#).



Prayer

Staying right with God

PRAYER WARRIORS ON THE MOVE

The CORAC national prayer team is leading a full-on CHARGE! [Look](#) at what they're undertaking!



Our Purpose

We who serve on the Prayer Teams will offer a dome of protection and a bedrock of support from which springs God's Grace infused in CORAC's good works. Embracing the core message of TNRS-ASOH: Acknowledge God, take the next right step and be a sign of hope to those around us, we partner with God and participate in sanctifying this blessed organization and its worthy calling. Yes, we all have power to sanctify, for each of us was baptized priest, prophet and king.

[READ MORE >](#)



How it works

Prayer Teams can be formed locally OR you might gather on Zoom with people from around your area, state or the country. THE POWER OF TEN will drive this part of the mission. When you answer the call to join or lead a Prayer Team, please do take on the challenge of offering an invitation that at least TEN more people join us by leading or simply joining a Prayer Team... and, then, encourage your TEN to invite and commission each of their TEN to also gather TEN... [READ MORE >](#)

MARCH PRAYER INTENTIONS

Please make these intentions part of your daily prayer:

- For our war-weary, conflict-burdened, chaos-riddled world... that believers hold firmly to Jesus' garment, doing whatever He tells us to do, while immersed in prayer and living the Spiritual and Corporal Works of Mercy
- In these days, we pray, particularly, for Russia, Ukraine, China, and Taiwan with a calming of the unrest in every troubled land
- For an end to the mentality that "Nobody will forgive; nobody will forget." Let all divisions cease and in their place be Christ the Lord, the King and Prince of Peace
- For a new outpouring of Holy Spirit's gifts of **wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord**
- That God will bring complete recovery to all CORAC members, families and friends who are suffering with covid or undergoing any sort of difficult trial
- For Charlie as he continues with his current missionary journey, visiting people in regions throughout the country, and that he travel in safety while every meeting and gathering is blessed
- That CORAC members continue to activate their gifts and charisms, willing to respond to the needs of those around them as we all make our stand with God via hearts of ongoing prayer and action projects that overcome evil by doing good
- That fear be banished, in the Name of Jesus, as we choose to live what Charlie has exhorted in his writing: "...become accustomed to thinking that all is lost while doing the best we can and trusting God to come through – in His time and in His way, seeking actively to find what we have missed."

CORAC Newsletter

“For every member, an action”

March 25, 2022



People think we're out of the woods now; we aren't. While focus has been diverted to eastern Europe, the Vaxx has lost world attention. I don't think that was incidental. Deaths and disabilities from the Vaxx continue to mount. The excess deaths in 2021 for young adults aged 18-44 exceeded the total US death toll of the entire war in Vietnam, causing statisticians to call it a “mass casualty event.” There is something hidden and frightening going on with vaccinated people that our attention is being pulled away from. Don't let your energy be dissipated by all the noise that surrounds us; we will need that energy to fight in whatever way the Lord directs us. Stay strong, and be attentive.

- Sheryl Collmer, editor
Sherylc@coracusa.com



From the cockpit of the Subaru:

Charlie traverses the country at the wheel of his trusty 2002 Outback, ably maintained by loving friends and guardian angels, 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>

A New Generation of Hope

I have been getting a lot of people in their 20's and 30's at my talks this year - and joining CORAC. Small wonder; it's not like many other social avenues are offering a way to speak with genuine freedom and a means to express themselves through building something up, rather than tearing things down.

Back when I was a prominent statewide political operative in Illinois, young operatives would try to get to work with me because my reputation was that I didn't care how old or young you were; if you worked effectively to deliver the goods, you were going to rise in any organization I ran. (I eventually found out that the young “Charlie people” from different campaigns would sometimes get together – and weed out any pretenders by saying some of my common but peculiar phrases. “Bloody hell!” was my phrase of surprise or exasperation and, “Talk to ya,” was often my way of ending a phone call.)

It occurred to me a few weeks back that the kids born on 9-11 will be 21 years old this year. (Man, it seems to me it took me a LOT longer to reach 21 than it has them!) It kind of staggered me to realize that they have never known an America that was fully free, encouraged initiative, and really worked to promote opportunity for all.

The America that people my age are nostalgic for has never existed for them, except in underground history books. In fact, ever since the early 90's we have been constraining freedom and opportunity at an ever-accelerating pace until now, when almost nothing works in America. “Equity” instead of equality of opportunity has meant the progressive impoverishment of all – and watch what you say lest the mob comes for you. America is now governed by roving bands of rival warlords.

Chillingly, at a dinner near Washington, D.C., a man in his 20's told me that he was glad to hear me say that; that I was the only person my age he had ever heard acknowledge it. But, he added, he and his friends talked about it a lot. It is not their time to step into predominant power, he noted, but when they do they intend to tear it all down. This was no wild-eyed revolutionary. He is devoted to his wife and kids and is deeply faithful. It shook me a bit to realize how clearly the best among the younger generation know how very badly we have failed – and even betrayed – them, both by the things we have done and the things we have failed to do, as it says in the Confiteor.

There are any number of organizations which encourage young people to express themselves by talking about what they are against and what they hate in others, degenerating into the feral, mindless rage of Antifa or BLM. We have to be the organization that defines people by what they are for and what they will work to build, while offering ways to do those things. Building a house is slow, steady work; not nearly as dazzling and quick as blowing one up. Shoot, you

could level several neighborhoods in the time it takes to build one house. But in the leveling, you cannot forge the bonds of friendship, camaraderie and accomplishment that come with patiently building one house.

I encourage you to actively start recruiting young people into your groups. Standing for faith, family and freedom will never be as transiently exciting as fire, mayhem and destruction. But young people are increasingly repulsed by the vandals who have bullied their way into influence and power in America. The young are hungry for people who can show and help them to bear fruit that will last. We failed by letting the vandals in to ravage the house that we built – but unlike the vandals, we know something about building. With a “mea culpa, mea culpa, mea maxima culpa,” let us forsake our decades of neglect and forge alliances with our young people to rebuild a just society that rewards initiative and works to create opportunity for all. That is fruit that will last.

Charlie Johnston



New weekly podcast available now, with Charlie Johnston and Dr. Joe Brickner

“Russia & Other Headline News” • Recorded 03/22/22

See all previous CORAC [podcasts](https://corac.co/newsroom/#regular-podcasts) here: <https://corac.co/newsroom/#regular-podcasts>

Charlie will be speaking in St. Louis, Missouri on **Sunday, April 10**. For more details, see the webpage at: <https://corac.co/2022/03/16/apr-10-st-louis-mo/>

Action Items

Every CORAC member is an active-duty soldier in the army of God. Make something happen!

THE PEOPLES CONVOY

Hundreds of stalwart truckers and supporters are still in Hagerstown, MD, north of Washington DC. Each day, they drive down to the city to circle the Beltway like Joshua marched around Jericho. They declare they will remain for however long it takes for these requests to be met:

- An end to all vaccine and mask mandates
- Accountability for the damage done



These folks are representing **us**, more so than almost all our Congressmen. They are standing in the breach until the mid-terms, if necessary. They are small in number, and have already been at this for a month; a month away from their families, a month of no income, a month of stressful service for which there is little reward.

>>> WHAT THEY NEED MOST IS PEOPLE <<<

Visit them: The Convoy has set up camp at the Hagerstown Motor Speedway, 15112 National Pike, Hagerstown, MD. The Convoy members really need to see new people, coming into camp to encourage them, help in the kitchen, do cleanup duty, take photos and videos to publicize their work. CORAC has *hundreds* of members who could get there, even if just for a day or two. This weekend would be a good time!

RALLY WITH THE DOCTORS AND LIVE Q&A

Saturday, March 26th 3:30-6pm Hagerstown Speedway, Maryland

Dr. Robert Malone
Chief Medical Officer
The Unity Project

Dr. Paul Alexander
Chief Scientific Officer
The Unity Project

Brian Brase
Lead Co-Organizer
The Peoples Convoy



<https://thepeoplesconvoy.org>

Helpful donations if you visit:

Meat: sausage, bacon, ground beef, chicken.

Eggs, milk and butter

Paper supplies like plastic forks and clamshell to-go boxes

Heavy-duty 55-gallon drum trash bags

Donate: A very solid legal organization is running the [online donations](https://afclf.org/donate-now/) at <https://afclf.org/donate-now/> You can also send checks to American Foundation for Civil Liberties & Freedom, 6528 E 101st St Ste D1, 399 Tulsa, OK 74133.

Follow:

The most reliable news is on their [website](https://thepeoplesconvoy.org). <https://thepeoplesconvoy.org>

The most up-to-date news is on their [Telegram](https://t.me/PeoplesConvoy2022) channel. <https://t.me/PeoplesConvoy2022>

Some people are livestreaming as they drive with the Convoy. This is unedited raw footage, so it can get slow in spots, but if you really want to get the flavor of being with the Convoy, try one of these.

First Responders Media: <https://www.youtube.com/c/1stRespondersMedia>

Driver Sasnak (Kansas spelled backwards): <https://www.youtube.com/c/Sasnak>

Driver Oreo Express: <https://www.youtube.com/c/OreoExpress>

AMERICA PRAYS



Many “America Prays” groups are meeting on Wednesday evenings all over the country, gathering in front of city halls and county courthouses. START ONE. It’s easy to talk your Catholic friends into doing a rosary with you, Just do it outside, in public, and hold a flag while you pray. Then register your group on the [website](#) so others can find you.

Check for America Prays groups that may have already begun in your area <https://public-rosary.org> Zoom in on the world map for details about already-organized groups. If you don’t see one near you, START ONE.

SAVE THE CHILDREN

The Pfizer CEO is pushing a 4th vaxx, which no educated person would consider at this point. I think it is likely they will bring back mandates over the summer and require the boosters for children to go to school in the fall... unless we fight. Good ways to head them off before they come again for the children are to support The People’s Convoy, get active on your local school board, and stay current on the latest real science. For example, the data that Pfizer has been court-ordered to release shows that the deaths and adverse effects *in the trials* showed that the shot was not safe... and they shoved it onto the public anyway. We must stay abreast of these matters to protect the children.

SCHOOL BOARDS

Find your local school board on the internet and attend meetings. If the mask mandates have been dropped in your area, start on the pornography issue. School libraries receive assortment boxes of books from the state education boards, which have pornographic materials mixed in. Check that out in your area.

Be ready to have to oppose vaxx mandates if they rear their ugly heads in the summer, when people aren’t watching.

J6 PROJECT

Write your Congressmen and demand investigation into the unconstitutional mistreatment of the J6 prisoners. Find addresses here: <https://www.findyourcongressperson.com>

CORAC members are writing each of the J6 prisoners in the DC Gulag. If you’re one of the penpals, you can generate printable Sudoku puzzles to send your guy here: <https://worksheets.theteacherscorner.net/make-your-own/sudoku/> If you want to take a J6 prisoner for correspondence, please email Kristin at kannmartinez@sbcglobal.net.

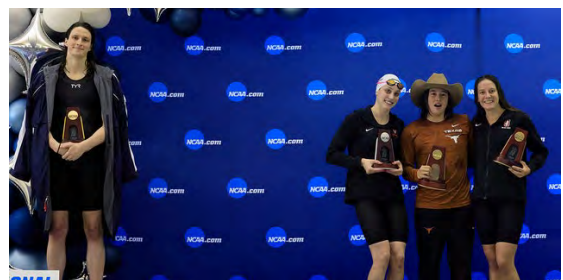
Watch the video “Capitol Punishment” to understand what really happened: <https://capitolpunishmentthemovie.com>

ECLIPSE OF WOMEN

One of the goals of CORAC is to defend the traditional values of faith, family and freedom. Our understanding of the truth about the human body is the very foundation of family and faith. Defending biological women against the intrusion of men into the particular realms of women is central to our mission.

Pictured: transgender Lia (Will) Thomas after stealing a medal at the NCAA Championships March 27. The real medalists, including Olympian Emma Weyant and the “fourth-place” winner, who was really third place, pose some distance away.

Their bodies tell a story



Justin Casterline / Getty Images

Florida governor Ron Desantis [officially declared](https://www.lifesitenews.com/news/desantis-signs-proclamation-declaring-victory-for-female-swimmer-who-lost-to-transgender-lia-thomas/) that Emma Weyant was the true first-place winner. He blasted the NCAA for allowing a man to compete in a women's event, and so should we! Contact the NCAA and protest the admission of biological males to women's sports. <https://www.lifesitenews.com/news/desantis-signs-proclamation-declaring-victory-for-female-swimmer-who-lost-to-transgender-lia-thomas/>

The National Collegiate Athletic Association
700 W. Washington Street
P.O. Box 6222
Indianapolis, Indiana 46206-6222

Phone: 317-917-6222

USE CASH



A hidden threat in our immediate future is the CBDC, the Central Bank Digital Currency, a centralized digital identity through which your activities and purchases will be processed.

The Canadian government has already demonstrated how willing they are to steal the financial resources of people who hold “unacceptable views.” That was a warning, for those who are paying attention.

CBDC is not the same thing as cryptocurrency. They are both digital, but CBDC is centralized and trackable. CBDC is a fiat currency, “loaned” to you by the Federal Reserve, and it will be subject to every pressure that the greenback is subject to. In other words, it's a digital version of your US dollars. Cypto is completely *de*-centralized (when you use a private wallet) and its blockchain encryption is not trackable. Two very different things.

CBDC paves the way for a social credit system like the one in China, which rewards and punishes people for the actions that the government wants them to take or avoid. If you lower your score too much by “unacceptable” actions and viewpoints, your life and finances can be restricted by the government.

If we accede too easily to living our lives digitally, we will become subjects of the Central Banks. Our best defense, and it will only work for a short time, is to USE CASH. Once the CBDC is in place, it will be impossible to go back. Get cash, and pay everything you can with cash. It's a small action, but it slows down the advance of the CBDC.

Read more about Biden's executive order here: <https://fortune.com/2022/03/10/biden-executive-order-crypto-u-s-digital-currency-cbdc/amp/>
and what the social credit system could look like in the US [here: https://www.theorganicprepper.com/social-credit-system-coming-to-america/](https://www.theorganicprepper.com/social-credit-system-coming-to-america/)

Communications

Keeping in touch when channels are unreliable

One of the best resources on radio communications is the great conversation between CORAC's comm specialists on the **Chatting with Charlie** podcast a few weeks ago. Take a listen [here. https://corac.co/2022/03/10/podcast-on-communications/](https://corac.co/2022/03/10/podcast-on-communications/)

The CORAC Radio Net Broadcast occurs every Sunday 7:30 pm - 9:30 pm. Tune it to practice your radio skills.

Visit the Communications forum on the [website](https://corac.co/communications-teams/) for great tutorials and info on shortwave listening, programming your radio, and amateur radio certification. <https://corac.co/communications-teams/>

Health & Wellness

Staying robust in trying times

The CORAC Health & Wellness team has produced some video classes in the Homeopathy education series, which you can watch at your leisure. See the offerings [here](https://corac.co/category/specialty-teams/health-and-wellness/classes-hw/). <https://corac.co/category/specialty-teams/health-and-wellness/classes-hw/>

Many members have equipped themselves with homeopathic remedy kits and educated themselves on their use. The Health & Wellness team periodically offers Zoom classes; I'll announce in the newsletter when a new one begins.

In the meantime, you can begin to educate yourself with books such as:

- **Homeopathy: A to Z Home Handbook**, which is the one featured in the CORAC homeopathy education series. Click here for Amazon link. <https://www.amazon.com/Homeopathy-Home-Handbook-Alan-Schmukler/dp/0738708739>
- **Cure Yourself & Family With Homeopathy**, a workbook written by Joette Calabrese, a homeopathic mentor to many on our Health and Wellness team. Click here for purchase information: <https://joettecalabrese.com/product/CureYourself.html>



If you want to order a kit of homeopathic remedies, CORAC member and certified homeopath Anne Hajek's website still has some available. <https://hajekhomeopathy.square.site>

HELP FOR THE VAXXX-INJURED

Dr. Zev Zelenko, another fearless health warrior, has launched a new formulation, Z-Dtox, for people with dysregulated immune systems, whether from long COVID or from vaccine adverse effects. It should help reduce the risk of blood clots, lethal immune system over-reactions and immune deficiency.

Explanation of ingredients and mechanisms of action of Z-Dtox [here](https://www.thegatewaypundit.com/2022/03/zelenko-zdtox-announcement): <https://www.thegatewaypundit.com/2022/03/zelenko-zdtox-announcement>

Order Z-Dtox here: <https://zstacklife.com/products/z-dtox>

Order Z-stack, a formulation for building the immune system [here](https://zstacklife.com/products/z-stack). <https://zstacklife.com/products/z-stack>



Both formulas contain vitamins and supplements that are available individually (except that NAC can be a little tricky to find) but the value of the Zelenko products are that the right ingredients in the right proportions are all in one tablet, though pricey. Right now, I take about 12 supplements per day, and keeping up with the various dosages is getting wearisome. Anyway, Dr. Z is donating 10% of the sales proceeds to The People's Convoy. Hard to beat that!

Sustainable Living and Survival Skills

Home skills for self-sufficiency

The CORAC Sustainability team has put up a virtual gardening series on the website!

Session 1: Supplies, planting and... chickens! 1 hour, 3 minutes [here](https://corac.co/2022/03/07/gardening-session-1-virtual-class/). <https://corac.co/2022/03/07/gardening-session-1-virtual-class/>

Session 2: Survival Gardening, 1 hour, 48 minutes [here](https://corac.co/2022/03/17/gardening-session-2-virtual-class/). <https://corac.co/2022/03/17/gardening-session-2-virtual-class/>

There are some useful downloads at the bottom of [Session 1](#).



Gardening - Session 1 (Virtual Class)

The Sustainability forum has posted some great survival information, as well:
Power Outage Resources [here. https://corac.co/2022/02/03/survival-and-power-resources/](https://corac.co/2022/02/03/survival-and-power-resources/)
Water Purification [here. https://corac.co/2022/01/26/water-purification/](https://corac.co/2022/01/26/water-purification/)
Emergency Toilet Guide [here. https://corac.co/2021/06/14/emergency-toilet-guide/](https://corac.co/2021/06/14/emergency-toilet-guide/)
Army Field Sanitation and Hygiene Guide [here. https://corac.co/2021/06/14/field-hygiene-sanitation/](https://corac.co/2021/06/14/field-hygiene-sanitation/)

These are all printable resources. If you ever need this info for real, your internet connection and printer probably won't be working. Print out now, before you need it.

PRINT IT

You Can Grow Food [video](https://vimeo.com/672939034#) (1 hour, 26 minutes) presented by The Grow Network, recommended by a member in Region 14: <https://vimeo.com/672939034#> =



CORAC Region 15 member Patrick observes the USA from one coast to another on a weekly basis as a professional truck driver. It is a perspective few of us have, from an industry that inspires something like awe for the captains of those behemoth vehicles. We're all learning a bit more about truckers now with the Convoy!

It's been a bit of a slowdown for Patrick the last few months. Although he prefers to drive up to the DOT maximums (Department of Transportation requires a certain amount of driver rest) the available routes have been less numerous and less profitable. He's had much more down time this year than last, which is surprising because there used to be a trucker shortage. He used to be able to get as much work as he wanted.

Patrick speculates that the slowdown is due to the administration's policies which are slowly choking the economy. Fewer goods are available, so shipping would slow down commensurately. He has also noticed some shortages of goods on the shelves of the truck stops he normally patronizes. Some things that he is accustomed to buying simply aren't there anymore, dairy products, for instance.

As everyone knows, oil costs are up, particularly diesel. Shippers and brokers are not reflecting the inflation in rates, which squeezes the income of trucking companies. Companies like Amazon, whose rates seem to have actually gone down in the past year, are no longer as profitable for many drivers. There is a large population of drivers who come from less developed countries who will take the work at any price.

It's possible that the slowdown in shipping demand is an early warning sign. Consumers should take notice.

Other Items Of Interest

Random stuff I just felt like sharing

COVID BY THE NUMBERS

- 11.1 billion doses have been administered worldwide, as of March 23, up 1.5% from the last newsletter.
- 64.1 % of the entire world's population has received at least one dose, a 1.1% increase.
- 14.4% of those in low-income countries have been injected, a **5%** increase since the last newsletter.

That means the bulk of new vaccinations are going on in the developing world, where people are much more vulnerable to pressure.

Data from: <https://ourworldindata.org/covid-vaccinations>

RUSSIA / UKRAINE

Our nation is considering a distant war, and there is only one allowable viewpoint?? I wonder whether we should believe the majority view when it is so heavily promoted by George Soros, Hillary Clinton, Nancy Pelosi, the mainstream media, the complicit Congress, and all the same people who lied to us about COVID. There is never only one viewpoint to anything this big. The minority viewpoint, and there is plenty of evidence in its favor, can be found if you look outside the mainstream.

Whenever there is a “pile-on,” it eventually comes out that we were hustled. Consider these things: symphony orchestras are cancelling concerts that were scheduled to play Russian composers like Tchaikovsky (died 1893) and Rachmaninoff (died 1943); universities have taken Russian authors out of curriculums, like Dostoyevsky (died 1881); the Space Foundation “cancelled” Russian cosmonaut Yuri Gagarin (died 1968), *the first human in outer space*.

Does any of that make the slightest bit of sense? None of that posturing does the least damage to Russia; it only harms those who pompously deprive themselves of magnificent human culture and history.

In the light of such unreason parading as righteousness, some healthy skepticism and research is called for.

WHO POWER GRAB

The World Health Organization (thanks for the last two years, by the way) has proposed a treaty which transfers the power of signatory nations to the WHO for global pandemic response. As we have seen, any health issue can be magnified, populations terrorized, and billions of dollars appropriated when a high enough person in global governance decides it. The next time there is a “pandemic” (and there certainly will be since it is such a profitable operation for the people in charge) all nations party to this treaty will be under the legal power of the WHO.

This is “one-world government” knocking at our door. It goes against the Catholic principle of **subsidiarity**, which teaches that governance is best when it is done at the lowest practical level. In other words, you don't need an international committee to tell you how to organize your kids' soccer team. You don't need the UN curriculum on sex ed to talk to your children about love and marriage. Nothing should be done by a larger and more complex organization which can be done as well (and probably better) by a smaller and simpler organization.

Open letter opposing the treaty [here](https://drtrozzi.org/wp-content/uploads/2022/03/WCH-OPEN-LETTER-ON-WHO-PANDEMIC-TREATY-2.pdf). <https://drtrozzi.org/wp-content/uploads/2022/03/WCH-OPEN-LETTER-ON-WHO-PANDEMIC-TREATY-2.pdf>

Children's Health Defense weighs in [here](https://childrenshealthdefense.org/defender/who-monopolize-health-systems-worldwide/). <https://childrenshealthdefense.org/defender/who-monopolize-health-systems-worldwide/>

Subsidiarity in Catholic social teaching [here](https://www.thecatholicthing.org/2009/07/06/subsidiarity-a-primer/). <https://www.thecatholicthing.org/2009/07/06/subsidiarity-a-primer/>

World Council for Health (note that it's *not* the WHO) is leading the opposition against the treaty, and is not supported by globalists like Gates. Their information is therefore more trustworthy on any number of subjects, such as vaccine shedding, spike protein detox and natural immunity. Check out their wealth of resources [here](#).

DIGITAL DETOX

How to know if you are suffering from digital overload:

- News or online interactions interrupt your ability to sleep
- You experience anxiety or anger after being online
- You keep a device with you at all times
- Your relationship with friends is negatively impacted
- You have difficulty concentrating on everyday tasks



Is this you? Try a digital detox. Read all about how and why to do it [here](#).
<https://worldcouncilforhealth.org/resources/what-is-a-digital-detox/>
I'll be starting mine right after this newsletter goes out!

STATUS OF MANDATES

The **healthcare workers** mandate that the Biden administration imposed on all employees of facilities that receive Federal funding (as in Medicare) is still in force. The US Senate voted 49-44 to end the mandate, but the House has not yet acted. That means healthcare workers still have to submit to the Vaxxx.

Law enforcement vaccination is determined by state and local mandates. There are lots of lawsuits filed, but many mandates remain in force.

The mandate remains for the **military**, to the detriment of our armed forces. In fact, the vaxx is being pushed aggressively in the military. <https://www.foxnews.com/opinion/military-vaccine-mandate-unforeseen-costs>

So do we still need to fight against the mandates? **YES. YES. YES.** The people most essential to our survival are being forced to take a shot known to be destructive and deadly.

THE INDEFINITE PANDEMIC

In a statement issued **this week**, the odious Fauci warns that the US might need to re-institute lockdowns at any moment. The unelected bureaucrats don't want to give up any of the precious powers they took during the supposed "emergency." Watch it [here](#). https://www.theepochtimes.com/live-q-cdc-says-ending-pandemic-would-cost-powers_4350308.html?utm_source=Enews&utm_campaign=etv-2022-03-21&utm_medium=email&est=WZGVQ4RyULpYa5ZFBt36QdQJPSIYknBfNQs3qWXF1T%2FoC4rOaNoH5pZUDyg%3D

PETRODOLLARS

In the early 1970s, Saudi Arabia and the US agreed to standardize oil prices in US dollars. This system elevated the US dollar to be the dominant world currency, creating demand for US products from nations holding dollars. As far back as 2018, oil-producers Venezuela and Saudi Arabia have been threatening to accept currencies besides the USD, such as the Chinese yuan and the Euro. Now with sanctions against Russia, it appears that oil-producing nations may actually follow through and accept the yuan for oil sales. As long as the US was energy-independent, this shift could have been weathered, but since Biden has made us dependent again, it could slam US currency. Wait and watch.

Read more about this rather complex subject on Investopedia [here](#).
<https://www.investopedia.com/articles/forex/072915/how-petrodollars-affect-us-dollar.asp>

A good basic explanation from Tony Robbins [here](#). <https://www.tonyrobbins.com/wealth-lifestyle/what-is-the-petrodollar/>

AN AMERICAN HORROR STORY

One of the J6 political prisoners, a senior citizen and US Navy veteran, tells what happened to him, and the damage he continues to suffer [here](https://www.theepochtimes.com/mkt_app/navy-veteran-66-lives-an-american-horror-story-since-his-arrest-on-jan-6-sedition-conspiracy-charge_4338067.html?utm_source=morningbriefnoe&utm_campaign=mb-2022-03-23&utm_medium=email&est=owTBPEQy1JwuB3%2Bg7hX1%2B6b). https://www.theepochtimes.com/mkt_app/navy-veteran-66-lives-an-american-horror-story-since-his-arrest-on-jan-6-sedition-conspiracy-charge_4338067.html?utm_source=morningbriefnoe&utm_campaign=mb-2022-03-23&utm_medium=email&est=owTBPEQy1JwuB3%2Bg7hX1%2B6b

Tom Caldwell never even entered the Capitol, but that didn't stop the Feds from imprisoning and torturing (yes, that's the word I intended) him. He was offered an evil plea deal, and he considered taking it, just to save his family farm, but his wife has convinced him to fight.

Contributions to the Caldwell's legal defense fund are specifically intended to help them save their farm. <https://saveourfarmva.com/get-the-facts/> Donations at this site go directly to their legal team.



TRUCKERS KEEP TRUCKIN

Truckers vow to continue The People's Convoy, no matter how long it takes. Read more [here](https://www.theepochtimes.com/mkt_app/even-if-its-just-one-truck-its-still-the-peoples-convoy-trucker-vows-to-press-on-delivering-peoples-message-to-those-in-power_4352690.html?utm_source=morningbriefnoe&utm_campaign=mb-2022-03-23&utm_medium=email&est=Xc%25). https://www.theepochtimes.com/mkt_app/even-if-its-just-one-truck-its-still-the-peoples-convoy-trucker-vows-to-press-on-delivering-peoples-message-to-those-in-power_4352690.html?utm_source=morningbriefnoe&utm_campaign=mb-2022-03-23&utm_medium=email&est=Xc%25



I have begun to write up daily summaries of the activities of the Convoy, gained from conversations with Santa, who was Charlie's guest on [last week's podcast, here](#). Below are the latest few.

Monday, March 21

The main convoy continues to loop the city without entering. But small groups are breaking off from the main line and performing "special ops" in the city. One group drove to the NIH last week, and handed out free copies of Robert Kennedy's blockbuster book, "The Real Anthony Fauci," which was well received.

One group last week visited American University and talked to students about the mission of the Convoy. Initially the students were angry and hateful, but after the Convoy members responded calmly, students were so inspired that they organized their own protest against the campus mask mandate. Yesterday those mandates were revoked.

Today, 7 trucks and 7 four-wheelers went into downtown, and again handed out copies of Kennedy's book. Since they did not stop or park, they were perfectly within the law. Santa reports that the police have been supportive.

Some truckers have noticed that their phones are jammed in some locations, and there was an incident last week with some bricks thrown onto the roadway that caused damage to several vehicles.

Nevertheless, the mission continues with a great deal of support from the public.

Tuesday, March 22

The convoy went out on its daily rounds today, though Santa took a personal day to get laundry done and have some longer conversations with other Convoy members. The Convoy has been rolling for over a month now. That's a long time to be away from home!

The biggest need of the Convoy is for replacement drivers; not just truck drivers but four-wheelers (passenger vehicles) as well as camp help. Many people need to get home to take care of responsibilities, be with family, and refresh themselves. A great idea would be for us to organize mini-convoys from our towns and states, and go up to Hagerstown for a stint.

The goal of the Convoy, as Santa tells it, was never to disrupt supply chains, as that would hurt innocent people. Rather, the purpose is to awaken people, let them know they're not alone, and show how many of us there are who want to see mandates ended and officials held accountable for damage.

A documentary crew has been riding with the Convoy the last few days. They're getting footage of trucks on the roll, as well as day-long interviews with drivers. More info to come as this project progresses. It could be a while, as the crew are professionals and will spend significant time editing before release.

Want to be part of the convoy?? As ever, media attention is greatly needed. The Convoy makes an excellent story; all of us at home could call our local news and ask for coverage. We can contact our Congressmen, too. The guys and gals in Hagerstown deserve our efforts... they are representing us.

Rain is expected for the next few days in the Washington area.

Wednesday, March 23

It's Cherry Blossom season in Washington! That means more out-of-town visitors in the city, who have been giving our Convoy lots of enthusiastic support. It's been very welcome as the truckers have been encountering some irritating opposition in the way of brake checks and people in the roadway forcing drivers to stop.

Today the main body of the Convoy was split by police, leaving one group on the Loop, and another directed onto K Street and Constitution Avenue, where ordinarily trucks would not be allowed. Those truckers got some nice views of the White House and Washington Monument!

Brian Brase and Mike Landis, the original organizers, have returned from home visits and are now back with the Convoy. Dr. Paul Alexander ("Lock 'em up") has been speaking in the evenings; Dr Robert Malone will speak in Hagerstown on Saturday.

If you want to read the daily summaries as they happen, join the Telegram group [The People's Convoy \(Official Discussion Group\)](#) by reading the QR code. (You have to have Telegram loaded on your phone and account set up.) The dailies are pinned to the top of the screen.



THE VACCINE-INJURED BEG FOR OUR ATTENTION

They are being treated as if they do not exist because they are an inconvenient truth for the continuation of the billions of dollars flowing to the pharmaceutical companies. There is no financial help for adverse events and little medical help since doctors cannot admit that *they did this* to the public. The victims are so much to be pitied; they trusted. The vast, vast majority of the vaxxed acted in good faith. They were lied to. Hear them. See them. Believe them. They have been abandoned, and they need help. Watch their video here: <https://nomoresilence.world>

LIABILITY OF DOCTORS

This is a project being carried out in the UK to assess doctors' responsibility for the medical disaster that has been visited upon the public. Contact your doctors to request this information. Retain the data because there *will* be class action lawsuits. Maybe your doctor is a nice man or woman, but that does not change the fact that they failed to properly research the product and failed to get *legally mandated* informed consent. With these questions, not only are you gathering data, but you are putting doctors on notice that if they try to do this again in a few months when the next "pandemic" comes down the line, they will be held legally liable.

- To how many people has your practice administered Covid-19 injections?
- Have they given these injections to any children? If so, how many
- Were patients routinely informed of the individual risk that Covid-19 posed to them, for their particular age group?
- Were patients routinely informed that these vaccines are still part of an ongoing trial until 2023?
- Were patients routinely informed that these vaccines were authorized for emergency use only?
- Were patients routinely informed that these mRNA vaccines have never before been tried on human beings?
- Were patients routinely informed that the vaccine manufacturers have immunity from liability for any adverse events and death?
- Were patients routinely informed there is no medium- to long-term safety data for these vaccines?
- Were patients routinely made aware of the VAERS data for these vaccines regarding the very high number of serious injuries and deaths compared to all other vaccines?

Prayer

Staying right with God

The national prayer team is working on several new initiatives. Stay tuned! Meanwhile, please make the March prayer intentions part of your daily prayer:

- For our war-weary, conflict-burdened, chaos-riddled world... that believers hold firmly to Jesus' garment, doing whatever He tells us to do, while immersed in prayer and living the Spiritual and Corporal Works of Mercy
- In these days, we pray, particularly, for Russia, Ukraine, China, and Taiwan with a calming of the unrest in every troubled land
- For an end to the mentality that "Nobody will forgive; nobody will forget." Let all divisions cease and in their place be Christ the Lord, the King and Prince of Peace
- For a new outpouring of Holy Spirit's gifts of **wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord**
- That God will bring complete recovery to all CORAC members, families and friends who are suffering with covid or undergoing any sort of difficult trial
- For Charlie as he continues with his current missionary journey, visiting people in regions throughout the country, and that he travel in safety while every meeting and gathering is blessed
- That CORAC members continue to activate their gifts and charisms, willing to respond to the needs of those around them as we all make our stand with God via hearts of ongoing prayer and action projects that overcome evil by doing good
- That fear be banished, in the Name of Jesus, as we choose to live what Charlie has exhorted in his writing: "...become accustomed to thinking that all is lost while doing the best we can and trusting God to come through – in His time and in His way, seeking actively to find what we have missed."

CORAC Newsletter

“For every member, an action”

April 8, 2022



As The People’s Convoy enters its seventh week, it shows us that determined people in small numbers are a force. Most people would have given up by now; the media won’t cover them, Washington Metro police were ordered to subvert them, and troublemakers continually tried to make them look bad. They’re not earning a paycheck and most of them are away from their families. It’s terribly sacrificial.

Now they’re heading to California to confront some unfathomably evil laws (see details in the Action section of this newsletter) and attend the Defeat the Mandates rally in Los Angeles. They are down to a fraction of the original size, whittled down to those who care so much that nothing can stop them. That core group never quit, and it’s around that small core that the movement will pick up the momentum to help save California.

And so for CORAC. In our regions, we don’t have as much participation as we’d like, but we have core groups that have endured, and will continue to endure because the alternative is the enslavement of the next generation. If you’re reading this newsletter, you’re part of the small core. Keep swinging! A passive populace gives the Enemy an easy victory. Even when we put down our external activities for the Triduum this week, we never let up with prayer. We know, and we can’t un-know, that everything is now at stake.

Into this mess steps the Risen Christ. A Blessed Holy Week to all.

- Sheryl Collmer, editor
Sherylc@coracusa.com



From the cockpit of the Subaru:

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

Start Chopping

The news has been replete, of late, with warnings of vast food shortages in our future. In the past few weeks, I have talked with some very serious people who have a much starker take on everything: that we are headed for a massive global famine within the next year and a half. Energy costs are causing input prices to skyrocket. Commercial fertilizer stocks are so depleted that two have told me they expect shipments to stop altogether by the end of this month.

You have got to give Joe Biden credit for a peculiarly perverse sort of skill. As hard as it is to be right most of the time, it is almost equally hard to be consistently wrong on everything – yet Biden has accomplished the latter metric. If things continue on this trajectory, if you are going to feed your family, you are on your own.

That means the time has come to start stockpiling emergency supplies of dried goods, such as beans and rice. If you can get a wood-burning stove installed in your home, get to it. The time may be on the horizon where the only fuel you can afford is the wood you can find and chop. Start looking around you for a source of water you can get to. After my parents moved back south, they lived, for a few years, in a home that had no electricity or running water. They got their water from a well in back – the kind in which you dipped a bucket. Several times a year, that well would dry up. Then they would take their flatbed truck to a spring a few miles away and load up fifty or so plastic gallon jugs.

The efforts of the federal government to extend its control into every aspect of everyone’s life is backfiring. If it is not checked, I foresee a time when there is no effective national authority at all. You may very well need to work with your neighbors and friends to set up effective local governments that work together to meet each other’s needs. You may even have to establish local means of exchange, that is, currencies. That is not as hard as it sounds: the American colonists did it routinely and it continued for decades after the revolution. The problem with barter is that it is too specific, exchanging one particular type of service for another specific type. If the one with the good or service you seek does not need or want the service you offer, you are out of luck. At its foundation, the establishment of a currency transcends this problem, for it is a measure of value for the goods or services you produce that can be generally used in the community for any good or service.

One can hope it will never get to this, but it is always better to be prepared than not to be – so long as you don't make it an obsession. It is time to adapt your manner of thinking so you don't go into hard times unprepared. With prudence, the advent of hard times presents challenges to be overcome. Without prudence, the advent of hard times can create debilitating panic.

Ever since my pilgrimage, I still frequently, almost by reflex, look around wherever I am driving to find places that would make for good cover if I needed it for a night. Time to build and refine your own reflexes in collaboration with your neighbors and friends.

Charlie Johnston



New weekly podcast! [The Miracle Baby Thomas Story](#) with Dan and Deborah Fiorita

See all previous CORAC [podcasts](https://corac.co/newsroom/#regular-podcasts) here: <https://corac.co/newsroom/#regular-podcasts>

Action Items

Make something happen!

AMERICA'S GRAND JURY

Since our elected public officials won't protect us from medical predators, ordinary citizens can and will. [America's Grand Jury](#) is a simulated investigation of real persons and organizations, with real evidence of alleged crimes presented for real-world application in courts of law. Beginning Monday April 11, people we have learned to trust over the last two years will provide evidence regarding the actions of Anthony Fauci, the public health agencies, pharmaceutical companies, main stream media and big tech to:

- Falsify evidence to allege a pandemic in order to incite public panic;
- Illegally and unethically suppress early treatment and repurposed drugs in order to promote vaccines;
- Justify unlawful lockdowns, mask and vaccine mandates;
- Provide fraudulent guidance and misinformation.

You can stream the proceedings Monday through Friday, April 11-15, from 7:30 to 10:30 Eastern time. You can watch for free, or become a juror for a contribution to [The Unity Project Online](#), starting at \$25.

Don't miss [The People vs. Dr. Anthony Fauci](#) beginning Monday at 7:30 EDT



HOLD DOCTORS RESPONSIBLE

The next round of hysteria and lies, leading to more dangerous shots is being [telegraphed](#). We must be ready.

Contact your doctors and request answers to the following questions. Retain the data because there *will* be class action lawsuits. Health care professionals failed to get *legally mandated* informed consent for the previous three shots. When you ask these questions, you are putting doctors, nurses and pharmacists on notice that they will not get away with it again. What they did is illegal, and they need to know that they will be held liable.

- To how many people has your practice administered Covid-19 injections?
- To how many children was it administered?
- Were patients routinely informed of the individual risk that Covid-19 posed for their age group?
- Were patients routinely informed that these vaccines are still part of an ongoing trial?
- Were patients routinely informed that these vaccines were authorized for emergency use only?
- Were patients routinely informed that these mRNA vaccines have never before been tried on human beings?
- Were patients routinely informed there is no medium- to long-term safety data for these vaccines?
- Were patients routinely made aware of the VAERS data of serious injuries and deaths from this vaccine?
- Were patients routinely informed that the vaccine manufacturers have no legal liability for any adverse events?

STOP VAXX PASSPORTS

[LifeSiteNews](#) is leading a charge against vaxx passports, which will give way too much information and control over our personal lives to the government. This has to be stopped *now* because once the government has our information, we can't get it back. They can use it to restrict purchases, access to services, access to banking, our free movement. LSN has made it quick and easy to communicate with your Federal and state Congressmen. We also need to write to our governors, as they will have decision-making on this issue, and it is rumored that some are quietly rolling out the mechanisms while everyone is looking the other way. Let's get on this!
<https://www.voterveice.net/LifesiteNews/campaigns/93776/respond>

AMERICA PRAYS

Check for America Prays groups that may have already begun in your area <https://public-rosary.org>. If there's not one, start one! These groups are meeting on Wednesday evenings all over the country, gathering in front of city halls and county courthouses. It's easy to talk your Catholic friends into doing a rosary with you, Just do it outside, in public, and hold a flag while you pray. Then register your group on the [website](#) so others can find you.

Our group in Tyler has grown from about 10 people to 40 or more. Conversations have begun in our public square with people who would never enter our churches. Passersby who drive past us every Wednesday are more and more waving and honking in support. When we go to a nearby pub afterwards, more random conversations happen. These prayer events are evangelization in action!

USE CASH

It's becoming clear that the CBDC, the Central Bank Digital Currency, is the next giant boulder rolling towards us. The more we use cash, the harder it will be to force the CBDC onto Americans. We saw in Canada how easy it is for the government to limit our access to our own money if we hold "unacceptable views." Once the CBDC is in place, it will be impossible to go back.

Get cash, and pay everything you can with cash. It's a small action, but it slows down the advance of the CBDC.

THE PEOPLES CONVOY

[The People's Convoy](#), now in its seventh week, has decamped Washington DC and is heading for Los Angeles to fight the "demonic decalogue." Ten laws are being advanced in California that virtually erase liberty in the Golden

State. The leadership of the Convoy decided that the West Coast fight had to be addressed before continuing on in DC.

The laws being confronted are almost beyond belief for an American state.

SB871	Adds CV19 inj. to list of immunizations for public/private school, regardless to FDA approval, no PBE, very rare ME (see 2098)
AB2098	Classifies anti-covid medical opinion as "unprofessional conduct" subject to discipline by the medical board
SB866	Lowers the age of vax consent to 12 without parental consent or knowledge
SB920	Authorizes the medical board to inspect a doctor's office and medical records without patient's consent
SB1464	Requires Law Enforcement to enforce public health guidelines or lose their funding
SB1479	Requires schools to create long term testing plans and report test results to CDPH
SB1390	Prohibits any person/entity from making statements government deems untrue or misleading by any means including on internet/ads
SB1184	Authorizes school health personnel to disclose child's medical info without parents consent to a third party
AB1797	Creates an immunization tracking system giving all government agencies access to vax records of all persons
AB1993	Requires proof of CV19 vax for all employees & independent contractors to work in CA



You can help, even if you don't live in California. See the action plans at: <https://unityprojectonline.com/take-action/>

You can also help the helpers by supporting the People's Convoy. I think God will use them powerfully because of their commitment to continue at all costs. So few people are actually *doing* something. They are.

Donate: A very solid legal organization is running the [online donations](https://afclf.org/donate-now/) at <https://afclf.org/donate-now/> You can also send checks to American Foundation for Civil Liberties & Freedom, 6528 E 101st St Ste D1, 399 Tulsa, OK 74133.

Follow:

The official website: <https://thepeoplesconvoy.org>

The most up-to-date news is on their [Telegram](https://t.me/PeoplesConvoy2022) channel. <https://t.me/PeoplesConvoy2022>

Livestreamers - ride along with a trucker. Some of these guys are streaming all day long.

Driver Santa: https://www.youtube.com/results?search_query=irdavid160

First Responders Media: <https://www.youtube.com/c/1stRespondersMedia>

Driver Oreo Express: <https://www.youtube.com/c/OreoExpress>

50 STATES CONVOYS

On Saturday, April 30, all fifty states will see convoys arriving at their state capitols. You can try to coordinate through Fakebook ("The People's Convoy Official – state name") but if you don't have Fakebook, just get your own convoy moving from whatever town or city you're in. Contact your CORAC regional coordinator to establish coordination.



If you have to, just grab a friend and drive to your capitol yourselves. Take a flag and pray a rosary when you get there. Noon would be a reasonable time to arrive. It's intimidating to step out when there's not a published plan, but you will meet other like-minded patriots once you're there. Just be careful to park legally, don't trespass private property, pick up your trash, etc.

We cannot wait for someone to organize and publicize everything for us. Just get your posse together and go!

SAVE THE CHILDREN

Still no public announcement of the FDA re-scheduling the hearings for vaxxing children 6 months to 4 years old. We think a partial victory was scored when millions of emails were sent to the FDA committee members ahead of their February meeting, but they have not gone quietly down to defeat. I think they are just regrouping.

[Click here](#) for simple ways to make your opposition known.

Another easy way to fight back: text the word "FDA" to 33777,



SCHOOL BOARDS

Find your local school board on the internet and attend meetings. If the mask mandates have been dropped in your area, start on the pornography issue. Be ready to have to oppose vaxx mandates if they rear their ugly heads in the summer, when people aren't watching.

J6 PROJECT

The first J6 acquittal was handed down to Matthew Martin this week. He was cleared on all four misdemeanor charges, with the video proof that law enforcement was waving people in to the Capitol. This first acquittal may set the precedent to free other unjustly accused J6'ers. Read more [here](#).

PENPALS, keep up the encouraging letters! It's been more than a year for most of them. See [this link](#) for a message from a J6'er about how much the letters mean to them.

Check out the [Patriot Mail Project](#) for more news about the J6'ers:

[J6 Patriot News](#) on Telegram

[The Prisoner's Record](#) on Telegram



DEFEAT THE MANDATES



Watch the [Defeat the Mandates Coast to Coast](#) Rally in Los Angeles Sunday, April 10. This is a reprise of the highly successful rally held in Washington DC right after the March for Life at the end of January. Hear Dr. Robert Malone, Dr. Paul "Lock 'Em Up" Alexander, Del Bigtree, Lara Logan, Children's Health Defense, Dr. Pierre Koury, Naomi

Wolf, Dr. Ryan Cole, Lt. Col. Theresa Long... and I'm just getting warmed up! The program is star-studded with medical, legal and pastoral heroes, people who will give us the straight scoop no matter what the cost to themselves.

By the time this newsletter gets to you, the rally will be over and you'll need to watch the video. Our Convoy truckers will be livestreaming it (see links under CONVOY), as well as [Epoch Times TV](#) and the [High Wire](#). Do an internet search for "Defeat the Mandates Los Angeles" after Sunday; the videos will be posted in multiple locations. [Donate](#) if you can; the fight for freedom isn't free.

Communications

Keeping in touch when channels are unreliable

The National Communications team has been working for a year on a reliable network for CORAC communications. There have been all sorts of bugs to work out, but it will be there when we need it. You can play your part by practicing your radio skills on Sunday nights from 7:30 to 9:30.

7:30 Eastern Frequency: 14.277 MHz with an alternative frequency of 14.285 MHz (if 14.277 MHz is busy)

8:00 Eastern Frequency: 7.284.1 MHz

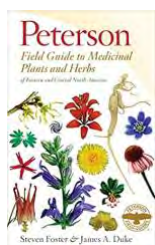
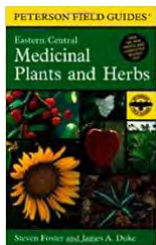
Visit the Communications forum on the [website](#) for great tutorials and info on shortwave listening, programming your radio, and amateur radio certification. <https://corac.co/communications-teams/>

Health & Wellness

Staying robust in trying times

The CORAC Health & Wellness team is putting up a steady stream of offerings in the Homeopathy Education Series. See the offerings [here](#). There are also articles in the category of [conventional care](#) and [herbal medicine](#).

MEDICINAL PLANTS



The Peterson Field Guides have been around forever. They have great pictures and verbal descriptions for identifying plants, as well as listing the medicinal uses for each.

There are separate guides for the Western US and the Eastern/Central US. They are apparently out-of-print; Amazon only has links to used copies. The Target website has them in stock for \$19.

Sustainable Living and Survival Skills

Home skills for self-sufficiency

ON THE WEBSITE

The [Gardening Education Series](#) has put up [Session 3](#) on the website. This is a popular series. I have even heard it called "brilliant." Watch all three sessions at your convenience. Watch [Session 1](#) and [Session 2](#) if you missed them.

It is the utterly *perfect* time to be gardening. A complete beginner with a purple thumb could succeed at this time of year; the earth *wants* to be bountiful in the springtime. Give it a try!



WATER RESOURCES

As a matter of prudence, everyone should have a good idea where water is located in their area. If you're not blessed with your own lake or creek, go to Google Maps and zoom in on your house. You'll see where the nearest water is located. You can print it out for future reference.



My search yielded these two ponds within 1/2 mile of my house. They are on private property, though, which would entail either permission or stealth.

A better idea, in my opinion, is to harvest rainwater. God so wonderfully provides for our needs! You can make a crude harvesting system with just a tarp, two poles and a bucket, but a better solution is a rain barrel staged beneath your rain gutters. See the highest-reviewed barrels [here](#).

Basic instructions for positioning your barrel under your rain gutter [here](#).

I have two 55-gallon barrels linked together. One Texas rainstorm fills them both to the brim. I have food-grade repurposed barrels (pretty sure mine were once garlic containers) that I bought last year from [Home Depot](#) for \$79 each. The fact that they are now priced at \$199 tells me that there is getting to be a shortage. Look for substitutes if you can find them, but for sure, don't settle for anything that ever held petroleum products or toxic fluids! They should ideally be food-grade containers.

Whether you draw water from a natural water feature or harvest rainwater, you'll have to filter and purify before drinking. The National Park Service has a good article [here](#) regarding water drawn from natural sources. If you've ever wilderness camped, you already have a water filter; take good care of it. If you don't, here are some recommendations for [portable wilderness filters](#). You might want a bigger [household water filter](#); here are reviews of those. The larger filter systems can be costly, but filtering water, even city water, is not a bad idea. The models with ceramic filters will last through hundreds of thousands of gallons.

I have a [Lifestraw](#) for travel and a [Katadyn Ceradyn](#) for the house. The [Big Berkey](#) is very popular for households, as well. If you're on a budget, the [Lifestraw personal filter](#) is only \$18 and filters 1,000 gallons, which is around 4 years' worth of water for one person.

BUTTERFLY GARDEN

Why cultivate butterflies? Most importantly, they pollinate your garden. They're attracted to bright flowers in order to feed on the nectar, and they carry the pollen to other plants. Without pollination, the whole ecosystem could be in danger.

Another benefit of butterflies is... happiness. There is something about their colorful fluttering that lifts the heart, and happiness is something to be cherished.



Plants for your butterfly garden:

- Daylily
- Aster
- Salvia
- Lantana
- Red Pentas
- Cabbage
- Hollyhock
- Sunflower
- Dill
- Verbena
- Aster
- Lavender
- Lobelia
- Coreopsis
- Phlox
- Clover
- Coneflower
- Marigold



More ideas for creating a butterfly garden [here](#).

LEARNING FROM THE AMISH



When it comes to living sustainably, we have a lot to learn from Amish communities. We won't adopt everything *everything* they do, but they can point us in the right direction. For instance, none of us are likely to buy a horse and buggy, but we could very easily buy a used bicycle and put a basket on it. See [Ten Amish Survival Hacks](#) for more ideas.



CORAC Region 15 member Patrick observes the USA from one coast to another on a weekly basis as a professional truck driver. It is a perspective few of us have.

As reported in the last newsletter, Patrick is continuing to notice a poverty of loads for hauling, and less profitable rates for hauling them. It's an odd situation, as truck drivers were in short supply in 2020, and could command good wages. Patrick is seeing a drastic slowdown in the shipping and trucking markets. He's talked with other drivers in the last few weeks, and they are noticing the same slowdown in over-the-road routes.

Inflation has struck hard, on everything, especially fuel. You'd think trucking rates would be going up to compensate for higher fuel prices, and the truckers and trucking companies are "eating" the losses right now. Patrick attributes this situation to the policies of the present Administration. He believes that the souring of the American economy signals a grim prospect for the rest of the world.

Because of the last two years, there are now fewer businesses, production capacity is decreased, and there are fewer workers due to the high excess mortality in the worker demographic, aged 18-44. Parts for trucks and trailers have become scarce, so repairs require long delays.

This situation is extremely concerning, not just because it signals a decrease in pay for drivers like Patrick, but because of the wide (probably global) implications. Bottom line: there are just fewer products to ship. Consumers should take note: shortages are likely to worsen.

Other Items Of Interest

Random stuff I just felt like sharing

WHO POWER GRAB

This is a big deal, among a hundred other big deals. The World Health Organization is proposing an international treaty which will grant them absolute power over the health care of signatory nations. One reason the US is doing slightly better at defending medical freedom than Canada or the UK is that we *don't* have national health care. The Brits and Canadians are pretty much at the mercy of their National Health Service. When the government controls health care, you can bet that those with "unacceptable" views will be the last in line, if they are in line at all. We have got to prevent the US becoming a party to this treaty. I don't know the concrete action plan on this yet. For now, we need to inform ourselves, and be ready to fight.

Open letter opposing the treaty [here](#).

The view of Children's Health Defense [here](#).

THE FRINGE IS IN CONTROL

National treasure Victor Davis Hanson sums up where we're at. "In pursuit of its utopian omelet, the Left cares little about the millions of middle-class Americans it must break to make it." That's us, the eggs. Read the [full article here](#).

ISSUES EXHAUSTION

There are so many evils we need to fight, it's hard to keep up. It's like that old game, Whack-a-Mole. We barely make headway on one, when the next pops up. We can't stop fighting, but we also can't lose ourselves. God has given us remedies for every human ailment, and burnout is no exception. Mix friends, games, hobbies, daily exercise, and especially Adoration of the Blessed Sacrament into this maelstrom of evil that we're fighting. Watch Charlie; he sees what's coming, but he's still laughing at his own jokes! We must be "happy warriors" or we will drown.

J6 HUMAN RIGHT ABUSES

Noor Bin Laden has filed a human rights complaint with the UN to address the abuses that the January 6 prisoners are facing. She talks about it with Steve Bannon [here](#). Read the full complaint [here](#). It's worth the time.

When asked why she is speaking out, she quoted General Flynn: "*When the destiny of the United States is at stake, and it is, the very future of the entire world is threatened.*"

So now we have the patriotic niece of a deceased terrorist reprimanding the United States for human rights violations. Could the world get any weirder? Our support comes from completely unexpected places and people.



It is now clear that most, if not all, early reports of violence by demonstrators were deliberately falsified by U.S. security services, including the FBI. Indeed, many of these acts were apparently committed by the security services themselves.

It wasn't an 'armed insurrection' as there were no arms, and it wasn't even a breach since Capitol Police officers lifted barriers and allowed protestors to enter through open doors.

U.S. security services have a long and well-documented history of using provocateurs to provoke violence, in order fabricate a pretext for crackdowns against dissidents.

Reports of U.S. journalists make it increasingly obvious that the so-called "insurrection" of January 6 was largely, if not entirely, a government-orchestrated provocation, whereby a peaceful protest was infiltrated by "pseudo-insurgent forces."

- From the complaint lodged with the United Nations by Noor Bin Laden

THE FRAUDULENTLY USED PCR TEST

Here is a List of the 52 pathogens that can cause a PCR test to yield a positive result. This information comes from the PCR test instruction pamphlet. Is anyone still getting tested? If so, why?

Haemophilus Influenzae	H1N1 (2009)	Rhinovirus C
Staphylococcus Aureus	Seasonal H1N1 Influenza Virus	Adenovirus Type 1
Streptococcus Pneumoniae	H3N2 Influenza Virus	Adenovirus Type 2
Streptococcus Pyogenes	H5N1 Avian Influenza Virus	Adenovirus Type 3
Klebsiella Pneumoniae	H7N9 Avian Influenza Virus	Adenovirus Type 4
Mycobacterium Tuberculosis	Influenza B Yamagata	Adenovirus Type 5
Mycoplasma Pneumoniae	Influenza B Victoria	Adenovirus Type 7
Chlamydia Pneumoniae	RSV Type A	Adenovirus Type 55
Aspergillus Fumigatus	RSV Type B	Human Metapneumovirus
Candida Albicans	Enterovirus A	Epstein-Barr Virus
Candida Glabrata	Enterovirus B	Measles Virus
Cryptococcus Neoformans	Enterovirus C	Human Cytomegalovirus
Cryptococcus Guttii	Enterovirus D	Rotavirus
Pneumocystis Jirovecii (PJP)	Parainfluenza Virus Type 1	Norovirus
Coronavirus 229E	Parainfluenza Virus Type 2	Mumps Virus
Coronavirus OC43	Parainfluenza Virus Type 3	Varicella-Zoster Virus
Coronavirus NL63	Rhinovirus A	Legionella
Coronavirus HKU1	Rhinovirus B	Bordetella Pertussis
Coronavirus SARS	Coronavirus MERS	

WE ARE BEING MURDERED

"Every jab is attempted murder, and this has now been voiced openly by the German lawyers in Parliament. We are looking at crimes against humanity." Dr. Sucharit Bhakdi interview with Maria Zee [here](#).

RIGGED

A new documentary details how Mark Zuckerberg spent \$400,000,000 to influence the 2020 election towards Biden. It's \$4.99 for unlimited streaming, and \$19.99 for the DVD. Purchase [here](#).

ARCHBISHOP VIGANÓ

To listen to most bishops, you'd think everything was tea and roses; no mention of the *real* issues we're confronting. Not so Viganó. He spoke last weekend to the Re-awaken America rally in Oregon. You can watch the video or read the transcript of his speech [here](#).

AIRLINE SAFETY

Thanks to tyrannical and unscientific mask mandates, pilots are becoming hypoxic during flight, putting their lives and the lives of their traveling passengers in grave danger. Ten professional airline pilots are suing the CDC to overturn the mask mandate on airlines. Read details [here](#).

There is also concern about jabbed pilots. Currently, FAA medical certificate holders “may not act as pilot in command, or in any other capacity as a required flight crew member, for 48 hours after each dose of the Pfizer-BioNTech, Moderna, and Johnson & Johnson vaccines.” So the FAA at least acknowledges the problem, but adverse events continue for another couple of weeks after the initial 48-hour period. Read more [here](#).

Do you know any normies who are aware that the FAA prevents flight professionals from working even for a short time after the shot? That should be giving everyone pause.

DEVOLUTION FOR DUMMIES

“Patel Patriot” has invested countless hours of research into the topic of *devolution*. The results are extensive, but he's constructed a sort of an elevator pitch, a short explanation of what may be going on. The excerpts below come from his Substack article: [An Introduction to Devolution](#).

Devolution in simple terms refers to a duplicate chain of people secreted outside Washington who are available in a catastrophic emergency to carry on the essential government functions.

On December 7, 2020, with an executive order based on wartime conditions (COVID and the election fraud, both having been perpetrated in part by foreign actors), Trump (may have) devolved his presidential authority among multiple individuals and organizations tasked with maintaining the continuity of the government.

The Devolution operation to save our country has always had two parts. First, there is the part that Trump and the military have already taken care of. They have captured the election theft evidence and are ready to make their move. They are waiting for the second part.

That second part is *We the People*. We all have a role in this plan to save the country.

For some, it might be getting involved in local government. For others, it might be doing everything they can to help wake up those around them. We need to demand accountability from our “elected” officials. We need to build an America First coalition hellbent on the biggest red wave in history in 2022. We can't let them get away with what happened in the 2020 election. We need to stand up to save this country.

It's up to us now.

COVID BY THE NUMBERS

- 11.1 billion doses have been administered worldwide, as of April 8, up 2.4% from the last newsletter, an increasing rate
- 64.7 % of the entire world's population has received at least one dose, a 0.9% increase. The rate of increase is slowing.
- 14.4% of those in low-income countries have been injected, a 2.7% increase since the last newsletter, a slowing rate.

This data shows a greater increase in doses given than the increase in new people vaxxed. That would be the effect of the boosters. As a wit on the internet once said, “It's not a booster; it's an IQ test.”

People who are accepting the boosters are either being forced, or brainwashed. The low-income countries are probably being forced by having foreign aid made contingent on vaxx rates.

Data from: <https://ourworldindata.org/covid-vaccinations>

THE ADVENTURES OF THE PEOPLE'S CONVOY

Read all about the daily drama of the Convoy on their Telegram channel "[The People's Convoy – Official](#)." Click on the pinned messages at the top to read summaries rather than scrolling through many posts.

VACCINE INJURIES

The VAERS system for reporting vaccine injuries and deaths is mostly unknown and vastly under-reported. Nevertheless, the "red box report" is at least a starting point for the damage that's been done. On their own website, VAERS is said to represent around 1% of the true numbers. The red box for March 25 reads:



If the VAERS factor for under-reporting is correct, there would have been over 2 million deaths from the shot. It's unfathomable. Steve Kirsch uses an under-reporting factor of 45, which would be over 1 million deaths. To no one's surprise, neither the FDA nor the pharmaceutical companies are investigating.

In the latest data dump that Pfizer was court-ordered to make, it was [disclosed](#) that Pfizer secretly hired 600 additional full-time employees three months after the vaxx rollout, because adverse event reporting was so high: 150,000 serious adverse events in just the first three months, including more than 1,200 deaths. None of this was disclosed by Pfizer or the FDA until a judge forced them. They planned to hire 1,200 more full-time staff by June 2021 to deal with the massive reporting of side effects.

The latest data dump also showed that Pfizer was watching nearly 10,000 possible side effects, and many are extremely serious. See the Appendix of this newsletter for the list. Close your eyes and just point to one. Do an internet search and see if it's serious.

How dare they give this dangerous drug with so many debilitating and deadly side effects? How dare they say it's safe? How dare they touch our children with it?

TRUTH FOR HEALTH

A new citizens vaccine injury reporting system has been launched by the good doctors at the Truth for Health Foundation (Dr. Vliet, Dr. McCullough, Dr. Yeadon) They pledge to actually carry out safety reviews, which taxpayers fruitlessly pay the CDC to do. They will report transparently on their [website](#) once the data has been analyzed. If you have been vaxx-injured or know someone who has, please go to this [reporting form](#). Then consult their vaccine-injury [resources page](#).

The Truth for Health Foundation has also filed a Department of Defense lawsuit, supporting military service members in their fight for medical and religious freedom. You can read the landmark legal brief [here](#).

Prayer

Staying right with God

The National Prayer team is offering [Catechism study](#) under the tutelage of the happy theologian, Desmond Birch! Grab your Catechism of the Catholic Church and join Desmond for about half an hour each session. [Session 1](#) and [Session 2](#) are now available online.



Please make the April prayer intentions part of your daily prayer:

- For Charlie, his health, his family, his work, safe travel, blessed meetings and connections, and for all his personal intentions
- For the continual outpouring of Holy Spirit's Fire of Desire into every human heart, and for people's response to God's Love and call on their lives
- Complete recovery for CORAC members, families and friends who are suffering with covid or any illness and strengthening with fortitude for those undergoing any sort of difficult trial
- Protection for all CORAC members as they continue to employ their gifts, talents and charisms, willing to respond to the needs of those around them as we make our stand with God through hearts dedicated to ongoing prayer and action that overcome evil by doing good
- For ongoing contributions to CORAC to support the organization
- For peace... in our hearts, our families, our Churches, our countries and our whole world
- That fear be banished, in the Name of Jesus, as we choose to live what Charlie has exhorted: "...become accustomed to thinking that all is lost while doing the best we can and trusting God to come through – in His time and in His way, seeking actively to find what we have missed."

St. Gabriel, enlighten us.

St. Michael, defend us.

St. Raphael, protect us.

Ave Maria, Stella Maris!

Charlie's prayer, refined on his pilgrimage across the United States on foot:

"...Lord, let me never spurn the abundant natural means you have prepared for us. Let me take the next right step while never petulantly demanding that only Your supernatural means of protection are acceptable to me. Never let my obedient prudence stray into hubris that I know better than You, thus forfeiting the divine protection that is essential to me. Let me use all the tools You have given to discern between good and evil, knowing that I am responsible to You for every decision I ever make and cannot abrogate them to anyone else under the color of authority."

"...When I err, Lord, show me Your mercy by firmly correcting me and filling me with resolve to get back up and go forward in Your service. When I have done well, give me the grace to minister to Your people who have stumbled, acting as true brothers and sisters in building each other up to strengthen Your Kingdom. Teach me to want what You want, never to attack the freedom You have given all people through Our Lord, but to convince and exhort in unfailing patience and humility. Lead me in a plain path, turning neither to the left out of anger nor to the right out of fear. Create in me a clean heart that I may participate with You in proclaiming Your Kingdom. Lord, You know I love you. Have mercy on me, a poor sinner. Amen."

Appendix

Pfizer Shot Adverse Effects

This list is presented to give you hard visual evidence of the vast side effects that Pfizer was anticipating from the Vaxx. You won't read the entirety, of course, but just randomly pick a few. Most of them are quite serious. These shots should not have been released on the public while all these adverse events were possibilities.

If you want to torture yourself with the readable list, see the PDF available [here](#).

From Pfizer's court-ordered data release:

LIST OF ADVERSE EVENTS OF SPECIAL INTEREST

1p36 deletion syndrome;2-Hydroxyglutaric aciduria;5'nucleotidase increased;Acoustic neuritis;Acquired C1 inhibitor deficiency;Acquired epidermolysis bullosa;Acquired epileptic aphasia;Acute cutaneous lupus erythematosus;Acute disseminated encephalomyelitis;Acute encephalitis with refractory, repetitive partial seizures;Acute febrile neutrophilic dermatosis;Acute flaccid myelitis;Acute haemorrhagic leukoencephalitis;Acute haemorrhagic oedema of infancy;Acute kidney injury;Acute macular outer retinopathy;Acute motor axonal neuropathy;Acute motor-sensory axonal neuropathy;Acute myocardial infarction;Acute respiratory distress syndrome;Acute respiratory failure;Addison's disease;Administration site thrombosis;Administration site vasculitis;Adrenal thrombosis;Adverse event following immunisation;Ageusia;Agranulocytosis;Air embolism;Alanine aminotransferase abnormal;Alanine aminotransferase increased;Alcoholic seizure;Allergic bronchopulmonary mycosis;Allergic oedema;Alloimmune hepatitis;Alopecia areata;Alpers disease;Alveolar proteinosis;Ammonia abnormal;Ammonia increased;Amniotic cavity infection;Amygdalohippocampectomy;Amyloid arthropathy;Amyloidosis;Amyloidosis senile;Anaphylactic reaction;Anaphylactic shock;Anaphylactic transfusion reaction;Anaphylactoid reaction;Anaphylactoid shock;Anaphylactoid syndrome of pregnancy;Angioedema;Angiopathic neuropathy;Ankylosing spondylitis;Anosmia;Antiacetylcholine receptor antibody positive;Anti-actin antibody positive;Anti-aquaporin-4 antibody positive;Anti-basal ganglia antibody positive;Anti-cyclic citrullinated peptide antibody positive;Anti-epithelial antibody positive;Anti-erythrocyte antibody positive;Anti-exosome complex antibody positive;Anti-GAD antibody negative;Anti-GAD antibody positive;Anti-ganglioside antibody positive;Antigliadin antibody positive;Anti-glomerular basement membrane antibody positive;Anti-glomerular basement membrane disease;Anti-glycyl-tRNA synthetase antibody positive;Anti-HLA antibody test positive;Anti-IA2 antibody positive;Anti-insulin antibody increased;Anti-insulin antibody positive;Anti-insulin receptor antibody increased;Anti-insulin receptor antibody positive;Anti-interferon antibody negative;Anti-interferon antibody positive;Anti-islet cell antibody positive;Antimitochondrial antibody positive;Anti-muscle specific kinase antibody positive;Anti-myelin-associated glycoprotein antibodies positive;Anti-myelin-associated glycoprotein associated polyneuropathy;Antimyocardial antibody positive;Anti-neuronal antibody positive;Antineutrophil cytoplasmic antibody increased;Antineutrophil cytoplasmic antibody positive;Anti-neutrophil cytoplasmic antibody positive vasculitis;Anti-NMDA antibody positive;Antinuclear antibody increased;Antinuclear antibody positive;Antiphospholipid antibodies positive;Antiphospholipid syndrome;Anti-platelet antibody positive;Anti-prothrombin antibody positive;Antiribosomal P antibody positive;Anti-RNA polymerase III antibody positive;Anti-saccharomyces cerevisiae antibody test positive;Anti-sperm antibody positive;Anti-SRP antibody positive;Antisynthetase syndrome;Anti-thyroid antibody positive;Anti-transglutaminase antibody increased;Anti-VGCC antibody positive;Anti-VGKC antibody positive;Anti-vimentin antibody positive;Antiviral prophylaxis;Antiviral treatment;Anti-zinc transporter 8 antibody positive;Aortic embolus;Aortic thrombosis;Aortitis;Aplasia pure red cell;Aplastic anaemia;Application site thrombosis;Application site vasculitis;Arrhythmia;Arterial bypass occlusion;Arterial bypass thrombosis;Arterial thrombosis;Arteriovenous fistula thrombosis;Arteriovenous graft site stenosis;Arteriovenous graft thrombosis;Arteritis;Arteritis coronary;Arthralgia;Arthritis;Arthritis enteropathic;Ascites;Aseptic cavernous sinus thrombosis;Aspartate aminotransferase abnormal;Aspartate aminotransferase increased;Aspartate-glutamate-transporter deficiency;AST to platelet ratio index increased;AST/ALT ratio abnormal;Asthma;Asymptomatic COVID- 19;Ataxia;Atheroembolism;Atonic seizures;Atrial thrombosis;Atrophic thyroiditis;Atypical benign partial epilepsy;Atypical pneumonia;Aura;Autoantibody positive;Autoimmune anaemia;Autoimmune aplastic anaemia;Autoimmune arthritis;Autoimmune blistering disease;Autoimmune cholangitis;Autoimmune colitis;Autoimmune demyelinating disease;Autoimmune dermatitis;Autoimmune disorder;Autoimmune encephalopathy;Autoimmune endocrine disorder;Autoimmune enteropathy;Autoimmune eye disorder;Autoimmune haemolytic anaemia;Autoimmune heparin-induced thrombocytopenia;Autoimmune hepatitis;Autoimmune hyperlipidaemia;Autoimmune hypothyroidism;Autoimmune inner ear disease;Autoimmune lung disease;Autoimmune lymphoproliferative syndrome;Autoimmune myocarditis;Autoimmune myositis;Autoimmune nephritis;Autoimmune neuropathy;Autoimmune neutropenia;Autoimmune pancreatitis;Autoimmune pancytopenia;Autoimmune pericarditis;Autoimmune retinopathy;Autoimmune thyroid disorder;Autoimmune thyroiditis;Autoimmune uveitis;Autoinflammation with infantile enterocolitis;Autoinflammatory disease;Automatism epileptic;Autonomic nervous system imbalance;Autonomic seizure;Axial spondyloarthritis;Axillary vein thrombosis;Axonal and demyelinating polyneuropathy;Axonal neuropathy;Bacterascites;Baltic myoclonic epilepsy;Band sensation;Basedow's disease;Basilar artery thrombosis;Basophilopenia;B-cell aplasia;Behcet's syndrome;Benign ethnic neutropenia;Benign familial neonatal convulsions;Benign familial pemphigus;Benign rolandic epilepsy;Beta-2 glycoprotein antibody positive;Bickerstaff's encephalitis;Bile output abnormal;Bile output decreased;Biliary ascites;Bilirubin conjugated abnormal;Bilirubin conjugated increased;Bilirubin urine present;Biopsy liver abnormal;Biotinidase deficiency;Birdshot chorioretinopathy;Blood alkaline phosphatase abnormal;Blood alkaline phosphatase increased;Blood bilirubin abnormal;Blood bilirubin increased;Blood bilirubin unconjugated increased;Blood cholinesterase abnormal;Blood cholinesterase decreased;Blood pressure decreased;Blood pressure diastolic decreased;Blood pressure systolic decreased;Blue toe syndrome;Brachiocephalic vein thrombosis;Brain stem embolism;Brain stem thrombosis;Bromosulphthalein test abnormal;Bronchial oedema;Bronchitis;Bronchitis mycoplasmal;Bronchitis viral;Bronchopulmonary aspergillosis allergic;Bronchospasm;Budd-Chiari syndrome;Bulbar palsy;Butterfly rash;C1q nephropathy;Caesarean section;Calcium embolism;Capillaritis;Caplan's syndrome;Cardiac amyloidosis;Cardiac arrest;Cardiac failure;Cardiac failure acute;Cardiac sarcoidosis;Cardiac ventricular thrombosis;Cardiogenic shock;Cardiolipin antibody positive;Cardiopulmonary failure;Cardio-respiratory arrest;Cardio-respiratory distress;Cardiovascular insufficiency;Carotid arterial embolus;Carotid artery thrombosis;Cataplexy;Catheter site thrombosis;Catheter site vasculitis;Cavernous sinus thrombosis;CDKL5 deficiency disorder;CEC syndrome;Cement embolism;Central nervous system lupus;Central nervous system vasculitis;Cerebellar artery thrombosis;Cerebellar embolism;Cerebral amyloid angiopathy;Cerebral arteritis;Cerebral artery embolism;Cerebral artery thrombosis;Cerebral gas embolism;Cerebral microembolism;Cerebral septic infarct;Cerebral thrombosis;Cerebral

venous sinus thrombosis;Cerebral venous thrombosis;Cerebrospinal thrombotic tamponade;Cerebrovascular accident;Change in seizure presentation;Chest discomfort;Child- Pugh-Turcotte score abnormal;Child-Pugh-Turcotte score increased;Chillblains;Choking;Choking sensation;Cholangitis sclerosing;Chronic autoimmune glomerulonephritis;Chronic cutaneous lupus erythematosus;Chronic fatigue syndrome;Chronic gastritis;Chronic inflammatory demyelinating polyradiculoneuropathy;Chronic lymphocytic inflammation with pontine perivascular enhancement responsive to steroids;Chronic recurrent multifocal osteomyelitis;Chronic respiratory failure;Chronic spontaneous urticaria;Circulatory collapse;Circumoral oedema;Circumoral swelling;Clinically isolated syndrome;Clonic convulsion;Coeliac disease;Cogan's syndrome;Cold agglutinins positive;Cold type haemolytic anaemia;Colitis;Colitis erosive;Colitis herpes;Colitis microscopic;Colitis ulcerative;Collagen disorder;Collagen-vascular disease;Complement factor abnormal;Complement factor C1 decreased;Complement factor C2 decreased;Complement factor C3 decreased;Complement factor C4 decreased;Complement factor decreased;Computerised tomogram liver abnormal;Concentric sclerosis;Congenital anomaly;Congenital bilateral perisylvian syndrome;Congenital herpes simplex infection;Congenital myasthenic syndrome;Congenital varicella infection;Congestive hepatopathy;Convulsion in childhood;Convulsions local;Convulsive threshold lowered;Coombs positive haemolytic anaemia;Coronary artery disease;Coronary artery embolism;Coronary artery thrombosis;Coronary bypass thrombosis;Coronavirus infection;Coronavirus test;Coronavirus test negative;Coronavirus test positive;Corpus callosotomy;Cough;Cough variant asthma;COVID-19;COVID-19 immunisation;COVID-19 pneumonia;COVID-19 prophylaxis;COVID-19 treatment;Cranial nerve disorder;Cranial nerve palsies multiple;Cranial nerve paralysis;CREST syndrome;Crohn's disease;Cryofibrinogenaemia;Cryoglobulinaemia;CSF oligoclonal band present;CSWS syndrome;Cutaneous amyloidosis;Cutaneous lupus erythematosus;Cutaneous sarcoidosis;Cutaneous vasculitis;Cyanosis;Cyclic neutropenia;Cystitis interstitial;Cytokine release syndrome;Cytokine storm;De novo purine synthesis inhibitors associated acute inflammatory syndrome;Death neonatal;Deep vein thrombosis;Deep vein thrombosis postoperative;Deficiency of bile secretion;Deja vu;Demyelinating polyneuropathy;Demyelination;Dermatitis;Dermatitis bullous;Dermatitis herpetiformis;Dermatomyositis;Device embolisation;Device related thrombosis;Diabetes mellitus;Diabetic ketoacidosis;Diabetic mastopathy;Dialysis amyloidosis;Dialysis membrane reaction;Diastolic hypotension;Diffuse vasculitis;Digital pitting scar;Disseminated intravascular coagulation;Disseminated intravascular coagulation in newborn;Disseminated neonatal herpes simplex;Disseminated varicella;Disseminated varicella zoster vaccine virus infection;Disseminated varicella zoster virus infection;DNA antibody positive;Double cortex syndrome;Double stranded DNA antibody positive;Dreamy state;Dressler's syndrome;Drop attacks;Drug withdrawal convulsions;Dyspnoea;Early infantile epileptic cephalopathy with burst-suppression;Eclampsia;Eczema herpeticum;Embolia cutis medicamentosa;Embolic cerebellar infarction;Embolic cerebral infarction;Embolic pneumonia;Embolic stroke;Embolism;Embolism arterial;Embolism venous;Encephalitis;Encephalitis allergic;Encephalitis autoimmune;Encephalitis brain stem;Encephalitis haemorrhagic;Encephalitis periaxialis diffusa;Encephalitis post immunisation;Encephalomyelitis;Encephalopathy;Endocrine disorder;Endocrine ophthalmopathy;Endotracheal intubation;Enteritis;Enteritis leukopenic;Enterobacter pneumonia;Enterocolitis;Enteropathic spondylitis;Eosinopenia;Eosinophilic fasciitis;Eosinophilic granulomatosis with polyangiitis;Eosinophilic oesophagitis;Epidermolysis;Epilepsy;Epilepsy surgery;Epilepsy with myoclonic-atonic seizures;Epileptic aura;Epileptic psychosis;Erythema;Erythema induratum;Erythema multiforme;Erythema nodosum;Evans syndrome;Exanthema subitum;Expanded disability status scale score decreased;Expanded disability status scale score increased;Exposure to communicable disease;Exposure to SARS-CoV-2;Eye oedema;Eye pruritus;Eye swelling;Eyelid oedema;Face oedema;Facial paralysis;Facial paresis;Faciobrachial dystonic seizure;Fat embolism;Febrile convulsion;Febrile infection-related epilepsy syndrome;Febrile neutropenia;Feltz's syndrome;Femoral artery embolism;Fibrillary glomerulonephritis;Fibromyalgia;Flushing;Foaming at mouth;Focal cortical resection;Focal dyscognitive seizures;Foetal distress syndrome;Foetal placental thrombosis;Foetor hepaticus;Foreign body embolism;Frontal lobe epilepsy;Fulminant type 1 diabetes mellitus;Galactose elimination capacity test abnormal;Galactose elimination capacity test decreased;Gamma-glutamyltransferase abnormal;Gamma-glutamyltransferase increased;Gastritis herpes;Gastrointestinal amyloidosis;Gelastic seizure;Generalised onset non-motor seizure;Generalised tonic-clonic seizure;Genital herpes;Genital herpes simplex;Genital herpes zoster;Giant cell arteritis;Glomerulonephritis;Glomerulonephritis membranoproliferative;Glomerulonephritis membranous;Glomerulonephritis rapidly progressive;Glossopharyngeal nerve paralysis;Glucose transporter type 1 deficiency syndrome;Glutamate dehydrogenase increased;Glycocholic acid increased;GM2 gangliosidosis;Goodpasture's syndrome;Graft thrombosis;Granulocytopenia;Granulocytopenia neonatal;Granulomatosis with polyangiitis;Granulomatous dermatitis;Grey matter heterotopia;Guanase increased;Guillain- Barre syndrome;Haemolytic anaemia;Haemophagocytic lymphohistiocytosis;Haemorrhage;Haemorrhagic ascites;Haemorrhagic disorder;Haemorrhagic pneumonia;Haemorrhagic varicella syndrome;Haemorrhagic vasculitis;Hantavirus pulmonary infection;Hashimoto's encephalopathy;Hashitoxicosis;Hemimegalencephaly;Henoch-Schonlein purpura;Henoch- Schonlein purpura nephritis;Hepaplastin abnormal;Hepaplastin decreased;Heparin-induced thrombocytopenia;Hepatic amyloidosis;Hepatic artery embolism;Hepatic artery flow decreased;Hepatic artery thrombosis;Hepatic enzyme abnormal;Hepatic enzyme decreased;Hepatic enzyme increased;Hepatic fibrosis marker abnormal;Hepatic fibrosis marker increased;Hepatic function abnormal;Hepatic hydrothorax;Hepatic hypertrophy;Hepatic hypoperfusion;Hepatic lymphocytic infiltration;Hepatic mass;Hepatic pain;Hepatic sequestration;Hepatic vascular resistance increased;Hepatic vascular thrombosis;Hepatic vein embolism;Hepatic vein thrombosis;Hepatic venous pressure gradient abnormal;Hepatic venous pressure gradient increased;Hepatitis;Hepatobiliary scan abnormal;Hepatomegaly;Hepatosplenomegaly;Hereditary angioedema with C1 esterase inhibitor deficiency;Herpes dermatitis;Herpes gestationis;Herpes oesophagitis;Herpes ophthalmic;Herpes pharyngitis;Herpes sepsis;Herpes simplex;Herpes simplex cervicitis;Herpes simplex colitis;Herpes simplex encephalitis;Herpes simplex gastritis;Herpes simplex hepatitis;Herpes simplex meningitis;Herpes simplex meningoencephalitis;Herpes simplex meningomyelitis;Herpes simplex necrotising retinopathy;Herpes simplex oesophagitis;Herpes simplex otitis externa;Herpes simplex pharyngitis;Herpes simplex pneumonia;Herpes simplex reactivation;Herpes simplex sepsis;Herpes simplex viraemia;Herpes simplex virus conjunctivitis neonatal;Herpes simplex visceral;Herpes virus infection;Herpes zoster;Herpes zoster cutaneous disseminated;Herpes zoster infection neurological;Herpes zoster meningitis;Herpes zoster meningoencephalitis;Herpes zoster meningomyelitis;Herpes zoster meningoradiculitis;Herpes zoster necrotising retinopathy;Herpes zoster oticus;Herpes zoster pharyngitis;Herpes zoster reactivation;Herpetic radiculopathy;Histone antibody positive;Hoigne's syndrome;Human herpesvirus 6 encephalitis;Human herpesvirus 6 infection;Human herpesvirus 6 infection reactivation;Human herpesvirus 7 infection;Human herpesvirus 8 infection;Hyperammonaemia;Hyperbilirubinaemia;Hypercholia;Hypergammaglobulinaemia benign monoclonal;Hyperglycaemic seizure;Hypersensitivity;Hypersensitivity vasculitis;Hyperthyroidism;Hypertransaminaemia;Hyperventilation;Hypoalbuminaemia;Hypocalcaemic seizure;Hypogammaglobulinaemia;Hypoglossal nerve paralysis;Hypoglossal nerve paresis;Hypoglycaemic seizure;Hyponatraemic seizure;Hypotension;Hypotensive crisis;Hypothernar hammer syndrome;Hypothyroidism;Hypoxia;Idiopathic CD4 lymphocytopenia;Idiopathic generalised epilepsy;Idiopathic interstitial pneumonia;Idiopathic neutropenia;Idiopathic pulmonary fibrosis;IgA nephropathy;IgM nephropathy;IIIrd nerve paralysis;IIIrd nerve paresis;Iliac artery embolism;Immune thrombocytopenia;Immune-mediated adverse reaction;Immune-mediated cholangitis;Immune-mediated cholestasis;Immune-mediated cytopenia;Immune-mediated encephalitis;Immune-mediated encephalopathy;Immune-mediated endocrinopathy;Immune-mediated enterocolitis;Immune-mediated gastritis;Immune-mediated hepatic disorder;Immune-mediated hepatitis;Immune-mediated hyperthyroidism;Immune-mediated hypothyroidism;Immune-mediated

myocarditis;Immune-mediated myositis;Immune-mediated nephritis;Immune-mediated neuropathy;Immune-mediated pancreatitis;Immune-mediated pneumonitis;Immune-mediated renal disorder;Immune-mediated thyroiditis;Immune-mediated uveitis;Immunoglobulin G4 related disease;Immunoglobulins abnormal;Implant site thrombosis;Inclusion body myositis;Infantile genetic agranulocytosis;Infantile spasms;Infected vasculitis;Infective thrombosis;Inflammation;Inflammatory bowel disease;Infusion site thrombosis;Infusion site vasculitis;Injection site thrombosis;Injection site urticaria;Injection site vasculitis;Instillation site thrombosis;Insulin autoimmune syndrome;Interstitial granulomatous dermatitis;Interstitial lung disease;Intracardiac mass;Intracardiac thrombus;Intracranial pressure increased;Intrapericardial thrombosis;Intrinsic factor antibody abnormal;Intrinsic factor antibody positive;IPEX syndrome;Irregular breathing;IRVAN syndrome;IVth nerve paralysis;IVth nerve paresis;JC polyomavirus test positive;JC virus CSF test positive;Jeavons syndrome;Jugular vein embolism;Jugular vein thrombosis;Juvenile idiopathic arthritis;Juvenile myoclonic epilepsy;Juvenile polymyositis;Juvenile psoriatic arthritis;Juvenile spondyloarthritis;Kaposi sarcoma inflammatory cytokine syndrome;Kawasaki's disease;Kayser-Fleischer ring;Keratoderma blenorrhagica;Ketosis-prone diabetes mellitus;Kounis syndrome;Lafora's myoclonic epilepsy;Lambert's excrescences;Laryngeal dyspnoea;Laryngeal oedema;Laryngeal rheumatoid arthritis;Laryngospasm;Laryngotracheal oedema;Latent autoimmune diabetes in adults;LE cells present;Lemierre syndrome;Lennox-Gastaut syndrome;Leucine aminopeptidase increased;Leukoencephalomyelitis;Leukoencephalopathy;Leukopenia;Leukopenia neonatal;Lewis-Sumner syndrome;Lhermitte's sign;Lichen planopilaris;Lichen planus;Lichen sclerosus;Limbic encephalitis;Linear IgA disease;Lip oedema;Lip swelling;Liver function test abnormal;Liver function test decreased;Liver function test increased;Liver induration;Liver injury;Liver iron concentration abnormal;Liver iron concentration increased;Liver opacity;Liver palpable;Liver sarcoidosis;Liver scan abnormal;Liver tenderness;Low birth weight baby;Lower respiratory tract herpes infection;Lower respiratory tract infection;Lower respiratory tract infection viral;Lung abscess;Lupoid hepatic cirrhosis;Lupus cystitis;Lupus encephalitis;Lupus endocarditis;Lupus enteritis;Lupus hepatitis;Lupus myocarditis;Lupus myositis;Lupus nephritis;Lupus pancreatitis;Lupus pleurisy;Lupus pneumonitis;Lupus vasculitis;Lupus-like syndrome;Lymphocytic hypophysitis;Lymphocytopenia neonatal;Lymphopenia;MAGIC syndrome;Magnetic resonance imaging liver abnormal;Magnetic resonance proton density fat fraction measurement;Mahler sign;Manufacturing laboratory analytical testing issue;Manufacturing materials issue;Manufacturing production issue;Marburg's variant multiple sclerosis;Marchiafava-Bignami disease;Marine Lenhart syndrome;Mastocytic enterocolitis;Maternal exposure during pregnancy;Medical device site thrombosis;Medical device site vasculitis;MELAS syndrome;Meningitis;Meningitis aseptic;Meningitis herpes;Meningoencephalitis herpes simplex neonatal;Meningoencephalitis herpetic;Meningomyelitis herpes;MERS-CoV test;MERS-CoV test negative;MERS-CoV test positive;Mesangioproliferative glomerulonephritis;Mesenteric artery embolism;Mesenteric artery thrombosis;Mesenteric vein thrombosis;Metapneumovirus infection;Metastatic cutaneous Crohn's disease;Metastatic pulmonary embolism;Microangiopathy;Microembolism;Microscopic polyangiitis;Middle East respiratory syndrome;Migraine-triggered seizure;Miliary pneumonia;Miller Fisher syndrome;Mitochondrial aspartate aminotransferase increased;Mixed connective tissue disease;Model for end stage liver disease score abnormal;Model for end stage liver disease score increased;Molar ratio of total branched-chain amino acid to tyrosine;Molybdenum cofactor deficiency;Monocytopenia;Mononeuritis;Mononeuropathy multiplex;Morphaea;Morvan syndrome;Mouth swelling;Moyamoya disease;Multifocal motor neuropathy;Multiple organ dysfunction syndrome;Multiple sclerosis;Multiple sclerosis relapse;Multiple sclerosis relapse prophylaxis;Multiple subpial transection;Multisystem inflammatory syndrome in children;Muscular sarcoidosis;Myasthenia gravis;Myasthenia gravis crisis;Myasthenia gravis neonatal;Myasthenic syndrome;Myelitis;Myelitis transverse;Myocardial infarction;Myocarditis;Myocarditis post infection;Myoclonic epilepsy;Myoclonic epilepsy and ragged-red fibres;Myokymia;Myositis;Narcolepsy;Nasal herpes;Nasal obstruction;Necrotising herpetic retinopathy;Neonatal Crohn's disease;Neonatal epileptic seizure;Neonatal lupus erythematosus;Neonatal mucocutaneous herpes simplex;Neonatal pneumonia;Neonatal seizure;Nephritis;Nephrogenic systemic fibrosis;Neuralgia amyotrophy;Neuritis;Neuritis cranial;Neuromyelitis optica pseudo relapse;Neuromyelitis optica spectrum disorder;Neuromyotonia;Neuronal neuropathy;Neuropathy peripheral;Neuropathy, ataxia, retinitis pigmentosa syndrome;Neuropsychiatric lupus;Neurosarcoidosis;Neutropenia;Neutropenia neonatal;Neutropenic colitis;Neutropenic infection;Neutropenic sepsis;Nodular rash;Nodular vasculitis;Noninfectious myelitis;Noninfective encephalitis;Noninfective encephalomyelitis;Noninfective oophoritis;Obstetrical pulmonary embolism;Occupational exposure to communicable disease;Occupational exposure to SARS-CoV-2;Ocular hyperaemia;Ocular myasthenia;Ocular pemphigoid;Ocular sarcoidosis;Ocular vasculitis;Oculofacial paralysis;Oedema;Oedema blister;Oedema due to hepatic disease;Oedema mouth;Oesophageal achalasia;Ophthalmic artery thrombosis;Ophthalmic herpes simplex;Ophthalmic herpes zoster;Ophthalmic vein thrombosis;Optic neuritis;Optic neuropathy;Optic perineuritis;Oral herpes;Oral lichen planus;Oropharyngeal oedema;Oropharyngeal spasm;Oropharyngeal swelling;Osmotic demyelination syndrome;Ovarian vein thrombosis;Overlap syndrome;Paediatric autoimmune neuropsychiatric disorders associated with streptococcal infection;Paget-Schroetter syndrome;Palindromic rheumatism;Palisaded neutrophilic granulomatous dermatitis;Palmoplantar keratoderma;Palpable purpura;Pancreatitis;Panencephalitis;Papillophlebitis;Paracancerous pneumonia;Paradoxical embolism;Parainfluenzae viral laryngotracheobronchitis;Paraneoplastic dermatomyositis;Paraneoplastic pemphigus;Paraneoplastic thrombosis;Paresis cranial nerve;Parietal cell antibody positive;Paroxysmal nocturnal haemoglobinuria;Partial seizures;Partial seizures with secondary generalisation;Patient isolation;Pelvic venous thrombosis;Pemphigoid;Pemphigus;Penile vein thrombosis;Pericarditis;Pericarditis lupus;Perihepatic discomfort;Periorbital oedema;Periorbital swelling;Peripheral artery thrombosis;Peripheral embolism;Peripheral ischaemia;Peripheral vein thrombus extension;Periportal oedema;Peritoneal fluid protein abnormal;Peritoneal fluid protein decreased;Peritoneal fluid protein increased;Peritonitis lupus;Pernicious anaemia;Petit mal epilepsy;Pharyngeal oedema;Pharyngeal swelling;Pityriasis lichenoides et varioliformis acuta;Placenta praevia;Pleuroparenchymal fibroelastosis;Pneumobilia;Pneumonia;Pneumonia adenoviral;Pneumonia cytomegaloviral;Pneumonia herpes viral;Pneumonia influenza;Pneumonia measles;Pneumonia mycoplasma;Pneumonia necrotising;Pneumonia parainfluenzae viral;Pneumonia respiratory syncytial viral;Pneumonia viral;POEMS syndrome;Polyarteritis nodosa;Polyarthritis;Polychondritis;Polyglandular autoimmune syndrome type I;Polyglandular autoimmune syndrome type II;Polyglandular autoimmune syndrome type III;Polyglandular disorder;Polymicrogyria;Polymyalgia rheumatica;Polymyositis;Polyneuropathy;Polyneuropathy idiopathic progressive;Portal pyaemia;Portal vein embolism;Portal vein flow decreased;Portal vein pressure increased;Portal vein thrombosis;Portosplenomesenteric venous thrombosis;Post procedural hypotension;Post procedural pneumonia;Post procedural pulmonary embolism;Post stroke epilepsy;Post stroke seizure;Post thrombotic retinopathy;Post thrombotic syndrome;Post viral fatigue syndrome;Postictal headache;Postictal paralysis;Postictal psychosis;Postictal state;Postoperative respiratory distress;Postoperative respiratory failure;Postoperative thrombosis;Postpartum thrombosis;Postpartum venous thrombosis;Postpericardiotomy syndrome;Post-traumatic epilepsy;Postural orthostatic tachycardia syndrome;Precerebral artery thrombosis;Pre-eclampsia;Preictal state;Premature labour;Premature menopause;Primary amyloidosis;Primary biliary cholangitis;Primary progressive multiple sclerosis;Procedural shock;Proctitis herpes;Proctitis ulcerative;Product availability issue;Product distribution issue;Product supply issue;Progressive facial hemiatrophy;Progressive multifocal leukoencephalopathy;Progressive multiple sclerosis;Progressive relapsing multiple sclerosis;Prosthetic cardiac valve thrombosis;Pruritus;Pruritus allergic;Pseudovasculitis;Psoriasis;Psoriatic arthropathy;Pulmonary amyloidosis;Pulmonary artery thrombosis;Pulmonary embolism;Pulmonary fibrosis;Pulmonary haemorrhage;Pulmonary microemboli;Pulmonary oil microembolism;Pulmonary renal syndrome;Pulmonary sarcoidosis;Pulmonary sepsis;Pulmonary thrombosis;Pulmonary tumour thrombotic microangiopathy;Pulmonary vasculitis;Pulmonary veno-occlusive disease;Pulmonary venous thrombosis;Pyoderma gangrenosum;Pyostomatitis

vegetans;Pyrexia;Quarantine;Radiation leukopenia;Radiculitis brachial;Radiologically isolated syndrome;Rash;Rash erythematous;Rash pruritic;Rasmussen encephalitis;Raynaud's phenomenon;Reactive capillary endothelial proliferation;Relapsing multiple sclerosis;Relapsing-remitting multiple sclerosis;Renal amyloidosis;Renal arteritis;Renal artery thrombosis;Renal embolism;Renal failure;Renal vascular thrombosis;Renal vasculitis;Renal vein embolism;Renal vein thrombosis;Respiratory arrest;Respiratory disorder;Respiratory distress;Respiratory failure;Respiratory paralysis;Respiratory syncytial virus bronchiolitis;Respiratory syncytial virus bronchitis;Retinal artery embolism;Retinal artery occlusion;Retinal artery thrombosis;Retinal vascular thrombosis;Retinal vasculitis;Retinal vein occlusion;Retinal vein thrombosis;Retinol binding protein decreased;Retinopathy;Retrograde portal vein flow;Retroperitoneal fibrosis;Reversible airways obstruction;Reynold's syndrome;Rheumatic brain disease;Rheumatic disorder;Rheumatoid arthritis;Rheumatoid factor increased;Rheumatoid factor positive;Rheumatoid factor quantitative increased;Rheumatoid lung;Rheumatoid neutrophilic dermatosis;Rheumatoid nodule;Rheumatoid nodule removal;Rheumatoid scleritis;Rheumatoid vasculitis;Saccadic eye movement;SAPHO syndrome;Sarcoidosis;SARS-CoV-1 test;SARS-CoV-1 test negative;SARS-CoV-1 test positive;SARS-CoV-2 antibody test;SARS-CoV-2 antibody test negative;SARS-CoV-2 antibody test positive;SARS-CoV-2 carrier;SARS-CoV-2 sepsis;SARS-CoV-2 test;SARS-CoV-2 test false negative;SARS-CoV-2 test false positive;SARS-CoV-2 test negative;SARS-CoV-2 test positive;SARS-CoV-2 viraemia;Satoyoshi syndrome;Schizencephaly;Scleritis;Sclerodactylia;Scleroderma;Scleroderma associated digital ulcer;Scleroderma renal crisis;Scleroderma-like reaction;Secondary amyloidosis;Secondary cerebellar degeneration;Secondary progressive multiple sclerosis;Segmented hyalinising vasculitis;Seizure;Seizure anoxic;Seizure cluster;Seizure like phenomena;Seizure prophylaxis;Sensation of foreign body;Septic embolus;Septic pulmonary embolism;Severe acute respiratory syndrome;Severe myoclonic epilepsy of infancy;Shock;Shock symptom;Shrinking lung syndrome;Shunt thrombosis;Silent thyroiditis;Simple partial seizures;Sjogren's syndrome;Skin swelling;SLE arthritis;Smooth muscle antibody positive;Sneezing;Spinal artery embolism;Spinal artery thrombosis;Splenic artery thrombosis;Splenic embolism;Splenic thrombosis;Splenic vein thrombosis;Spondylitis;Spondyloarthropathy;Spontaneous heparin-induced thrombocytopenia syndrome;Status epilepticus;Stevens-Johnson syndrome;Stiff leg syndrome;Stiff person syndrome;Stillbirth;Still's disease;Stoma site thrombosis;Stoma site vasculitis;Stress cardiomyopathy;Stridor;Subacute cutaneous lupus erythematosus;Subacute endocarditis;Subacute inflammatory demyelinating polyneuropathy;Subclavian artery embolism;Subclavian artery thrombosis;Subclavian vein thrombosis;Sudden unexplained death in epilepsy;Superior sagittal sinus thrombosis;Susac's syndrome;Suspected COVID- 19;Swelling;Swelling face;Swelling of eyelid;Swollen tongue;Sympathetic ophthalmia;Systemic lupus erythematosus;Systemic lupus erythematosus disease activity index abnormal;Systemic lupus erythematosus disease activity index decreased;Systemic lupus erythematosus disease activity index increased;Systemic lupus erythematosus rash;Systemic scleroderma;Systemic sclerosis pulmonary;Tachycardia;Tachypnoea;Takayasu's arteritis;Temporal lobe epilepsy;Terminal ileitis;Testicular autoimmunity;Throat tightness;Thromboangiitis obliterans;Thrombocytopenia;Thrombocytopenic purpura;Thrombophlebitis;Thrombophlebitis migrans;Thrombophlebitis neonatal;Thrombophlebitis septic;Thrombophlebitis superficial;Thromboplastin antibody positive;Thrombosis;Thrombosis corpora cavernosa;Thrombosis in device;Thrombosis mesenteric vessel;Thrombotic cerebral infarction;Thrombotic microangiopathy;Thrombotic stroke;Thrombotic thrombocytopenic purpura;Thyroid disorder;Thyroid stimulating immunoglobulin increased;Thyroiditis;Tongue amyloidosis;Tongue biting;Tongue oedema;Tonic clonic movements;Tonic convulsion;Tonic posturing;Topectomy;Total bile acids increased;Toxic epidermal necrolysis;Toxic leukoencephalopathy;Toxic oil syndrome;Tracheal obstruction;Tracheal oedema;Tracheobronchitis;Tracheobronchitis mycoplasmal;Tracheobronchitis viral;Transaminases abnormal;Transaminases increased;Transfusion-related alloimmune neutropenia;Transient epileptic amnesia;Transverse sinus thrombosis;Trigeminal nerve paresis;Trigeminal neuralgia;Trigeminal palsy;Truncus coeliacus thrombosis;Tuberos sclerosis complex;Tubulointerstitial nephritis and uveitis syndrome;Tumefactive multiple sclerosis;Tumour embolism;Tumour thrombosis;Type 1 diabetes mellitus;Type I hypersensitivity;Type III immune complex mediated reaction;Uththoff's phenomenon;Ulcerative keratitis;Ultrasound liver abnormal;Umbilical cord thrombosis;Uncinate fits;Undifferentiated connective tissue disease;Upper airway obstruction;Urine bilirubin increased;Urobilinogen urine decreased;Urobilinogen urine increased;Urticaria;Urticaria papular;Urticarial vasculitis;Uterine rupture;Uveitis;Vaccination site thrombosis;Vaccination site vasculitis;Vagus nerve paralysis;Varicella;Varicella keratitis;Varicella post vaccine;Varicella zoster gastritis;Varicella zoster oesophagitis;Varicella zoster pneumonia;Varicella zoster sepsis;Varicella zoster virus infection;Vasa praevia;Vascular graft thrombosis;Vascular pseudoaneurysm thrombosis;Vascular purpura;Vascular stent thrombosis;Vasculitic rash;Vasculitic ulcer;Vasculitis;Vasculitis gastrointestinal;Vasculitis necrotising;Vena cava embolism;Vena cava thrombosis;Venous intravasation;Venous recanalisation;Venous thrombosis;Venous thrombosis in pregnancy;Venous thrombosis limb;Venous thrombosis neonatal;Vertebral artery thrombosis;Vessel puncture site thrombosis;Visceral venous thrombosis;VIth nerve paralysis;VIth nerve paresis;Vitiligo;Vocal cord paralysis;Vocal cord paresis;Vogt-Koyanagi-Harada disease;Warm type haemolytic anaemia;Wheezing;White nipple sign;XIth nerve paralysis;X-ray hepatobiliary abnormal;Young's syndrome;Zika virus associated Guillain Barre syndrome.

CORAC Newsletter

“For every member, an action”

April 22, 2022



If you're not yet active in the fight for freedom... why not? Are you hoping things will go back to normal without your having to get involved? That is wishful thinking. The forces of evil are out in the open. We will either defeat them, or be enslaved by them. "Normal" is not coming back; it is gone for good. We must accept that, grieve it and move on. What's ahead, when God achieves victory through us, is so much greater than the "normal" we used to have. But we have to fight for that future. In this newsletter, many actions are presented; take your pick. Just do *something*; you will need to be able to tell your grandchildren that you stood up and fought when the world was darkest. Don't miss your chance!

Sheryl Collmer, editor
sherylc@coracusa.com



From the cockpit of the Subaru:

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

Calling on the 300

I get asked from time to time about how people can sign up for CORAC and maintain their anonymity. For the most part, you can't – and that is the way I want it.

Oh, we have more than a few “secret squirrels,” people who want to participate with us but, because of their position in the federal government or the Church, need to be discreet. The people who are officials or employees of the federal government are, in essence, behind the lines – and can sometimes offer critical information because of that. It is essential to maintain their cover or they could be ostracized or fired – and that information would be gone.

Inside the Church you will probably not be surprised to find that while some Bishops think I am a heck of a guy, there are also some who think I am a dangerous radical. Most Bishops are blissfully unaware of my existence at all. Maintaining confidentiality for allies who are in chanceries around the country can be useful to both them and to me – and it makes it harder for those who are hostile to know who to focus their fire on. Again, it can be a powerful conduit for useful information.

For a time I had connection to a very high-ranking official in the Vatican, itself, who I could get insight from. Alas, he is gone – but because of his orthodoxy, not because anyone figured out there was any connection.

There are a few other such situations, but not very many. The reality is that authoritarians in the West are trying to cover us like a shroud. But they have not secured their power. This is not Nazi Germany or Stalinist Russia just yet. A key error ordinary people have often made when a malignantly evil force is trying to take over a country is to keep their heads low. That does not make most people any safer for more than a little while – and that comes at the cost of making it far more deadly dangerous for everyone just a little later on. While the issue is not settled, the thing most likely to keep tyrants from cementing their hold on power is for people to stand publicly against them. To do so right now just means you may face ostracism or harassment. Stormy weather.

To be brutally blunt, I don't want people joining us who want to keep it a secret without a truly compelling reason. If you fill your ranks with the bold and the brave, when things get rough enough, some of them will slink away. That always makes a stand much tougher at a critical moment. But if you fill your ranks with people you know are going to abandon the cause as soon as the going gets tough, you sow the seeds of your own pitiful destruction.

I don't think we are going to get to a situation where we have to behave like the French underground. If we do, we will adapt. But I do not want a situation where the organization could be toppled by just a few government or media bullies yelling, "Boo!" That just is not tactically sound.

There is another even more compelling reason for me. I have long said that this is a great battle between good and evil – and that I believe God intends we stand up and publicly declare ourselves. You can't stand up and be counted in unless you actually stand up and publicly declare yourself. Our strength comes from standing with God and with each other. If all you have to offer is secret sympathy, you facilitate takeover by the anti-God left. If that's your gig, just join the establishment wing of the Republican Party.

When God called Gideon to overthrow the Midianite oppression, at first, Gideon was very timid – and agreed to work with God so long as God would keep his name out of it. Those terms were NOT acceptable to God. Only when Gideon agreed, trembling and shaking though he was, to stand boldly, would God put His might behind the man. Once Gideon stood boldly, God steadily winnowed down the force he would fight with, until it stood at 300. Gideon was all-in by this time – and with that force of 300 men routed around 400,000 Midianite soldiers. Sometimes, when He finds someone willing, it pleases God to show off a little, to let men know in whose hand the battle really lies.

Now is the time, and God is, once more, winnowing the battlefield forces. Won't you help the Almighty show off a little?

Charlie Johnston

Latest podcasts:

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



Latest blog posts:

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



Mean Girls Dynasty

by [Charlie Johnston](#) | Apr 18, 2022

Back when I was a young fella my pet peeve was all of my friends who...

[read more](#)



There's No Place Like Home

by [Charlie Johnston](#) | Apr 13, 2022

In the story of the Wizard of Oz the Scarecrow desperately wants a brain....

[read more](#)



The Brazen Serpent Prayer

by [Charlie Johnston](#) | Apr 10, 2022

In the past week I have been inundated with stories of adverse events from...

[read more](#)

Action Items

Every CORAC member is an active-duty soldier in the army of God. Make something happen!

AMERICA PRAYS

Many “America Prays” groups are meeting on Wednesday evenings all over the country, gathering in front of city halls and county courthouses. Check for America Prays groups that may have already begun in your area here: <https://public-rosary.org> If there’s not one near you, grab a friend and get on down to your local public space to pray the Rosary for our country, and especially for the children.

A MILLION SMALL VICTORIES

Unjustly-held political prisoner, retired Special Forces Master Sergeant [Jeremy Brown](#) has asked people to do these small things every day, and win through a million small victories. These are tasks that literally *anyone*, regardless of health status, can do.

- 1) Talk to 3 strangers, 1 friend and 1 family member *every day*. Talk to them about what is going on in the country and have a good article or link queued up that is easy to share.
- 2) Make 1 phone call, email or letter *each day* to an elected officials If only 1% of Patriots did this, it would be more than they have ever received.
- 3) Hand out flyers in parking lots or public places.
- 4) Have house or block parties to build alliances.
- 5) Wave flags at busy intersections.
- 6) Donate what you can to the legal defense funds of the J6’ers.

J6 PRISONERS

For more information about how to help the J6 prisoners, see:

<https://www.patriotfreedomproject.com>

<https://patriotmailproject.com>



Communications

Keeping in touch when channels are unreliable

CORAC Sunday radio Broadcast

Each broadcast will start out with an introduction, the reading of a chosen Scripture, sharing CORAC news of interest, then opening the net for anyone who desires to check-in. To check-in, you have to have an HF radio with transmission capabilities, and a general amateur radio license. All unlicensed members are invited to listen-only to the CORAC net using a shortwave radio. If you can hear the transmission, please post your comments in the CORAC Communications Forum.



1st Broadcast 7:30 PM Eastern, 6:30 PM Central, 5:30 PM Mountain, and 4:30 PM Pacific. Frequency: 7.284 MHz
2nd Broadcast 8:00 PM Eastern, 7:00 PM Central, 6:00 PM Mountain, and 5:00 PM Pacific. Frequency: 3.980 MHz

Communications Team comment page here: <https://corac.co/2021/06/01/communications-team-general-discussion/>

Local Clubs

Google your local amateur radio club to get involved at the local level. Nearly every community has one. I searched “Tyler TX amateur radio club” and found The Groundwire! They put out a newsletter, have monthly hands-on practice sessions and a monthly breakfast cleverly named “Ham and Eggs.” Google *your* area and see what you find.

Getting Certified

Many CORAC’ers have used this site to prepare for the licensing exams: <https://www.hamradiolicenseexam.com>. They make it pretty easy if you set aside the time to follow their plan.

Amateur Radio Relay League Field Day

ARRL Field Day is the single most popular on-the-air event for radio operators in the US and Canada. On the fourth weekend of June, (June 25, 2022) thousands of radio amateurs gather with their clubs, groups or simply with friends to operate from remote locations. Field Day is a picnic, campout, practice for emergencies, informal contest and, most of all, fun! All are welcome to participate, watch and learn about this hobby.

Many groups use the field day as an opportunity to practice their emergency response capabilities. It is an excellent opportunity to demonstrate to the organizations that amateur radio might serve in an emergency, as well as the general public.



Despite the development of very complex, modern communications systems — or maybe because they ARE so complex — ham radio has been called into action again and again to provide communications in crises when it really matters.

Contact your local radio club and make plans to take part, or at least observe, the activities on June 25.

Health & Wellness

Staying robust in trying times

The behavior of the medical profession in the last two years and the possible supply shortages of conventional drugs have caused people to begin rethinking health care. Even those who prefer modern allopathic medicine recognize that it might not be fully available to us for a time. So the Health & Wellness team has been gathering experienced practitioners in some of the alternative modes, and training members in those modes.

You can sign up for classes or watch videos to learn more. See the [online calendar](#) for details.

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

Homeopathic Supplies

Joette Calabrese is a trusted mentor of our Health & Wellness team lead. If you are interested in homeopathy and wondering where to find supplies, Joette has recommendations.

Where to buy homeopathic remedies: https://joettecalabrese.com/blog/where-to-buy-homeopathic-medicines/?inf_contact_key=cfe0dc55edef1c72007196a765d728a7d18a532c4142cb79caf2b269de1401fa

D is for Despondency

We all became familiar with the importance of Vitamin D during the covid scare. Patients with [Vitamin D deficiency](#) were 14 times more likely to have a severe or critical outcome to infection, so Vitamin D became a front-line prevention strategy.

Now it is found that Vitamin D3 can stabilize mood and prevent depression. There is speculation that vitamin D deficiency may directly affect the balance of *dopamine* and *norepinephrine* receptors, which can lead to symptoms of depression. <https://naturalsociety.com/vitamin-d3-influence-moods-dispel-depression/>



Sustainable Living and Survival Skills

Home skills for self-sufficiency

GARDENING EDUCATION SERIES

Two new gardening classes are coming up!

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

Fermenting (Gardening Series, session 5)

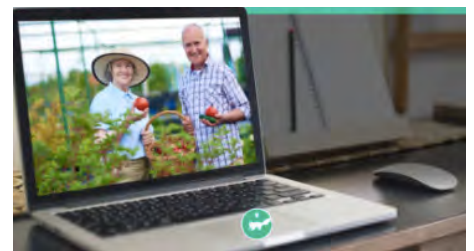
May 7, 3:00 pm Eastern

Signup here: [Gardening Series - Session 5 - Corps of Renewal And Charity \(corac.co\)](#)

Cool Weather Gardening (Gardening Series, session 4)

May 21, 3:00 Eastern

Signup here: [Gardening Series - Session 4 - Corps of Renewal And Charity \(corac.co\)](#)



Food Supplies

Please do have some emergency food supplies on hand for your family. Between the fertilizer shortages, the systematic destruction of food processing plants, and the enormous bottleneck created by China at the Shanghai Harbor, we are not going to come through this year with anything like the food supply we are used to. It's the perfect storm.

Below is a food prep list that appeared in our Region 8 newsletter last year. Many recommendations now say to have 2-3 *weeks* of non-perishable food on hand. You can start with a 3-day supply, then add to it every time you grocery shop. This is a basic starting list, featuring foods you can easily find at the store.

SHERYL'S THREE-DAY FOOD PACK

- Instant oatmeal
- Dried fruit
- Bags of dried veggies: kale chips, green beans, okra
- Granola/fiber bars
- Packs of nuts, especially almonds and walnuts. Can be added to any dish for extra fat and fiber
- Peanut butter (one of the most calorie-dense foods per ounce; best bang for your buck)
- Pouches of tuna fish
- Beef or turkey jerky
- Small bottle of olive oil (great for pouring on the dried veggies)
- Dark chocolate bar (keep in Ziploc bag because it melts easily)
- Salt and pepper
- Cinnamon
- Jar of diced garlic (adds savor and is a great anti-inflammatory)
- Jar of Vegemite or Marmite (has tons of B vitamins which reduce stress; available online or at World Market)
- Chewing gum (to get the taste of the Vegemite out of your mouth!)
- Instant coffee (with powdered cream and sugar, if desired)
- Multivitamin

You can also order pre-packed dried food pouches from an emergency supply store. It's more expensive, but freeze-dried food lasts practically forever. These most likely will be hard to order, once the grocery store shows signs of scarcity.

www.beprepared.com

<https://mypatriotssupply.com/products/72-hour-kit-sample-pack>



Firearms Training

One of the few things you really can't do online is firearms training, but Artemis Defense Institute, a state-of-the-art training facility in California, does offer some free videos on basics like how to select the right gun for yourself, proper stance, safety and gun storage. They are especially practical for new gun owners, or those thinking about buying one.

<https://www.artemishq.com/free-training-2/>



Regenerative Farming Could Save the World

We are at a critical point in world food production. In March, the global food price index hit its highest-ever recorded point. While many of us can tolerate the higher prices in the short term, the vulnerable are going to suffer. A great many of the factors contributing to the food crisis are manufactured, and have been years in the making. It's time to think outside the box. In this article by Joseph Mercola, some alternative farming methods are discussed and useful links shared.

<https://childrenshealthdefense.org/defender/regenerative-farming-could-save-world/>



CORAC Region 15 member Patrick observes the USA from one coast to another on a weekly basis as a professional truck driver.

As was reported in a prior newsletter, Patrick is seeing the trucking market shrink and slow. His dispatcher said today that all he was seeing on the board of available routes were those paying around \$1/mile. A typical rate months ago was \$2.50 or higher, up to \$5/mile for a good load. Now it's one dollar? In addition to the poor rates, there just aren't that many loads available.

Patrick spoke to a woman whose daughter had been fired as an Amazon local delivery driver for a minor infraction, as though they were just looking for an excuse. Then Amazon closed the hub where the daughter was based. Like Facebook and Netflix, with their declining subscribers, Amazon has only ever gotten bigger, not smaller. I checked their stock price and it has declined by approximately 10% in the last month. Will that prove to be a longer term trend?

Consumer confidence hit a new low in March 2022, according to the University of Michigan Consumer Sentiment Index. The numbers showed the most pessimism about future personal finances since the index began in the 1940s. The key drivers are the decline of real income due to inflation rotting away the dollar's spending power, and the rising cost of fuel. Gas prices just recorded the largest monthly increase in decades. No wonder people are curtailing non-essential spending. Then there are the myriads of supply issues, most of which are suspected to be intentionally manufactured.

Interstates are the blood vessels of the economy; truckers are the red blood cells, carrying oxygen. Less blood in the vessels means a crisis event not very far in the future.

American Trucking Association chief says trucking at the edge of a cliff

<https://www.bizpacreview.com/2022/01/19/trucking-group-chief-says-industry-at-edge-of-cliff-says-bad-policies-exacerbating-supply-chain-crisis-1190667/>

Consumer Sentiment Index explained

<https://www.investopedia.com/consumer-sentiment-hits-new-low-in-early-march-2022-5221965>

Other Items Of Interest

Random stuff I just felt like sharing

THE PEOPLE'S CONVOY LOVES LIFE

The Convoy is in Sacramento, California presently, having participated in a large rally at the Capitol on Tuesday, April 19. The target was a decalogue of extremely repressive and un-Constitutional laws, several of which have since been withdrawn. As the Convoy was leaving the Capitol after the Freedom Rally, they heard that the Assembly Health committee was voting on AB 2223, a law which would allow a newborn to be legally killed within an unspecified period of time after birth. They turned around and drove back to the Capitol, blocking the street in front of the mall in protest.



Despite the obviously widespread protest against the infanticide bill, the Health committee passed it and it now resides with the Appropriations committee. It still has a long way to go before becoming law, but the California legislature is proving that the people in that state do not have a voice in Sacramento. Lawmakers are provoking an alarming situation. Even in California, will the public peacefully go along with infanticide?

I think the lawmakers are overestimating the purple-haired, multi-pierced shrill ones in the cities, and vastly underestimating the ordinary families in the rest of the state. They do not recognize that there actually is a limit, and they are crossing it.

The infanticide bill was not originally on the Convoy radar, as their stated mission was to eliminate covid mandates, but they proved themselves by responding in passionate protest against that bill. The Convoy is small, but ready to be used. Stay tuned... news is posted periodically on their [website](http://www.thepeoplesconvoy.org), though it may be a few days behind. www.thepeoplesconvoy.org

CONVOY DOCUMENTARY

A documentary crew embedded with the Convoy for several days when they were in Washington DC/Hagerstown have released a 30-minute video. Although the Convoy has left Washington to fight on the west coast in California, this is a good picture of what the Convoy is all about. <https://brightlightnews.com/3-days-in-hagerstown/>

OTHER CONVOY NEWS

https://www.theepochtimes.com/peoples-convoy-shifts-gears-to-protest-proposed-california-vax-laws_4368367.html

https://www.theepochtimes.com/peoples-convoy-protest-for-2nd-day-in-sacramento_4416643.html

VAXXX BY THE NUMBERS

- 11.5 billion doses have been administered worldwide, up 3.6% from the last newsletter.
- 65% of the entire world's population has received at least one dose. That leaves 35% with intact immune systems.

Data from: <https://ourworldindata.org/covid-vaccinations>

We are not paying for the shots, but world governments are. That means a massive transfer of wealth from the people to the pharmaceutical industry. If you conservatively estimate the cost of each shot at \$20, that is a haul of \$230,000,000,000 for the drug companies, worldwide.

WHITE HOUSE PUPPET SHOW

According to a WH Press Release of April 18, the Second Global COVID Summit will be held on May 12. They seem not to have noticed that COVID is over. Just in case you think they are merely stupid and not actually malevolent, track this:

“We are calling on world leaders, members of civil society, non-governmental organizations, philanthropists, and the private sector to make new commitments and bring solutions to **vaccinate the world...**”

<https://www.thegatewaypundit.com/2022/04/second-global-covid-summit-announced-main-goal-will-vaccinate-everyone-planet-everywhere/>

REGULATORY CAPTURE

One of the most trusted voices on the side of freedom is Dr. Robert Malone. His Substack is intelligent, objective and free of emotional extremes. He also happens to be one of the most experienced virologists in the world. Worth reading.

<https://rwmalonemd.substack.com/p/the-corruption-of-our-nation?s=r>

2000 MULES

This documentary by Dinesh D'Souza showing how the public was defrauded in the 2020 election is premiering in May. It shows the actual footage gathered by True The Vote.

Mark your calendars for Monday, May 2 or Wednesday, May 4 for the limited in-theater release. Go to the website <https://2000mules.com/theaters/> and type in your state for theatres near you. The virtual premiere will follow on May 7.

Watch the trailer here: <https://electionfraud20.org/2000-mules/>

NIGHTMARE ON THE BORDER

Ranchers near the southern border are seeing massive destruction, trash and debris, and even dead bodies left behind as hundreds of thousands of illegal migrants pass over their property. There is no help from enforcement agents as the border areas are completely overrun. The Federal government continues to stonewall, but there is a crisis coming on this front, especially if Biden goes ahead with his plan to remove Title 42 on May 23, a measure that allows border officials to turn back illegal migrants.

https://www.nationalreview.com/2022/04/nightmare-on-the-border-locals-left-to-fend-for-themselves-as-migrant-surge-overruns-ranches-towns/?utm_source=email&utm_medium=breaking&utm_campaign=newstrack&utm_term=27426223

"Once Title 42 goes away, we are going to get flooded with illegal crossings. Hopefully this administration will learn from the last debacle that they need to have a plan in place before they start making drastic changes," Chris Cabrera, a spokesman for the National Border Patrol Council, told Townhall.

<https://townhall.com/tipsheet/juliorosas/2022/03/30/border-patrol-title-42-removed-amid-historic-southern-border-crossings-n2604106>

THE REAL FATHER STU

The movie about convert and priest Stuart Long has ignited a good discussion among Christians lately. The movie has garnered both good and bad reviews, which makes it particularly interesting. Go and see what has stimulated the conversation; just be aware that the profanity level is extremely high and it most definitely is not suitable for children.

Austin Ruse, reviewing for Crisis Magazine

<https://www.crisismagazine.com/2022/father-stu-a-flawed-story-of-redemption>

David Hahn, also reviewing for Crisis Magazine

<https://www.crisismagazine.com/2022/father-stu-a-beautiful-story-of-redemption>

Sheryl Collmer, reviewing for Truth For Souls

<https://truthforsouls.com/2022/04/19/movie-review-father-stu/>



There is general agreement that the *real* Father Stu was a more interesting character than the movie was able to portray. Find more about him:

<https://kneh.org/father-stu-interview/>

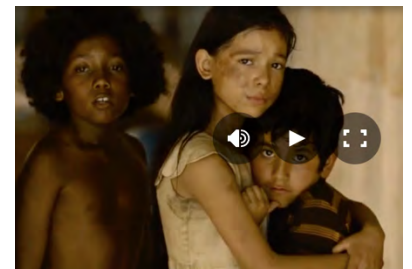
<https://alereia.org/2022/04/14/14-fascinating-facts-about-the-real-life-fr-stu-long-that-you-need-to-know/>

<https://www.ncregister.com/features/father-stu-and-the-gift-of-divine-mercy>

SOUND OF FREEDOM

"It's funny, because we all read history and we think, 'Oh, I would ... have risen up, I would have fought, I would have been an abolitionist,' And I tell them, 'No, you wouldn't have. If you would have, you'd be doing that right now. You know trafficking exists, you've heard of it, but you don't want to look.'"

— Tim Ballard, Operation Underground Railroad



This movie about child kidnapping and trafficking, features Jim Caviezel, and has been completed since April 2020. No one is saying why it hasn't been released yet, but you can guess. A huge undercurrent of the other evils in our culture is child trafficking. Heck, we just watched a pedo-friendly judge be confirmed to the Supreme Court. We regularly watch a demented president, sniffing and petting children with a hungry look on his face. Disney is whining for the right to teach deviant sexual relationships to children younger than 9.

The bizarre fixation with children goes up to the highest levels, and there must be unimaginable money that makes the machine run. It touches upon Ukraine, the southern border, the Hunter Biden laptop, and I'd bet my bottom dollar it will

pop out somewhere in the Durham proceedings, too. It is a massive driver of evil in the world. The last thing the power elites want right now is for ordinary people to get emotionally worked up enough to stand up and protect children at all costs.

Think a movie can't do that? The publication of "Uncle Tom's Cabin" [started the Civil War](#) by making the public understand what slavery actually looked like. When we *see* the horror of child trafficking, the nation will be inflamed.

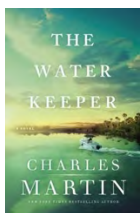
Watch the trailer [here](#).

<https://www.movieinsider.com/m16494/the-sound-of-freedom/videos/16278>

CHILD TRAFFICKING

I get it; no one wants to read about child trafficking. We have a duty to look at it, but it burns the deepest part of our hearts. One imagines that looking too closely might deliver a blow our psyches couldn't recover from. When I pray for the children at night, I have to keep it brief so that I can actually sleep. Meanwhile, the children are locked in the horror without respite.

One way to educate yourself about this most hideous subject in a way that you can tolerate is through fiction. A storyteller, especially a Christian one, can inject hope, and show us how we may defeat this diabolical worldwide activity. Charles Martin manages to show how trafficking occurs, why Florida is a hotspot, who is at risk, how Christ saves in the worst circumstances.

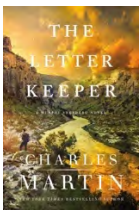


Review:

<https://www.journal-advocate.com/2020/12/05/the-water-keeper-juxtaposes-human-trafficking-with-human-kindness-book-review/>

Purchase:

<https://www.thomasnelson.com/9780785230946/the-water-keeper/>



Review:

<https://www.christianbook.com/the-letter-keeper-ebook/charles-martin/9780785230960/product-reviews/114207EB>

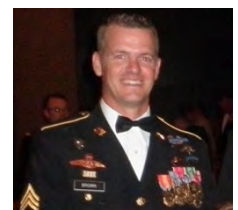
Purchase:

<https://www.thomasnelson.com/9780785230953/the-letter-keeper/>

J6 LETTER TO AMERICANS

It does not take a majority to prevail, but rather an irate, tireless minority, keen on setting brushfires of freedom in the minds of men.

Samuel Adams



My name is Jeremy Brown. I am a 20-year retired U.S. Army Special Forces Combat Veteran. On January 5th and 6th, 2021 I was in our Nation's capital as part of an all-volunteer protective detail tasked with providing security for organizers and speakers at a legally permitted political rally.

As I sit here in my jail cell being denied justice and my Constitutionally-protected, God-given rights, I wonder, is anyone irate or tireless enough to save our Republic? Will our children and our children's children wonder what it was like to be free?

If you're reading this, are you irate? Tireless? Are you willing to risk it all to set brushfires of Liberty in the souls of men? Or will we just wait for some other 'good men' to come along and do that 'something?' The time to look in the mirror and answer that question is NOW! Trust me, the time to fight is NOT after the tyrant locks you in a jail cell.

My name is Jeremy Brown and I am a January 6th Political Prisoner being held in the very country I spent my entire adult life defending at the highest level I could achieve. As a Green Beret, I am trained and prepared for this, and as an American, I was born for this. I will fight until my dying breath before I surrender one letter of my Liberty. I am only one man, but if I'm the only man, so be it! I know there are millions like me and so I ask you, are you ready to light brushfires of Liberty in the souls of men? Then don't do nothing!"

Jeremy Brown, U.S. Army Special Forces Master Sergeant (Ret.)

FOOD PROCESSING PLANTS

In 2022, there seems to be an outbreak of fires, explosion and plane crashes at large food processing facilities, making our food supply even more tenuous. The destruction may be purposeful.

<https://dailynewsbreak.org/several-very-large-food-processing-distribution-plants-have-recently-exploded-or-burned-down/>

SHIPS HELD OFF SHANGHAI

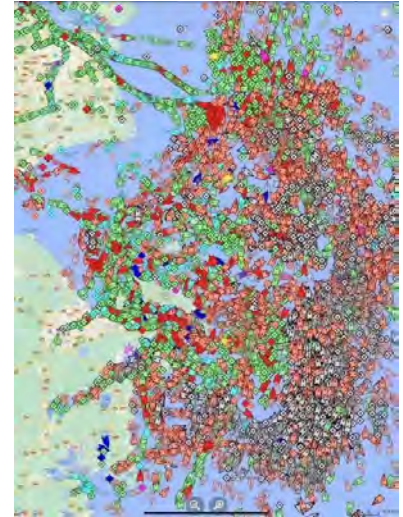
Hundreds of cargo ships are being prevented from unloading at Shanghai. The anti-pandemic (what pandemic?) restrictions imposed in China have caused a massive bottleneck of shipping in the Port of Shanghai, which handles four times the traffic of the port of Los Angeles in America.

<https://www.soulask.com/lockdown-in-shanghai-blocks-merchant-ships-from-unloading-at-port-it-could-soon-collapse-the-whole-world/>

The schematic shows the container ships waiting offshore Shanghai. A standard container is 20 feet long, 8 feet wide and 8 feet tall, holding 1,360 cubic feet of goods.

The largest container ships can carry 20,000 containers. That is approximately the amount of goods that would fill the Empire State Building solidly from the ground to the 75th floor. The diagram shows around 450 container ships, which cannot load or unload. It is an inconceivable amount of goods, and many are perishable.

<https://fortune.com/2022/04/19/shanghai-port-supply-chain-crunch-picture-ships/>



FERTILIZER SHORTAGE

Our brilliant government, by imposing useless sanctions against Russia, is creating a major crisis. Russia and Belarus are suppliers to the world of fertilizer, and Western nations cannot make up the shortfall. There will be consequences. In fact, there already are; we just haven't felt them fully yet. I don't think this is our government's stupidity, though that is in plain sight. I think it is a manufactured crisis, completely avoidable, yet of disastrous proportions.

<https://foodcollapse.com/2022-03-21-global-fertilizer-supplies-shrink-russian-exports-vanish.html>

ACTIONS OF THE HUMAN PERSON

We are unions of body/spirit, not spirits residing temporarily in a body. That heresy leads to such bizarre notions as a "boy soul" inhabiting a "girl body." That is simply not possible; every human person *is* their body.

So it follows that any solution that is all spiritual and not at all physical is incomplete. Jesus recommends prayer *and* fasting, prayer *and* almsgiving. Prayer must be married to an action, because human beings are body-persons, not mere spirits.

The cure for emotional or spiritual malaise is prayer *and* action. Psychologists have long taught this, and I have rediscovered it over and over again since 2020. When we dwell on our situation without taking action, depression is knocking on the door. Action dispels depression. Any action will do. If it's not the right action, you soon find out, and you adjust and do something else, watching again for any adjustments that need to be made. Taking action calms and focuses you.

Take action, any action you think may be helpful in even the smallest way. Once you've started, all sorts of new ideas will come to you. There is a certain magic about action. We were made for it.

NEW LOCKDOWNS COMING & HOW TO STOP THEM

Dr. Lee Merritt has been a credible voice for the past two years. She is a former Navy Surgeon, a board member of the Arizona Medical Association, and past president of the Association of American Physicians and Surgeons. Dr Merritt is one of Americas Frontline Doctors. I don't have an opinion on the host of this video, Alex Jones, but Dr. Merritt is the real deal.

Dr. Merritt talks about the insanity of locking down 400 million people in China, killing huge numbers of chickens due to rumored "bird flu," the DNA wars and the snake venom theory.

- Don't wear a mask. They're harmful to your health, and they signal compliance.
- Don't take *any* vaccine right now. The manufacturers are run by proven psychopaths.
- Don't submit to testing. DNA is being collected, and there may be harmful substances in the swabs.

<https://anti5g.net/index.php/2022/04/20/doctor-lee-merritt-warns-new-lockdowns-are-coming-figure-out-how-to-stop-it/>

SHANGHAI LOCKDOWN

A radical lockdown is happening in Shanghai, with government workers displaying protective measures way out of proportion to the actual threat of covid. The lockdowns are justified on the basis of tests that **do not** produce accurate results. A society cannot survive when its people can't work, leave their apartments, or live any sort of normal social life.



<https://nypost.com/2022/04/18/i-live-in-locked-down-shanghai-heres-what-life-is-like/>

CANCER ALARM

Dr. Ryan Cole explains how the mRNA vaxxes disable DNA repair and tumor-suppressing genes, allowing cancerous growths to take off.

https://brandnewtube.com/watch/dr-ryan-cole-human-spike-protein-factories-inhibiting-dna-repair-and-tumor-suppressing-genes_qbV465HLxhgd5f6.html

CURE FOR WHAT AILS: THE CHOSEN

When there is almost nothing left to watch that doesn't offend Catholic sensibilities, try *The Chosen*. Everything about it is different: it's funded by the public, not big studios; it's distributed along its own distribution channels; it has its own app; it's free to watch, donations optional; it's the first multi-episode portrayal of the life of Christ. Season 3 has now been fully fan-funded and production will begin shortly in Texas. Currently, nearly 400 million people around the world have viewed the series.



Every episode (8 in the first season, 8 in the second) is a gem. The writers have a Scriptural consultant group of a rabbi, priest and minister (no, that's not the opening of a joke) who keep the stories within the Biblical bounds, but allow for great character development. For instance, the former tax collector Matthew is written to be a tic-ridden, obsessively literal, Aspergers sort of *savant*, who has proven to be an audience favorite. Simon Peter is a smart-alecky, muscular character who's been in trouble with the Roman law and who tends to pick fights... and is endearing anyway, which is quite a feat of writing. Jesus, played brilliantly by New York-born Catholic actor, Jonathon Roumie, is the star of every scene, just as he should be. Roumie brings mirth to the role; we have the delight of seeing Jesus tease the apostles, share in the exuberance of healed people, mirror the excitement of the fishermen with a draught of fish too big to haul onto their boat. It's Jesus fully human, and what a joy that is to watch.

For anyone suffering the blues in our current world, watching *The Chosen* is an elixir that will pick you up and set you back on the path.

Official trailer: <https://www.youtube.com/watch?v=K1-FoFj8Jbo>

The app: <https://the-chosen-app.com>

Prayer

Staying right with God

THE CATECHISM SERIES

Members are loving the new Catechism sessions with Desmond Birch. He has long been a good friend of Charlie's. Those who attended the 2021 CORAC National Conference can attest that Desmond knows his stuff inside out, and is fun to listen to. There are now three sessions up on the website, with more to come. See what's up at: <https://corac.co/prayer-teams/>

Desmond is one of the foremost living eschatologists (The Last Things) in the Church, perhaps best known for his encyclopedic work, "Trial, Tribulation and Triumph: Before, During and After Antichrist." He has lectured in philosophy, Church history, Latin and theology. Married to Jean for more than 50 years, he has a crowd of children and grandchildren.



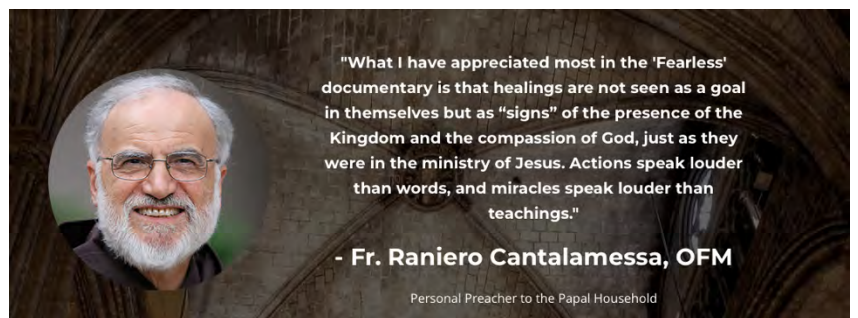
FEARLESS

Members are talking about this documentary on healing and evangelization. Watch for free.

From the website:

We witness how ordinary people in a church, on the streets, and on college campuses encounter God's love and presence. We see miracles of God through the hands of ordinary people. We see lives touched and changed in an instant because God speaks to them, touches them and heals them.

<https://www.fearlessdocumentary.net>



APRIL PRAYER INTENTIONS

- For Charlie, his health, family, work, safe travel, blessed meetings and connections, and for all his personal intentions
- For the continual outpouring of Holy Spirit's Fire of Desire into every human heart, and that people respond to God's Love and call on their lives
- Complete recovery for CORAC members, families and friends who are suffering with covid or any illness and strengthening with fortitude those undergoing any sort of difficult trial
- Protection for all CORAC members as they continue to employ their gifts, talents and charisms, willing to respond to the needs of those around them as we make our stand with God via hearts dedicated to ongoing prayer and action projects that overcome evil by doing good
- For ongoing contributions to CORAC to support the organization
- For peace... in our hearts, our families, our Churches, our countries and our whole world
- That fear be banished, in the Name of Jesus, as we choose to live what Charlie has exhorted: "...become accustomed to thinking that all is lost while doing the best we can and trusting God to come through – in His time and in His way, seeking actively to find what we have missed."

St. Gabriel, enlighten us.

St. Michael, defend us.

St. Raphael, protect us.

Ave Maria, Stella Maris!

God has created me to do Him some definite service. He has committed some work to me which he has not committed to another. I have my mission. I may never know it in this life, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good.

I shall do His work. I shall be an angel of peace, a preacher of truth in my own place, while not intending it, if I do but keep His commandments. Therefore, I will trust Him, whatever, wherever I am. I can never be thrown away. If I am in sickness, my sickness may serve Him; in perplexity, my perplexity may serve Him. If I am in sorrow, my sorrow may serve Him. He does nothing in vain. He knows what He is about. He may take away my friends. He may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me. Still, He knows what He is about.

— Saint John Henry Newman

Appendix

These are the American Bishops who signed the Fraternal Letter of Correction to the German Bishops. These are our faithful shepherds, and there are an encouraging number of them. The full letter can be read at:

<https://www.ncregister.com/news/full-text-fraternal-open-letter-of-correction-issued-to-german-bishops>

Raymond Cardinal Burke (Saint Louis, USA)
Archbishop Samuel Aquila (Denver, USA)
Archbishop Emeritus Charles Chaput (Philadelphia, USA)
Archbishop Paul Coakley (Oklahoma City, USA)
Archbishop Salvatore Cordileone (San Francisco, USA)
Archbishop Emeritus Joseph Kurtz (Louisville, USA)
Archbishop Joseph Naumann (Kansas City in Kansas, USA)
Archbishop Alexander Sample (Portland in Oregon, USA)
Bishop Michael Barber (Oakland, USA)
Bishop Gerard Battersby (Auxiliary, Detroit, USA)
Bishop Earl Boyea (Lansing, USA)
Bishop William Callahan (La Crosse, USA)
Bishop Liam Cary (Baker, USA)
Bishop Peter Christensen (Boise City, USA)
Bishop James Conley (Lincoln, USA)
Bishop Thomas Daly (Spokane, USA)
Bishop John Doerfler (Marquette, USA)
Bishop Timothy Freyer (Auxiliary, Orange, USA)
Bishop Donald Hying (Madison, USA)
Bishop Emeritus Daniel Jenky (Peoria, USA)
Bishop William Joensen (Des Moines, USA)
Bishop James Johnston (Kansas City-St. Joseph, USA)
Bishop David Kagan (Bismarck, USA)
Bishop Carl Kemme (Wichita, USA)
Bishop David Malloy (Rockford, USA)
Bishop Robert McManus (Worcester, USA)

Bishop Daniel Mueggenborg (Reno, USA)
Bishop Thanh Thai Nguyen (Auxiliary, Orange, USA)
Bishop Walker Nickless (Sioux City, USA)
Bishop Thomas Olmsted (Phoenix, USA)
Bishop Thomas Paprocki (Springfield, Illinois, USA)
Bishop Kevin Rhoades (Fort Wayne-South Bend, USA)
Bishop David Ricken (Green Bay, USA)
Bishop James Scheuerman (Auxiliary, Milwaukee, USA)
Bishop Joseph Siegel (Evansville, USA)
Bishop Frank Spencer (Auxiliary, Military Services, USA)
Bishop Joseph Strickland (Tyler, USA)
Bishop Thomas Tobin (Providence, USA)
Bishop Kevin Vann (Orange, USA)
Bishop Robert Vasa (Santa Rosa, USA)
Bishop David Walkowiak (Grand Rapids, USA)
Bishop James Wall (Gallup, USA)
Bishop William Waltersheid (Auxiliary, Pittsburgh, USA)
Bishop Michael Warfel (Great Falls-Billings, USA)
Bishop Chad Zielinski (Fairbanks, AL)

CORAC Newsletter

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

May 6, 2022



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

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

Sheryl Collmer, editor
sherylc@coracusa.com



From the cockpit of the Subaru:

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

Through Wind and Waves

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

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

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

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

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

Charlie Johnston

MEDIA

Latest weekly podcasts



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



<https://vimeo.com/703443422>

See all podcasts here:

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

Latest blog posts:

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



Turn to the King of All Nations

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

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

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

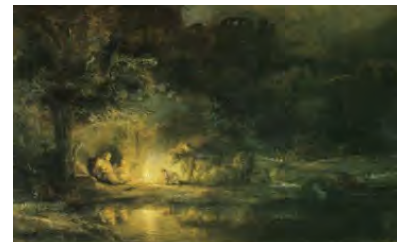


Good News, Bad News, Best News

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

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

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



Keep the Home Fires Burning

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

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

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

Action Items

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

A MILLION SMALL VICTORIES

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

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

EVERY SMALL ACTION CONTRIBUTES TO THE VICTORY!

Communications

Keeping in touch when channels are unreliable

EVERY SUNDAY – CORAC HF Radio Net Broadcast

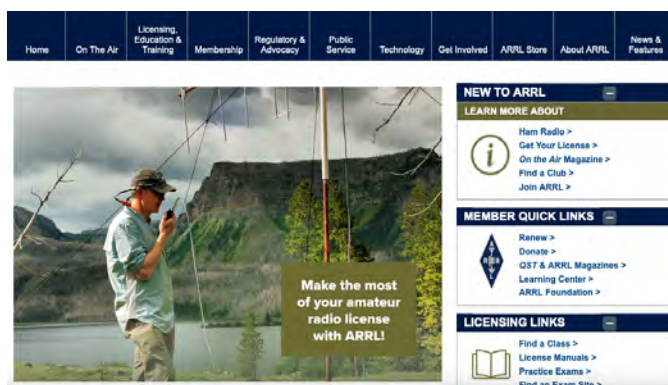
The CORAC Communications Team conducts two High Frequency (HF) net broadcasts every Sunday.

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

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

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

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



Amateur Radio Relay League Field Day

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

Health & Wellness

Staying robust in trying times

Some new posts on the website:



Benefits of Calendula Oil & Tincture

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

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

READ MORE

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



Sodium Bicarbonate: Nature's Unique First Aid Remedy

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

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

READ MORE

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



Vaxxx Religious Exemption Letter

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

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

READ MORE

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

STAY COOL UNDER PRESSURE

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

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

JOURNALING

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

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

Sustainable Living and Survival Skills

Home skills for self-sufficiency

GARDENING EDUCATION SERIES

New gardening class coming up!

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

Cool Weather Gardening (Gardening Series, session 4)

May 21, 3:00 Eastern

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

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



Cooking, Canning, Dehydrating & Storage Resources

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

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

VERTICAL GARDENING

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

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

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



MULTI-USE PRODUCT

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

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



FOOD SUPPLY

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

HOME APOTHECARY

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

Other Items Of Interest

Random stuff I just felt like sharing

PROUD TO BE A PRO-LIFE CATHOLIC

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

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

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

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

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

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

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

PROUD OF THE BISHOP OF TYLER

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

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

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

THE DANGEROUS WHO TREATY

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

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

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

What can we do?

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

THE PLAN

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

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

PFIZER'S LATEST DATA DUMP

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

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

CLIMATE CHANGE IS NOT SETTLED SCIENCE

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

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

THE PEOPLE'S CONVOY

The Convoy is still going strong, making its way back east to Washington, after rallies in California and Washington state. They're in Montana tonight, and should be in Washington in about a week.

Stay current with them at: www.thepeoplesconvoy.org



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

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

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

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



2000 MULES

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

Contains links to the video you can watch at home.

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



NO, I WILL NOT COMPLY

An anonymous Texas teacher on Telegram

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

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

APATHY IS THE DEATH OF FREEDOM

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

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



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

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

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

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

KEEP YOUR HEAD UP

Dr. Judy Mikivits on Telegram

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

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

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

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

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

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

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

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

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

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

A REMARKABLE TIME TO BE AN AMERICAN

General Michael Flynn

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



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

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

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

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

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

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

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

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

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

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

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

MORE GOOD NEWS FROM AFRICA

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

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

CATHOLIC MEDITATION

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

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

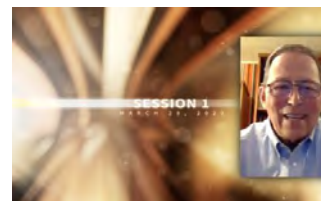
Prayer

Staying right with God

THE CATECHISM SERIES

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

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



MAY PRAYER INTENTIONS

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

St. Gabriel, enlighten us.

St. Michael, defend us.

St. Raphael, protect us.

Ave Maria, Stella Maris!

Appendix

Some handy charts follow on the next pages

HOMESTEADING KNOWLEDGE

BASICS OF CANNING

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

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

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

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

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

PLACE CANS ON A ROOM TEMPERATURE COOLING RACK OR TOWEL.

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

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

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

CANNED FOOD WILL NOT SPOIL IF YOU LOSE POWER

TALKING AND SHOPPING AROUND CAN GREATLY REDUCE OVERHEAD PRICE.

LOOK FOR HAND-MADE JARS, CANNERS, ETC.

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

FOODS YOU CAN REGROW

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

DIY CLEANING PRODUCTS

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

HOW MUCH DOES A CHICKEN NEED?

Coop Floor Space: 2-4 square feet per hen

Nesting Boxes: One for every 3-5 hens

Roosting Bars: 8" per hen

Run/Pen Space: 10 square feet per hen

Feed: 1/2 cup per day

Water: Up to 2 cups per day

Hours of Daylight to Lay an Egg: 16 hours per day

Time for an Egg to Hatch: 21 days

INDOOR ANTI MOSQUITO PLANTS

BASIL	ROSEMARY	GARLIC	LEMON THYME
LEMON BALM	MARIGOLD	CATNIP	LEMONGRASS

HERBAL FIRST AID KIT

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

10 TIPS ON HOW TO GET RID OF A HEADACHE



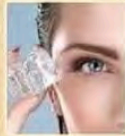
WATER

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



PEPPERMINT

Its soothing property makes it a great headache reliever



ICE PACK

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



GINGER

Drink some ginger tea 3 times a day



HOT WATER

Use a hot water to release stress



EUCALYPTUS OIL

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



LEMONS

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



CINNAMON

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



APPLE

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



BETEL LEAVES

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

CORAC Newsletter

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

May 22, 2022



Two main things I want to press home: news sources and food backup. Nearly everyone now knows that a food crisis of some sort is headed our way. Read the signs of the times, and get some backup food storage. Otherwise, you'll have to cooperate with what looks like a plan to make people completely dependent on government "help." Second, news. You can't plan effectively if you're getting false information. Develop alternative news sources. Otherwise, you will be led around by the emotions that someone has deliberately conditioned you to feel. Both these items will be addressed later in this newsletter.

This week will be critical. The WEF is meeting in Davos, the WHO is meeting in Geneva, and the Supreme Court's decision may release the demons in our own country this week. Be smart, be prayerful. The storm is right above our heads.

Sheryl Collmer, editor
sherylc@coracusa.com



From the cockpit of the Subaru:

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

You Can Do It

When I was a little boy, my Mom sometimes let me mix the baby formula for my first two brothers. It was simple. She would use a can of evaporated milk (Carnation or Pet Milk), add a can and a half of water, and a dollop of Karo Syrup or honey. Voila! We had baby formula. By the time my last three siblings came along commercial formulas such as Enfamil and Similac were available and, by all accounts, better for the baby. Certainly, they were much more convenient.

It is certainly symbolic of the grotesque incompetence of the current executive authority that this shortage was caused by its own casual malice – a faux populism to stick it to the largest formula manufacturer under false grounds months ago while taking no action to make up for the shortfall...while taking pains to make sure there are ample supplies for the illegal aliens being welcomed across our former border. It was a major, senseless and unnecessary screw-up. And yet not a cause for panic.

Up until about 65 years ago there was no such thing as baby formula. Even so, babies thrived and grew healthily and happily. Some people are acting as if there is going to be some sudden and massive die-off of babies. There is no doubt that baby formula is best for infants – a real nutritional and medical advance, but it is not vital. For thousands of years babies grew and thrived without ever tasting commercial baby formula. I was once one of those infants. We need to stop, take stock, settle down and get ourselves clear on the difference between a crisis and an inconvenience. We are going to see a lot more of both.

Remember that we are sons and daughters of the pioneers, those brave souls who set forth in a covered (and sometimes uncovered) wagon to make their way west into the plains and mountains to make a new life for themselves and their families. They did not have baby formula, water purification systems, or much of anything we now consider vital necessities. Yet they populated everything in the country west of the Allegheny Mountains, through many toils and hardships.

When I made my pilgrimage across the country beginning eleven years ago, I had less material things than I ever have had in my life. I left with \$50 in my pocket and a 70-lb. pack on my back. I had some ideas, but no experience in finding effective cover each night. I figured it out after a month or so.

I was amused at how many people, in the wild, looked at the water in a creek, river or lake and thought, “Death!” when our pioneer forebears looked at the same and thought, “Life!” One night, making camp by a river in Mississippi, I had to pull water from the river for I had emptied my bottles during the day with no other source of refills. It was spring and the river was chock full of tadpoles. It tickled me to write on my Abraham’s Journey Facebook Page that it made for a “wiggly drink.”

In cooler weather, I slept on the ground. It enhanced body heat. But sleeping in the woods, I often had to try to pull away significant underbrush to make a spot. Once I would lay down, the stubs of various little plants would dig into my back and make sleeping very difficult. At one point, I found a small pair of wire cutters along the road and picked them up to see if they might be useful for anything. Those cutters never touched metal after I picked them up, but it was the single best find of my year and a half trip. I was now easily able to snip away underbrush – and the plant stubs that dug into my back I would just snip at the roots. It made for a lot more restful nights.

There are a lot of modern conveniences that are going away, not to be common again until after the renewal of the faith and face of the world. Considering it a crisis when you can’t hold onto what was part of a dying system will only keep you in panic, and frozen when there is a way forward – the way that our great grandparents lived routinely. Do not mourn what is dying away. Rather, look with eager anticipation to what is being born – and count the inconveniences and hardships a bargain price to pay to be midwife to a gloriously renewed world. You can do it.

Charlie Johnston

CORAC MEDIA

“Embracing Life,” with long-time life activist, Jim Graham.

https://vimeo.com/712137253?embedded=true&source=vimeo_logo&owner=144927933

“Neighbor Helping Neighbor,” with George D’Astous and Jim Moran of the New England Support Team (NEST)

https://vimeo.com/708421532?embedded=true&source=vimeo_logo&owner=144927933

See all podcasts here:

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

A SIGN OF HOPE

Latest blog posts:

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



A Pro-Life Apologia

by [Charlie Johnston](#) | May 11, 2022

I have engaged in discussion the last few days with some pro-abortion folks on Twitter. It has been simultaneously frustrating, enlightening and a...

READ MORE

<https://corac.co/2022/05/11/a-pro-life-apologia/>

In a conversation Charlie gave me permission to repeat, he said, “As things unfold, I know people are unnerved, at best. I am excited and joyful. So many of us have wondered for so long, “How long, Oh Lord?” I see the early phase of His answer here – and it is unfolding in the manner I have expected for so long. So naturally, I see what lies beyond this troubled horizon, what this crazy storm portends, and I can’t help but look forward with eager anticipation. What a joy it is to be counted among His servants at this great moment in salvation history! I hope to convey the sense of resolve and of joy that I have. We are called to be founders of His glorious new age. What an honor and a privilege to be alive in these times.”

Immediatum Operam

Things on the immediate radar screen

WORLD HEALTH ORGANIZATION MEETING THIS WEEK

The WHO will be considering its Global Pandemic Treaty, which is bad news for any country that wants self-determination. Under the agreement, the Director-General of the WHO, currently Tedros Adhanom Ghebreyesus, will have the power to unilaterally declare a pandemic and then have control over the responses of all the signatory nations. In other words, he would be a dictator over much of the world. You would think no right-thinking American would consider such an outrage, but in fact, the deal is nearly closed.

The WHO's Would-Be Treaty Powers:

- 1.) The authority to declare what constitutes a pandemic.
- 2.) They would decide what the quarantine requirements are.
- 3.) The WHO would decide how to prevent or treat the new disease.
- 4.) The authority to determine which medications are safe and who develops them.
- 5.) They would be in charge of how the new vaccines are promoted, including vaccine mandates.

Tucker Carlson: "Here's what's at stake: not just your health, but the way that you live and your relationship to the government. Representative government requires your consent ... and this eliminates it."

<https://www.youtube.com/watch?v=gbZpGDeLHnI> VERY IMPORTANT VIDEO EXPLAINING THE DANGER

Archbishop Viganó weighs in: <https://www.remnantnewspaper.com/web/index.php/articles/item/5976-vigano-s-declaration-on-yielding-sovereignty-to-the-who-for-the-management-of-health-emergencies?tmpl=component>

This newsletter has been sounding the alarm for months. We can only pray that our efforts have produced some results.

WORLD ECONOMIC FORUM ANNUAL MEETING THIS WEEK

The demons convene on May 22 in Davos, Switzerland. Two White House officials, 12 Democrat and 10 Republican Congressmen will be there. I'm horrified to see a Republican Congressman from Texas on the list (Michael McCaul). He must be expecting to get rich some other way than staying in Congress next term. Check the list; maybe *your* Congressman will be at this meeting: <https://thenationalpulse.com/2022/05/20/full-list-of-world-economic-forum-attendees/>

If you haven't read much about the WEF, here's a place to start: <https://www.takedownthewef.com>

THE THREE Ds

There are three things that may bring direly-needed rescue from the septic pit we've been thrown in: Durham, devolution and decertification... all of which have heated up since the last newsletter.

1. Durham: The Sussman trial, prosecuted by John Durham, began on Monday, May 16. This may be the most explosive political scandal in a century, and you know it's got competition! It's delivering booms every day. The Democratic National Committee and those who comprise its leadership are in a bit of hot water, thanks to Durham's methodically built case. Follow the Durham news from people who will give you the facts (disqualifies almost all network, cable and major print outlets). Brian Cates on Telegram is one excellent source. (Load the Telegram app on your phone, search for Brian Cates, then click Join at the bottom of the screen.)

If you're new to Durham and need to get up to speed, here's a primer for Spycgate 101:

<https://thefederalist.com/2022/03/18/spygate-101-a-primer-on-the-russia-collusion-hoax-years-long-plot-to-take-down-trump/>

See the Appendix for a visual resource you can order.

2. Devolution: It's the possibility that some functions of the Federal government may have been "downloaded" to lesser authorities before January 20, 2021. In other words, some white pieces may still be on the chess board. Events seem to point more and more to its applicability in our current circumstances, and it gives reason for hope. Find Patel Patriot on Telegram, Substack and Truth Social to keep up with current news.

If it's your first dive into devolution and you need to quickly get up to speed, read "Intro to Devolution" here:

<https://patelpatriot.substack.com/p/an-introduction-to-devolution?s=r>

If you prefer audio, you can listen here: <https://rumble.com/vzucgh-patel-patriot-an-introduction-to-devolution.html>

3. Decertification: With the release of "2000 Mules," and the presentation of clear, unimpeachable evidence of election fraud to the American public, the heat is on to decertify the results of certain counties and states that had widespread fraud to the point of changing the election outcome. There's ample evidence, but it seems that no one state wants to be the first to decertify. Arizona is certainly responding, launching an investigation in Yuma County, the home of one of the whistleblowers in the movie: <https://www.thegatewaypundit.com/2022/05/huge-arizona-election-fraud-investigation-direct-response-2000-mules-investigation-whistleblower-interview/>

A reliable source of current news on decertification efforts is Seth Keshel – "Captain K" on Telegram.

If you haven't watched "2000 Mules," you really should. It's big. <https://2000mules.com>. There's a \$20 watch fee; is it worth \$20 to support the people who are working so hard to get our election system fixed? When you see evidence that True the Vote has gathered, I guarantee you will consider it worth the price. In fact, it's a bargain.

MONKEY-POCALYPSE

I hate to lend it legitimacy by even talking about it, but in case anyone is in danger of fear over this, here are some resources:

Monkey Pox 101: An excellent basic schooling in monkey pox from one of our most trusted doctors, Robert Malone. He shows that it is low transmissibility, low fatality and asymptomatic individuals don't spread the disease. His conclusion: knock off the fear porn! <https://rwmalonemd.substack.com/p/monkey-pox?s=r>

Is Monkey pox a sexually-transmitted disease between men? Read it here, because the mainstream media will not report accurately about this. <https://palexander.substack.com/p/smallpox-vaccine-to-prevent-monkey?s=r>

Global war simulations in 2021 gamed around a strain of monkey pox being spread in May 2022:

<https://patriotalerts.com/2022/05/global-health-agencies-planned-for-monkeypox-pandemic-to-strike-in-may-2022-wargame-document-from-early-2021-reveals%EF%BF%BC/>

Immunize yourself against the monkey-pocalypse by not watching the mainstream media.

BABY FORMULA SHORTAGE

Here are some ideas to deal with the shortage from one of our CORAC directors:

Option 1: Re-lactating is possible, but probably not a viable option for many mothers who use formula, for various reasons, mainly the time involved all day long. However, here is information for that: <https://www.lli.org/breastfeeding-info/re-lactation/>

Option 2: Finding formula--somehow, somewhere. Many families are searching far and wide to find what they need, often paying exorbitant prices, and running the risk of tainted product.

Option 3: Making alternative "formula". Here is one method that people I know have used: <https://www.westonaprice.org/health-topics/childrens-health/formula-homemade-baby-formula/>

Option 4: Find a local breastmilk donor or buy from a breastmilk "bank". I saw a post on Nextdoor of someone looking for a donor, so I know this is happening already. Another resource would be local La Leche League groups. <https://www.lli.org>

Weston Price Foundation recipe for homemade formula: <https://www.westonaprice.org/health-topics/childrens-health/formula-homemade-baby-formula/> It's a little on the complicated side. Fermented cod liver oil?

And then there's this, a 3-ingredient formula from the old days!

YOUR Baby's FORMULA
 TERMINAL HEATING METHOD
 (WITH SLOW COOLING)

Name Baby Fred Mc Satch
 Birth Date 6-24-63 at 9 AM
 Birth Weight 9 Lbs. 6 Oz.
 Present Weight 8 Lbs. 14 Oz. Length 21 In.

PREPARE FORMULA ACCORDING TO INSTRUCTIONS
 ON FOLLOWING PAGES

8 oz. Pet Evaporated Milk
16 oz. Water
1 Level Tablespoons Karo (carbohydrate)
 Pour 4 oz. into each of 6 bottles.
 When to feed every 3 to 4 hours

SPECIAL INSTRUCTIONS

8 oz. Pet Evaporated Milk
 16 oz. water
 1 Tbsp Karo syrup

It worked for Charlie and his brothers!

If your child absolutely must have manufactured formula, here are some inventory tracking apps that can alert you when someone has stock: <https://www.wsj.com/articles/how-inventory-trackers-can-help-you-find-baby-formula-11652835306>

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

A MILLION SMALL VICTORIES

- Do something. Do *anything*.
- Do not let one week go by without doing some action to fight the evil in our country.
- If one action doesn't work, try another.
- But do *something*.
- Talk to someone about what is going on in the country.
- Make a phone call, or send an email or letter to an elected official.
- Hand out flyers in parking lots or public places.
- Have block parties to build community
- Wave flags at busy intersections.
- Pray the rosary publicly,



EVERY ACTION CONTRIBUTES TO THE VICTORY!

Communications

Keeping in touch when channels are unreliable

SUNDAY RADIO BROADCASTS

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

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

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

See other topics in communications here: <https://corac.co/communications-teams/>

Health & Wellness

Staying robust in trying times

See all the valuable resources that have been posted on the website, from herbals to homeopathy to conventional care:

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

Sustainable Living and Survival Skills

Home skills for self-sufficiency

The Gardening series up to session 5 is now online: <https://corac.co/category/sustainable-living/classes-sl/> This has been a very popular series. You can watch all the videos here.

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

Education

Forming a national network of experienced homeschoolers

This is the debut of the Education Team in this newsletter. Check out all the work they've been doing to promote and support homeschooling. <https://corac.co/education-team/>

Crisis Scenarios

Establishing basic responses to emergency scenarios

Another debut in this newsletter, the Crisis Scenario team has been hard at work for a good while. You can now find templates, checklists, planning resources and discussion here: <https://corac.co/crisis-scenarios-team/>

Power Grid Failure checklist: <https://corac.co/2022/02/25/power-grid-failure-2022-scenario-checklist/>

Crisis Resources checklist: <https://corac.co/2021/10/23/core-resources-checklist/>

These are things you will want to print out, for obvious reasons.

Other Items Of Interest

Random stuff I just felt like sharing

CORDILEONE INVOKES CANON 915

On Thursday, May 19, Archbishop Cordileone of San Francisco notified Speaker of the House Nancy Pelosi to refrain from presenting herself for Holy Communion until she repudiates her advocacy of abortion, repents and receives sacramental absolution. The difficult decision was made after many conversations and requests to Pelosi, giving her every chance to do the right thing. The letter was made public on Friday.

Read the full letter here: <https://www.ncregister.com/news/full-text-archbishop-cordileone-s-letter-to-nancy-pelosi-banning-her-from-holy-communion>

Pelosi has said numerous times that her extreme support for abortion is part of her Catholic faith:
<https://www.ncregister.com/cna/nancy-pelosi-supported-abortion-while-citing-her-catholic-faith-here-are-10-examples>

A readable explication of Canon 915 by Ed Peters, written well before this current invocation:
<https://www.catholicworldreport.com/2019/01/25/canon-915s-moment-has-arrived/>

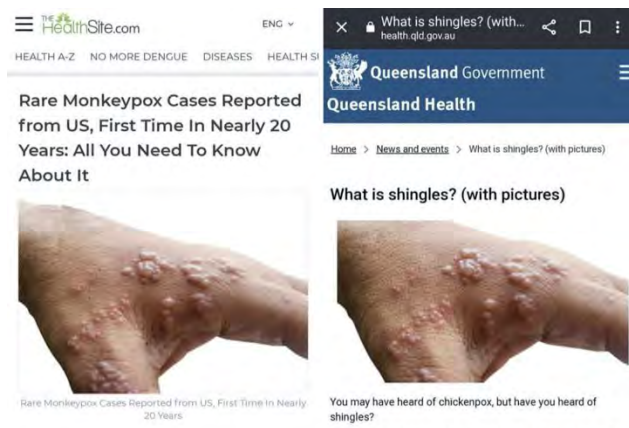
A deep dive into the theology of Canon 915 by Cardinal Raymond Burke:
<https://mariancatechist.com/cardinal-burke-on-canon-915/>

ROE GROUND ZERO

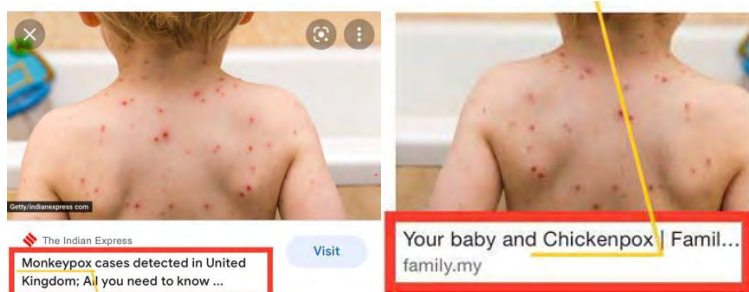
The decision on *Dobbs v Jackson* will be released any day now. We are looking at a post-Roe world. But before we go forward, we need to go back, and see how *Roe* developed in the beginning. This is my article for Truth For Souls:
<https://truthforsouls.com/2022/05/19/roe-ground-zero/>

THE MEDIA THINKS WE'RE STUPID

Throughout the long psy-op of the last 2-1/2 years, the leftist media has been putting up archive photos and footage, as well as using paid actors, to bring us news intended to scare the socks off us. Thank God for alternative media investigators who caught things like alleged corpses blinking and getting up before the camera was turned off. In Ukraine reportage, they've used footage from movies, other conflicts and even video games, to try to convince people that Ukraine was nobly winning against the big, bad Bear. Now they're pulling archive photos to mislead us about "monkeypox." They're not even clever about it.

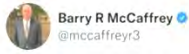


Shingles, recycled as "monkeypox"



Chicken pox, recycled as "monkeypox"

And speaking of the lying mainstream media, I especially like this example, where it was assumed that no one would remember the scene from “Top Gun.” Barry McCaffrey is a retired Army general (for shame), and was director of drug control policy under Clinton.



Actual picture of Ukrainian pilots returning from successful dogfight with Russian aircraft. Ukraine is winning the war.



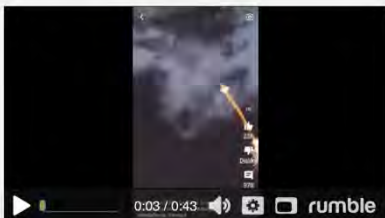
Remember Maverick and Goose?

A video was posted by Israeli TV that purported to show a Russian aircraft shot down by Ukrainian forces. It was actually a disabled TIE fighter flown by the Galactic Empire against the Rebel Alliance in “Star Wars.”



This one is from a video game, ARMA 3, a military tactical shooter game published by Bohemia Interactive.

"Russian MiG-29's Get Shot Down By Air Defense System | Arma 3 #Shorts #Airdefense #Arma3."



These are all out there as “serious journalism.” It’s hard to believe they’re that arrogant. They are.

MORAL OF THE STORY: When your emotions get inflamed by a news story, pull back and examine the facts. Emotions can be easily manipulated. Don’t be led by your emotions; lead with your intellect.

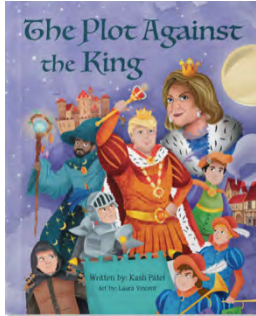
EVEN BIGGER MORAL: Believe nothing the mainstream media tells you. Test everything.

DETOX FROM SPIKE PROTEIN

The spike protein is in the vaxx, and it was also inserted into the virus itself. Whether you got it through disease or vaccination, the spike protein is damaging. The World Council for Health (this is an organization that fights *against* the WHO, just to be clear) has published a Detox Guide here: <https://worldcouncilforhealth.org/resources/spike-protein-detox-guide/>

KID'S CORNER

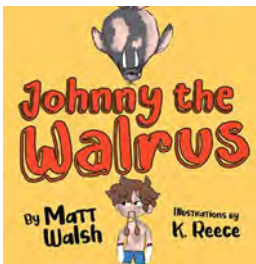
Some children's books recently published have made a splash in the news. I've always enjoyed children's books, and these both look like fun with a message. They, for sure, beat some of the leftist propaganda that's being thrown at kids.



“The Plot Against the King” by Kash Patel, former Chief of Staff to Trump’s acting Secretary of Defense. It’s a children’s tale, with fantastical characters, a children’s version of the plot to take down President Trump by any means necessary (including breaking the law, as we are now seeing.)

From the author: “I believe it is important for everyone to know the true story behind the Steele Dossier, and the Russian collusion narrative. This book is one way I'm doing my part to share the truth. This story cannot be forgotten. I also had the honor of contributing to a documentary, “The Plot Against the President,” where I, Devin, Donald Trump Jr., and several others told our story in much more detail.” You can watch that documentary here: <https://patpmovie.com>

Order the children’s book here: <https://bravebooks.us/products/the-plot-against-the-king-kash-patel>
It’s \$20 for the book; \$60 for a copy autographed by the author, Kash Patel.



“Johnny the Walrus” by Matt Walsh, Catholic conservative commentator and stirrer of pots. This book made headlines when it came out and promptly sold out on Amazon within hours. It’s the story of an imaginative boy who encounters people who want to make him choose between being himself, a human boy, and being one of the creatures he imagines. It’s a light way of showing how damaging it is for children to be told to be something other than what they are.

You can order from Amazon (they’re restocked now): <https://www.amazon.com/Johnny-Walrus-Matt-Walsh/dp/1956007040>

AMERICAN GULAG

The unconstitutional conditions in which the J6 political prisoners are being held is something most of us can’t imagine: solitary confinement, unclean cells, beatings by guards, restriction of religious services and observance, public defenders who subscribe to an entirely different narrative than the one that brought so many people to Washington on January 6, and little hope of returning to their lives any time soon. Most are charged with misdemeanors, but are incurring punishment that even the worst felons don’t endure. Their Constitutional rights have been obliterated, but it is career-ending offense for any politician to go up against Pelosi’s “Un-select” Committee. No one on that blighted Committee has any idea of what America is really about.

The best we can do is support these prisoners, and make sure the mid-terms bring in people who will uphold the Constitution. You can write to a prisoner, contribute to legal defense funds, and pray for them and their families. At the very least, stay informed about this most heinous injustice at: <https://americangulag.org>

CATHOLIC COFFEE

Make your coffee Catholic! There are some wonderful Catholic coffee sources, and you can feel good about where the proceeds are going (not like Starbucks, which leaves a little aftertaste of guilt whenever I succumb). The article links to five great roasters. One vendor has varieties like St. Michael Dark Roast (get it?) and St. Joan of Arc French Blend. Mornings just got a lot more fun! <https://catholicvote.org/make-your-coffee-break-catholic-5-catholic-run-roasters/>



IS THERE ANY DOUBT REMAINING ABOUT THE VAXXX?

I think nearly everyone in CORAC has been pretty discerning about the vaxxx. I believe there is another push coming in the summer; officials are already telegraphing their intentions. So just in case you haven’t been fully convinced that the vaxxx is neither safe nor effective, please read this: <https://stevekirsch.substack.com/p/eight-different-surveys-all-show?s=r>

MASKS UNMASKED

Wait! Don't put that mask on, just because someone is trying to create a crisis. They really are not good for your health, and we need all our natural immunity to be functioning unimpeded right now. From [Dr. Simon Goddek](#) (PhD, Biotechnology):

"I consider them to be a health hazard because the following happens when you wear a mask, from a medical point of view:

1. You breathe in your own exhaled air again. This leads to more carbon dioxide and nitrogen oxides in your blood.
2. You absorb less oxygen than usual. Oxygen is essential for all vital functions of the body.
3. Your lungs are no longer "ventilated" as they should be. This promotes lung disease.
4. If the mask is worn for more than half an hour, it will become contaminated with pathogens that you will inhale.
5. A mask cannot repel viruses."

TEN SIGNS OF A PLANNED PANDEMIC

From Dr. Simon Goddek on Telegram

1. In times of a pandemic, it is a commonplace to reassure the public. This is because panic and despair cause adverse effects on human health and cognitive capacities as excessive stress increases cortisol and blood sugar levels (<https://bit.ly/3p8s068>). This is old knowledge, yet the media and politicians keep the public in a state of fear.
2. Recently, a whistleblower published that the data that led to the BioNTech/Pfizer vaccine admission was manipulated and did not meet scientific standards (<https://bit.ly/3E54bCE>). As a result, boosters are becoming mandatory in many countries instead of questioning the vaccine's benefit and efficacy.
3. Children, adolescents, and healthy adults have little or no risks of becoming seriously ill from Covid. Nevertheless, there is significant political and social pressure for healthy people to take an experimental drug to "protect others" (see next point). Those who reject to protect themselves and others often risk losing their jobs. Some countries even discuss detention for non-cooperating people (<https://bit.ly/31aMfbc>). ;
4. For decades, vaccines have been communicated as a means of self-protection. Now, vaccines have been enforced on everybody to "protect yourself and others", even though the transmission potential of vaccinated and unvaccinated people is similar (<https://bit.ly/3G1roWC>). Furthermore, it appears that being vaccinated will probably increase the chance to die with or from Covid (<https://t.me/goddek/1292>).
5. The peer-review process of the publication about the Covid PCR tests took one day max (<https://bit.ly/3FSOY7W>). The corresponding author, ~~Prof. Dr.~~ Christian Drosten, is also a member of the journal's editorial board, where the paper was published. Skipping a peer-review process is no minor offense and can be considered scientific fraud. Furthermore, the Fauci emails revealed that Drosten has also been briefed by the Wellcome Trust (i.e. Jeremy Farrar) before and after writing this publication, which puts him in an even more negative light.
6. A study from 1919 about the efficacy of mask-wearing during the Spanish Influenza stated that "many instances were observed among hospital attendants where apparently the mask was no protection to the wearers" (<https://bit.ly/3I240ds>). It was further considered that the mask may have "an unhygienic influence when extended to the entire working day of the individual". This old knowledge was confirmed in a recent review paper on the potential adverse effects of wearing masks (<https://bit.ly/3cX1ya7>). The authors concluded that wearing masks poses severe health risks while not reducing transmission significantly. Gagging the public with ineffective masks exclusively seems a political reason to break down resistance.
7. The general life expectancy is the same as the average age of death of people who die with or due to Covid, around 80 years. By contrast, during the Spanish Influenza pandemic, the average age of death of infected people was 28 years, whereas the life expectancy was 56 years.
8. Dissidents are publicly demonized as "terrorists" and "tyrants" (<https://bit.ly/3D6tdjx>). The rights to bodily integrity and the inviolability of human dignity no longer apply to unvaccinated individuals.
9. Sunlight (Vitamin D), physical exercise, social interaction, gut health, and exposure to pathogens are essential for a functioning immune system. During the lockdowns, governments closed gyms and sports clubs, prohibited social interactions, and imposed curfews. Fast food delivery services have significantly benefited from this situation (not particularly healthy diet)
10. Many scientists and experts in immunology, epidemiology, virology, vitamin D, etc., are currently being banned from social media. Mainly Facebook and Twitter ban and restrict accounts of dissidents randomly. YouTube censors videos that oppose the official narrative. Restriction of freedom of expression would not happen in an open society.

THE MISFIT THEORY

From TruthHammer888 on Telegram:

We live in a world where the majority of people can be predicted to think a certain way. We are all bombarded by media, advertising and symbols designed to guide the perceptions, thinking, and beliefs of those who think along those predictable lines. If you're here, you were blessed/shocked/created to see outside the walls of that Matrix/construct. Many of us have struggled to "fit in" all our lives. If it wasn't already clear why you were made to see the world a little differently... now you know! The Great Awakening could never have gotten started without you, just the way God made you.

DON'T USE REMDESIVIR (RUN, DEATH IS NEAR)

The ghouls at the FDA have now approved the kidney-toxic drug that was such a disaster in the hospitals, for children as young as one month. Don't fall for this. It is an outright crime. No tests ever have shown that Remdesivir was anything but dangerous. Dr. Ryan Cole talks about it here: <https://www.redvoicemedia.com/video/2022/05/remdesivir-for-babies-fda-gives-the-rubber-stamp-after-a-third-of-animals-suffered-kidney-failure/>

WINDS AND WAVES

From Pepe Lives Matter on Telegram

A lot of people are concerned about things that are completely out of their control. Rather than worry, be prepared and work on exactly what God has called you to do. Then you live in peace even in the midst of this turmoil. And most importantly: pray. Don't allow the winds and waves to disturb your peace, especially when you are focused on your calling. When you are fighting back in your calling, you know you can have a tranquil disposition and calm those around you. In turn, they may latch onto their callings with greater fervor.

Your peace and faith can, and will, make a greater impact than your worry.

ALTERNATIVE NEWS SOURCES

Charlie has previously given some recommended news sources, and I will add some of my own. First, use a platform that doesn't censor. That rules out Fakebook, Twitter (for now), YouTube, Instagram. Load platforms like Telegram, Truth Social, Substack, or Gab. Then find reliable reporters on those platforms. After you read for a while, you will come to know which ones need to be double-checked, and which have rigorous vetting processes of their own. I try to avoid sensationalism, since we have plenty of things to upset us without letting careless journalists inflame us even more.

Brian Cates is accurate for politics. Children's Health Defense is excellent for medical, as well as Dr. Robert Malone, Steve Kirsch, BioClandestine and Robin Monotti+Dr. Mike Yeadon. I also check Seth Keshel, Patel Patriot and Kanekoa the Great regularly. Jack Posobiec is a very good Catholic journalist with a huge following. James Woods is good for people who only want the very most impactful news, and not a continuing scroll of constant posts.

DRAMA AT THE PEOPLE'S CONVOY

On Friday afternoon, the TPC organizers pulled the plug with no warning to the truckers and patriots who were the backbone of the movement. The "1776 Restoration Movement" has been formed by the patriots left behind when the organizers pulled out for home. It promises to be a better organized, more Godly and more effective organization. Leadership was given to the one person trusted by all, who wears his heart on his sleeve, and has decades of experience in leadership... our friend, David Riddell, known as Santa.

The movement actually has a chance to succeed with *one* leader who is all-in. With the new name also comes new ideas to take the fight forward. It will no longer be all about trucks, which was a romantic idea that turned out to be ineffective in the US. It worked better in Canada because so many of those truckers were out of work due to the mandates, and couldn't earn their living.

This new movement just rose from the ashes late Friday afternoon.
More to come in the next newsletter, as they get organized.



Prayer

Staying right with God

THE CATECHISM SERIES

This popular series with Desmond Birch is now up to session 7. See all the episodes here:

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

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



MAY PRAYER INTENTIONS

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

St. Gabriel, enlighten us.

St. Michael, defend us.

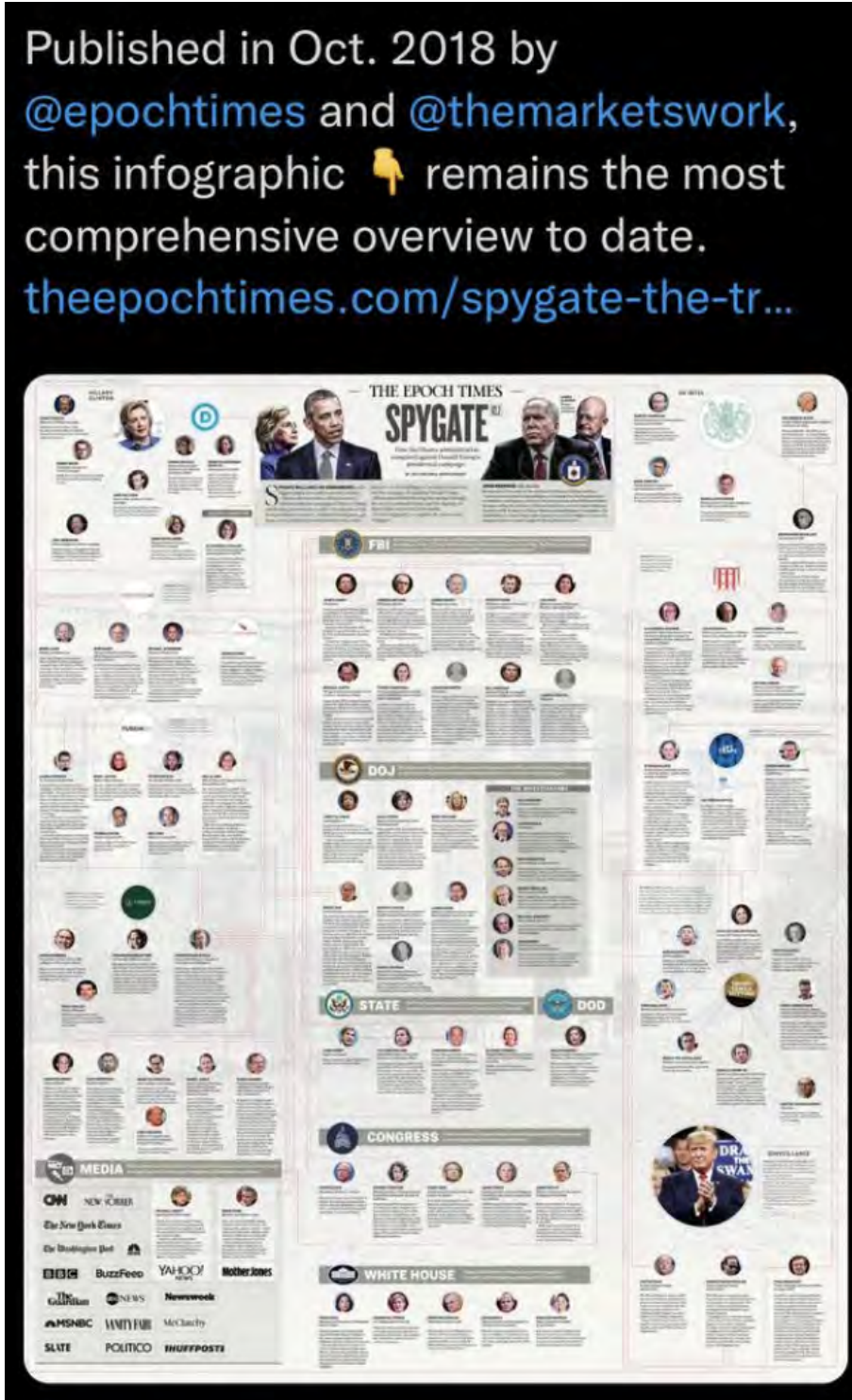
St. Raphael, protect us.

Ave Maria, Stella Maris!

Appendix

You can order this poster here: <https://epochshop.com/products/spygate-infographic-poster-folded>. It is meant to help understand the complex relationships between all the bad actors who perpetrated the crime.

Published in Oct. 2018 by @epochtimes and @themarketwork, this infographic 📌 remains the most comprehensive overview to date. theepochtimes.com/spygate-the-tr...



CORAC Newsletter

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

June 5, 2022



The decision we are all waiting for will be handed down by the Supreme Court this month, perhaps this week. Unless you're 99 years old, more than half your life has been lived in the shadow of legalized abortion. It's institutionalized; we tend to think that it's venerably established and impregnable (so to speak,) but the truth is, *Roe* came out of some strange chance elements.

Unlike serious decisions such as *Brown v. Board of Education*, which corrected the practice of school segregation by race, *Roe* has never enjoyed acceptance. 49 years after *Brown*, we didn't see half the country trying to re-institute racial segregation. *Brown* was a just and upright decision, which became embedded in the national consciousness. It partakes of universal truth. Not so *Roe*. Before we celebrate the end of *Roe*, understand the origins of the decision and how strangely concocted it was:

<https://truthforsouls.com/2022/05/19/roe-ground-zero/>

Sheryl Collmer, editor
sherylc@coracusa.com



From the cockpit of the Subaru:

Charlie traverses the country at the wheel of his trusty 2002 Outback to speak personally to crowds from one coast to the other. Check the website for his upcoming visits:

<https://corac.co/meetings/#dates-and-details>

The Most Important Thing

As things grow darker people often ask me what is the single most important thing they can do to prepare. I tell them to make as many real friends as they can. Alas, people often think I am speaking metaphorically when I am speaking literally – and vice versa. It is a constant challenge for me. Usually, I just let it go, expecting that they will figure it out soon enough. Folks think I am engaging in hyperbole, but I am dead serious.

Over my entire career organizing political campaigns and other movements, I have tried to pattern myself on the way Jesus did things. It is a poor imitation, but I like it a lot. Jesus put his emphasis on one-on-one contact and table fellowship. Even when I was running statewide campaigns, I spent a good half of my time getting to know people and...making friends. In one US Senate Primary where we were given no chance, I was in Tazewell County (just east of the river across from Peoria County) for a Lincoln Day Dinner. Normally, I had some locals take me from table to table to visit with everyone there. On this night, though, Don Totten, the campaign manager for our opponent, was there. So I told my team to stay seated: I would make the rounds myself. I went just ahead of Totten and his advance team. At every table I knew a good five or six people, at least, and greeted them by name, making a little small talk about their family or work.

We won that primary. A few months afterwards, I ran into Totten (who ran Illinois for Reagan in 1980) and we chatted. He told me that it was that dinner where he felt the first stab of fear that they might be in trouble. “If you could do that all over the state, I knew we were toast,” he said. I grinned and told him I could – and I wanted him to see that.

People constantly ask what the currency will be if everything collapses. They usually imagine crypto-currency or precious metals and stones. I think crypto-currency will be as worthless as a confederate dollar in a serious collapse. Currency stored in the cloud won't do you much good when the only clouds that are working are cumulus, stratus and nimbus. Gold and silver will have some worth, but not near as much as people think. The currency that will stand in those earliest days of collapse will be the genuine friends that you know and care about – and who care about you. It is the network of souls around you that will sustain you as you do what you can to help sustain them, because you all love one another in the truest sense of the word.

There are all sorts of gimmicks you can use to create the illusion of power and influence, but these are all flimsies that will collapse with the first serious blast of wind. It is to build on sand. The friendships you make are bedrock that will withstand the toughest of storms.

Even now, I spend half my time on the road, meeting and getting to know folks around the country. It is labor intensive, for sure – but nothing tells people you care about them like traveling for hundreds, even thousands, of miles to visit with them. I have had groups of as large as 1,500 and as small as seven...and it is all a joy. The larger crowds are certainly flattering, but you can really have a great conversation with the smaller crowds. And with each visit, the network of souls we are knitting together grows stronger. Last year, at our national conference, I was deeply excited to see so many friends together in one place, but what I was most excited about was that so many of these wonderful people were going to meet each other for the first time. They saw what a joyful, determined group of people we had already become. To me, it was a foretaste of what things will be like after the Triumph of the Immaculate Heart.

So I motor around making friends across the country and building that network one at a time. It is a foundation that will last. And if the new currency will be the genuine friends you have, I will suddenly go from living poverty to being the richest man in the country.

Make friends and spend time with them. That will be the coin of the realm when things are at their worst – and, frankly, should be now. I mean it quite literally.

Charlie Johnston

CORAC MEDIA



Christians Working Together

https://vimeo.com/715677659?embedded=true&source=vimeo_logo&owner=144927933

Special guest Angela Stephenson, CORAC Region 4



Health and Wellness

https://vimeo.com/714195828?embedded=true&source=vimeo_logo&owner=144927933

Special guest Mick Blunt, CORAC National team leader for Health & Wellness

See all podcasts here:

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

A SIGN OF HOPE

Latest blog posts:

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

Some Strategic Advice for Noble Bishops: <https://corac.co/2022/06/02/some-strategic-advice-for-noble-bishops/>

Desolate No More: <https://corac.co/2022/05/28/desolate-no-more/>

Immediatum Operam

Things on the immediate radar screen

WORLD ECONOMIC FORUM ANNUAL MEETING

The demonic World Economic Forum met two weeks ago, to carry out further depredations against human beings. Here is a rather pointed summary of the group's proceedings. (Pardon the salty language.)

<https://www.theburningplatform.com/2022/05/30/careening-towards-grace/>

WORLD HEALTH ORGANIZATION DEVELOPMENTS

The WHO, in its meetings two weeks ago, seems to have been defeated, as 12 of the 13 Amendments proposed by the odious Biden, which would have surrendered national sovereignty to the Director General of the WHO, were withdrawn. Credit for the victory goes to the nations of Africa, who spoke a united, definitive NO. Pray for the African nations; they saved the rest of the world, and that's no exaggeration.



AFRICAN SOVEREIGNTY COALITION

The countries of Africa have now united to launch a sovereignty movement in response to the close call at the WHO. Their rallying cry is “Mayibuye iAfrica!” which translates as “Come back, Africa!” It has the same resonance as “Make America Great Again.” We know that our countries were once noble, strong and based on virtue. They were stolen from us by evil men, and we want them back.



Here is the statement of the African Sovereignty Coalition:

The African Sovereignty Coalition is aware of WHO's moves towards a regional pandemic treaty. This does not surprise us because we are aware of proposed International Health Regulations amendments' focus on public health emergencies of regional concern.

While we as Africans always celebrate our wins, we will of course keep moving forward on our objectives regarding the WHO and the WEF. The call to defund and exit, as we build real health collaborations, grows stronger every day. The formal launch of the African Sovereignty Coalition is on Saturday 18 June 2022. Support is welcome, and more details will be shared soon.

We are thankful to authentic Africa-loving leaders who stepped up to lead the campaign for health rights and sovereignty at this time and into the foreseeable future. Mayibuye iAfrica!

DEFUND AND EXIT

LATEST FROM ARCHBISHOP VIGANÓ

The formal papal nuncio to the US is one of the handful of people we can still trust to give objective information, untainted by personal gain (because he's already lost what little he had):

Interview with Reiner Füllmich, attorney Nuremberg 2.0 movement prosecuting crimes against humanity.

“Premeditated criminal act of a global mafia:” <https://www.lifesitenews.com/opinion/vigano-corona-investigative-committee-interview/>

The New World Order Requires That Italy Perish: <https://rairfoundation.com/archbishop-carlo-maria-vigano-the-new-world-order-agenda-requires-that-italy-should-perish-video/>

WHAT TO DO IN A SUMMER BLACKOUT

Multiple sources have been warning that this summer will bring, at the very least, rolling blackouts.

<https://powerthefuture.com/two-thirds-of-the-country-face-the-prospect-of-blackouts-this-summer/>

Everyone needs to have strategies in place, so that it's an easily handled inconvenience that could even be made fun with proper planning. After all, if you camp in the summertime, you already know that heat is part of the adventure. Here are the things you need to pay attention to: <https://www.theorganicprepper.com/how-to-prep-for-a-summer-power-outage/>

THE FOOD SUPPLY AT RISK

Globalists are taking over the food system; it's part of their plan to control the population. Take the warning seriously. https://childrenshealthdefense.org/defender/globalists-takeover-food-system-control-cola/?utm_source=salsa&eType=EmailBlastContent&eId=790cca51-9e9d-40ec-afe9-602c981e0790

ADDITIONS TO YOUR SHOPPING LIST

In addition to basic supply lists given previously in this newsletter, consider adding:

Canned goods: Magnesium (used to make aluminum) shortage may make canned goods short on the shelves.

All types of meat: There is speculation that the shortages are being driven by huge investors in artificial protein sources.

Consider storage issues. Canned meat might trump fresh meat. Dried eggs and milk are also good protein options.

Vitamins/supplements: a huge proportion of our supply comes from China and can be turned off like a faucet. If you buy a long-term stash, be sure to store them properly (cool, dark, dry) so that they last as long as possible.

Cheap solar landscape lights: you can bring them inside at night to spare your flashlight batteries. \$1 at Walmart.

Cooler, kiddie pool, mister to keep cool and hydrated if there is a summer blackout.

Action Items

When your grandchildren ask you what you did to save liberty, what will you say?

A MILLION SMALL VICTORIES

- Talk to someone about what is going on in the country. Every conversation helps to break up the mass formation psychosis.
- Make a phone call, or send an email or letter to an elected official. Every personal contact has a multiplier effect.
- Have a block party to build community. As Charlie says, friendships will be the coin of the realm.
- Wave an American flag at a busy intersection or on an overpass. Of all the people who pass, most will be on your side. It sends the message that We the People are awake, and helps break up the mass formation psychosis.
- Pray the rosary publicly. Get a group together, and publicize the days and times. Be consistent so that people always know where to find you. We pray on the city square every Wednesday evenings at 5:30, rain or shine. Here are some reasons why: <https://americanneedsfatima.org/articles/why-public-square-rosary-rallies>



EVERY ACTION, NO MATTER HOW SMALL, CONTRIBUTES TO THE VICTORY!

THE WEBSITE

In every issue of this newsletter, I tease you with the latest items on the CORAC website. Be proactive, and explore the website on your own. There is a wealth of information, including things you've probably never thought of. The website has been steadily growing as each team adds new material regularly. It is a positive treasure chest! Note that some material is only available for registered members. If you're not a member yet, for goodness sake, join! <https://corac.co/get-involved/>

Communications

Keeping in touch when channels are unreliable

SUNDAY RADIO BROADCASTS

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

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

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

See other topics in communications here: <https://corac.co/communications-teams/>

Health & Wellness

Staying robust in trying times

Lots of new material has been added to this section of the website in the last two weeks.

Terrain: healthy habits to keep you from getting sick: <https://corac.co/2022/06/03/terrain-stay-healthy-dont-get-sick/>

Sample Weed Walk: an intro to the foraging series: <https://corac.co/2022/05/28/the-foraging-series-an-introductory-weed-walk/>

Intro to MyCatholicDoctor.com: <https://corac.co/2022/06/03/mycatholicdoctor-com/>

See other topics in health and wellness here: <https://corac.co/health-and-wellness-teams/>

Sustainable Living and Survival Skills

Home skills for self-sufficiency

There've been some great new posts in this section, too.

Construction of old-fashioned ice houses: <https://corac.co/2022/06/03/ice-house-construction/>

Pest control in the garden with neem oil: <https://corac.co/2022/06/04/neem-oil-for-pest-control-in-the-garden/>

Sample "weed walk" to prepare for the Foraging series: <https://corac.co/2022/05/28/the-foraging-series-an-introductory-weed-walk/>

The first episode in the Foraging series (June 7) filled up quickly, but there will a repeat session. Sign up here to receive updates: <https://corac.co/event/foraging-an-introduction/>

See other topics in sustainable living at: <https://corac.co/sustainable-living-teams/>

Education

Forming a national network of experienced homeschoolers

Register for the Catholic Homeschool Conference: <https://corac.co/2022/05/14/2022-catholic-homeschool-conference/>

See the discussion group at: <https://corac.co/education-team/>

Crisis Scenarios

Establishing basic responses to emergency scenarios

Here's a good printout for this summer:

Power Grid Failure Checklist: <https://corac.co/2022/02/25/power-grid-failure-2022-scenario-checklist/>

See other topics in crisis management at: <https://corac.co/crisis-scenarios-team/>

Other Items Of Interest

Random stuff I just felt like sharing

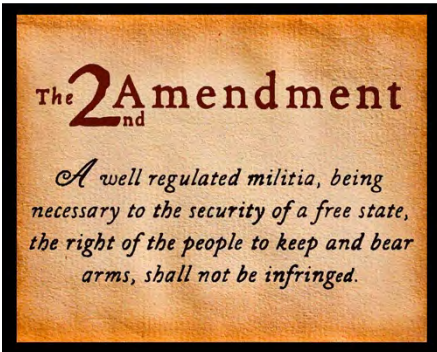
THE ONLY RELEVANT QUESTION ABOUT ABORTION

Charlie Johnston has written a great piece that outlines how we can structure arguments about abortion. There is really only one fundamental question, and as Charlie shows, we have to hold tightly to it.

https://www.americanthinker.com/articles/2022/05/the_only_relevant_question_about_abortion.html

SECOND AMENDMENT

Private gun ownership is not just another issue you can be “for” or “against.” It’s a Constitutional right, and for a very good reason. If you’ve followed the last two years in places like Australia, you can see what happens in a country without citizen ownership of firearms: they have been ravaged by their own government and police.



What is keeping us marginally safe? There are millions of firearms in the hands of private citizens in our country. And the ammo shortage that existed during the pandemic seems to be resolving. At a flea market yesterday, I saw a dozen ammo booths, where there were only two last year.

In the US, leftists are attempting to parse the language of the Second Amendment to make gun control somehow Constitutional, but you can see that the wording is very simple and very clear. The right for a citizen to bear arms cannot be infringed.

Now our task is to defend the Constitution against the government that is supposed to be based on it.

Charlie wrote a piece about the folly of disarming victims in *American Thinker*:

https://www.americanthinker.com/articles/2022/06/disarming_victims_is_a_dumb_way_to_fight_crime.html

Naomi Wolf has a great piece on this subject, too, that addresses the classical arguments in favor of gun control:

<https://naomiwolf.substack.com/p/rethinking-the-second-amendment?s=r>

DEVOLUTION MEETS 2000 MULES

Fabulous interview with Patel Patriot and Gregg Phillips, the lead data analyst for True The Vote.

<https://rumble.com/v16gih4-patel-patriot-interviews-gregg-phillips.html> Start at the 8:00 point for the goods.

BREAKING OUT OF MASS FORMATION

The psychological phenomenon of mass formation psychosis became widely known when we are all asking why in the heck anyone would take an unproven, gene-altering shot against a non-lethal disease. Dr. Robert Malone’s interview with Belgian Professor Matthias Desmet helped us understand how so many people were duped: <https://rumble.com/vrxr3n-tpc-653-dr.-mattias-desmet-dr.-robert-malone-dr.-peter-mccullough-mass-form.html>

And here’s the solution: “Breaking Free From Mass Formation.” Every time you speak out, you become a little stronger and one more person wakes up. Watch here: <https://www.corbettreport.com/desmet-massformation/>

More about Professor Desmet, with links to interviews: <https://totalityofevidence.com/professor-mattias-desmet/>

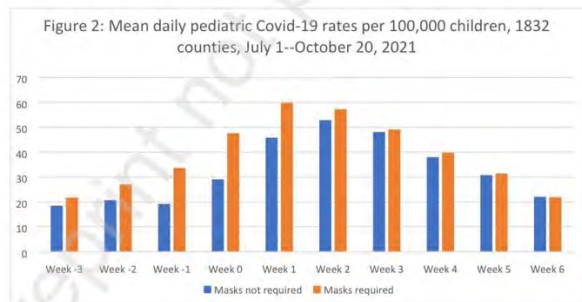
CHILDREN AT RISK

When there is almost no risk at all of getting covid, why would the government be pushing triple-dose, gene-altering vaxxes on babies and toddlers? The obvious answer is almost too hideous to contemplate, but we had better look at it. The youngest children are in their sights. <https://www.silive.com/coronavirus/2022/06/covid-19-vaccine-application-for-kids-under-5-received-by-fda-making-june-release-possible-report.html>

It is deliberate genocide. Naomi Wolf writes about the “baby die-off”: <https://naomiwolf.substack.com/p/dear-friends-sorry-to-announce-a?s=r>

MASKS AS CHILD ABUSE

In a preprint study for *The Lancet*, it has been shown that masking children never worked, and indeed, actually *increased* infection rates. Masks cause harm to children and were used to bully children into obedience.



https://papers.ssrn.com/sol3/papers.cfm?abstract_id=4118566

CSA (COMMUNITY SUPPORTED AGRICULTURE)

CSAs are a cooperative system that allows consumers to subscribe to the harvest of a certain farm. Consumers get fresh, healthy, local produce, and farmers get a guaranteed customer for the season; it's a win-win. With more subscribers, farmers can increase their planting. Normally, you subscribe for one season at a time, and you pick up your weekly share at a central pickup point. The relationships you form now with growers may prove to be important and sustaining if the food supply situation deteriorates. The more subscribers, the more farmers plant, the greater the food supply that is not controlled by hostile interests. Check <https://www.localharvest.org> for your area; it lists farmers markets as well as CSAs.

This article helps you choose the right CSA for you, if you are blessed enough to have multiple options in your area:

<https://www.sharedlegacyfarms.com/how-to-find-csa/>

OBEDIENCE IS NOT AN ABSOLUTE

We would do well to remember that we are not obliged to obey an unjust order. As the Catechism states in article 1902: "A human law has the character of law to the extent that it accords with right reason, and thus derives from the eternal law. Insofar as it falls short of right reason it is said to be an unjust law, and thus has not so much the nature of law as of a kind of violence."

Everyone now knows the story of the Texas mother who disobeyed police at Uvalde, jumped over a fence, and entered the school to bring her children out alive. The shooter was still active at that point. Obedience to the police order might have meant the loss of her two kids.

<https://www.dailymail.co.uk/news/article-10858577/Uvalde-mom-handcuffed-urging-cops-storm-school-rescued-kids-herself.html>

JUNE IS THE MONTH OF THE SACRED HEART

It's only June 5, and I'm already weary of the spectacle of "Pride Month." June, in fact, is the month dedicated to the Sacred Heart of Jesus. (It also features John the Baptist's nativity, Trinity Sunday, Corpus Christi, the feast of the Immaculate Heart of Mary, and the anniversary of the apparitions at Medjugorje.) When we focus on the Sacred Heart, the foolishness of the world takes its proper place on the back burner.

<https://thefederalist.com/2022/06/03/for-catholics-june-isnt-pride-month-its-dedicated-to-the-sacred-heart-of-jesus/>



CRISIS FATIGUE

We've been living in a frightfully stressful environment for the last two years. Constant stress can destroy your body if not moderated. Believe it or not, the *way* you breathe has much to do with your body's stress response. This is actual physiology, not New Age mumbo jumbo. Learn how to harness the power of the breath: <https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>

TRUTH SOCIAL

You can now go to truthsocial.com on your computer, or download the app on your smartphone, both iPhones and Androids. It's fully available to all users now, after an extended rollout.

TRUTH.

Did you know that *millions* of users were banned on Facebook and Titter in the last two years? Not just the sitting President of the United States and all the people associated with him, but all the scientists and medics who gave us medical science apart from the "approved narrative" about the plandemic and the shot, plus all the ordinary people who spoke about the vaccine adverse events they were suffering. It's not just *like* George Orwell's "1984"; it *is* Orwell's dystopia. Free speech died during the plandemic.

Early users of TruthSocial called it a "family reunion on the right side of the world." Give it a try and see what you think.
<https://truthsocial.com>

MASS OF THE AGES

The traditional Mass was heard by Catherine of Siena, Thomas Aquinas, Joan of Arc, Maximilian Kolbe, the Fatima visionaries, the Holy League at Lepanto, Thérèse of Lisieux... nearly all our forebears in the Faith. The traditional Latin Mass is virtually unchanged since the third century.



If you haven't yet been captivated by the traditional Mass, suspend your doubts for 45 minutes, and try Episode 1 of the documentary "Mass of the Ages:"

<https://www.youtube.com/watch?v=xdbwNMYKhW0&t=288s>

The second episode, "The Perfect Storm," tells the story of how the New Mass was created. It will surprise you.

<https://www.youtube.com/watch?v=1XctfSR7SS4>

Episode 3 is not yet released.

NO FLOW OF INFORMATION IN EUROPE

In nations where citizens don't own firearms to protect themselves against government tyranny, free speech is becoming a distant memory. Despite the clear danger of the shot, the false diagnostic test, and the misrepresentation of vaxx adverse effects as "long COVID," the WHO in Europe doesn't want anyone the wiser. They've created a noxiously sweet-sounding system for Europeans to tattle on their neighbors for "wrongspeech."



When you come across misleading claims or conspiracy theories on #COVID19, take 30 seconds and report it on HealthBuddy+

Find out more healthbuddy.plus



Prayer

Staying right with God

THE CATECHISM SERIES

This popular series with Desmond Birch is now up to session 8. See all the episodes here:

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



JUNE PRAYER INTENTIONS

Please keep these intentions in your daily prayers.

- For all CORAC members, their families and intentions, particularly those who are going through difficult trials at this time, and that we are bolstered with new measures of fortitude, courage, hope, faith, trust and love
- For safety in travels and blessings upon all of Charlie's meetings, both public and private
- For a dome of protection over the people and good works of CORAC as we make our stand with God and engage in the Spiritual and Corporal Works of Mercy
- That people everywhere will awaken to the reality that God loves us, is calling us to Himself and that each one will respond to His grace, repent and make a return to Him or deepen their conversion or, perhaps, truly discover Him for the first time



St. Gabriel, enlighten us.

St. Michael, defend us.

St. Raphael, protect us.

Ave Maria, Stella Maris!

Appendix

OVERCOME <i>the</i> 7 DEADLY SINS	Lust Unrestrained sexual craving Be pure. Guard your heart. Give yourself a project, exercise when you're bored.	Gluttony To over-indulge, especially by over-eating Be moderate. Exercise regularly, avoid excess in eating and drinking.	Pride Inflated sense of one's accomplishments Be humble. You need God and others. Pray and serve.
Sloth Laziness, lack of effort Be diligent. Have a schedule, don't let your life revolve around resting.	Wrath Uncontrolled feelings of hatred and anger Be patient. Moderate your emotions, take deep breaths before reacting.	Greed The excessive desire for material things Be generous. Donate something you like but don't need to the poor.	Envy Jealousy towards another's happiness Be thankful. Thank God everyday for what you have and don't have.

CORAC Newsletter

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

June 19, 2022



We all need joy in our lives. When circumstances are not particularly conducive to joy, we have to make a special effort, and summer is the perfect time! My favorite idea is a neighborhood block party. Its purpose is **FUN**, and at the same time, you are getting to know the very people who will surround you in the event of a crisis. Some block party ideas are in the Action Items section of this newsletter. Have some joy this summer!

Sheryl Collmer, editor
sherylc@coracusa.com



From the cockpit of the Subaru:

Charlie traverses the country at the wheel of his trusty 2002 Outback to speak personally to crowds from one coast to the other. Check the website for his upcoming visits:

<https://corac.colmeeting/#dates-and-details>

Assume the Good Will of Others

One of the most deeply damaging psychoses of the modern world is to automatically assume the bad will of others when they disagree with you. Except for occasional crabby moments, I have always assumed the good will of all I meet – until they prove me otherwise. It has served me well. Many people who started off having animated words with me have become friends. A few are even close confidantes.

Decades ago, when I was a young local political columnist, I was seated next to the wife of a sometimes-controversial county Republican chairman. We were having a nice, lively chat when she started gushing about how much she and her husband loved my work. I thought it was probably true because they had refused to even talk to anyone from my group of newspapers before I came on the scene, but I was a bit puzzled. I asked her why that was, when I had probably criticized her husband more than any other single reporter in our market area. She was baffled for a moment and then earnestly said, “But you always treat us like real people instead of some evil cartoon. When you criticize, Bob (her husband) thinks of how to improve rather than how to get back at you. And you’re a lot of fun.” It pleased me and reinforced one of my central ideas from the time I started writing: never lose sight of the humanity of the people you cover.

I would have a much harder time of it today. In those days, believing that most people in authority wanted to do the best they could, but often stumbled, was a lot easier than today when so many – particularly on the left – think any vicious thing is justified in the pursuit of raw power. Even so, looking for the best in people until they prove they are hell-bent on the worst often brings out the best in them and serves as a nice cushion for what are merely stumbles.

Unfortunately the old Saturday Night Live running sketch, “[Point-Counterpoint](#),” while comedy then, has proved to be prophetic in foreshadowing the modern style of public debate (though usually without the piercing wit).

In better times insults and ‘gotchas’ were primarily the province of dull-witted lowlifes who lacked the intellectual bandwidth to come up with a coherent argument. (I do not speak here of the cutting witty banter that has been an art form for ages). On a rough day, anyone could resort to toxic banter – but anyone with any breeding would have the wit and honor to apologize. And a real apology, at that, not some feeble attempt to mollify an angry mob. Today, such venomous banter is the norm. It is a great poverty.

Certainly, when times get harder people’s tempers get shorter. Heaven knows with inflation running rampant, food shortages looming, and winds of war whipping up around the globe, times have gotten much harder and people’s tempers much shorter, fueled by real anxiety for what the future of these dystopian times can possibly hold. Yet we are called by Christ to be the light of the world. We cannot be light while spreading darkness and assuming the worst of those who disagree with us.

I learned long ago that anger is not always anger. Sometimes it is how fear and anxiety present themselves. Endeavor not just to listen to what people say, but to hear what they mean. Now is a time to work very deliberately to see the humanity in all you encounter, especially those you work or speak with on a regular basis. If music soothes even the savage beast, a gentle rejoinder soothes the soul of a man expressing his fears through anger. Once someone proves they are just of ill will, swing away if you will. Even then, try to let the light of gentle kindness shine through from time to time.

As the Apostle Paul exhorted us, bear with one another. Let us work to lift each other up rather than tear each other down. We have a lot of wood to chop. There will be time enough for recriminations later.

Charlie Johnston

CORAC MEDIA

CORAC podcasts are excellent companions in the car. Here are the latest:

“Weather” with Kansas State Senator and meteorologist Mike Thompson

https://vimeo.com/720294303?embedded=true&source=vimeo_logo&owner=144927933

“Education” with CORAC’s national education team leader, Andrea Hart

https://vimeo.com/718029545?embedded=true&source=vimeo_logo&owner=144927933

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

A SIGN OF HOPE

Charlie’s blog posts are brilliantly written and inspiring to read. Check out the latest posts here:

“Drill Deep to Find What Trust Really Means” <https://corac.co/2022/06/14/drill-deep-to-find-what-trust-really-means/>

“Mordor is Come” <https://corac.co/2022/06/11/mordor-is-come/>

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

Immediatum Operam

Things on the immediate radar screen

FDA PUSHES SHOT FOR BABIES

On June 15, the FDA gave “emergency use authorization” of the dangerous shot for babies 6 months old to children aged 5, despite the terrible evidence and simple common sense. Over and over, the FDA is proving itself to be an enemy of the people.

Our greatest strategy is to persuade parents not to submit their children to this destructive experiment. Recently, Moderna had to destroy millions of doses of their vaxx because people simply don’t want it. We still have power, despite the ill intentions of government health agencies.

Talk to anyone you know with young children. Make them aware that children are not in danger from covid, the shots don’t work, the plandemic has been over for two years, the shot has dangerous side effects, the manufacturers have no liability for the damage the shot causes, and there is NO long-term safety data. There is absolutely NO reason to be pushing these gene-altering drugs on children. Make a cheat sheet with references.

Hands Off Our Children. This was written by Children's Health Defense before the FDS malfeasance, but skip down to the middle of the article for resources on how to raise awareness. <https://childrenshealthdefense.org/community-forum/tell-the-fda-hands-off-our-children/>

Kids' Vaccines Have Terrible Efficacy. <https://technofog.substack.com/p/pfizer-data-kids-vaccines-have-terrible?s=w>

America Is Now the Only Country That Authorizes COVID Shot For Infants. <https://dossier.substack.com/p/america-is-now-the-only-country-in>

CLEAR WARNING SIGNS: FOOD SUPPLY AND POWER GRID

Everybody!! Clear warning signs have been sent. The food supply and the power grid are at risk. Do your homework, for goodness sake. This is serious business.

You don't need to go full apocalypse to be reasonably prepared for known dangers. Cover first things first. Water, food, shelter, medications as needed. I am simply installing screens on my windows so I can get a cross-breeze; rain barrels for water (though we are experiencing a drought just now, they are still filled from spring); and a well-rounded non-perishable food supply that doesn't depend on refrigeration. See? That's not high-tech or high-budget. You can go higher-tech if you want to, but time is getting short. Have your preparations made.

Some resources:

The Ultimate Guide to Preparing for a Power Outage <https://survivorsfortress.com/preparing-for-a-power-outage/>

Summer Blackout – Houston Edition, because you can't get more miserable than Houston in the summertime! (Well, you can but I couldn't find a New Orleans edition.)

<https://www.airtechofhouston.com/6-ways-to-survive-a-summer-blackout-houston-edition/>

Food List - CORAC Newsletter April 22, Sustainability section

<https://corac.co/wp-content/uploads/2022/04/cnat-news042222v3.pdf>

Emergency Food Buckets costly but convenient: <https://mypatriotssupply.com>

Action Items

A million small victories lead to the Big Win

Speak up. Every conversation helps to break up the mass formation psychosis. When my dentist's receptionist told me I had to wear a mask, I told her why I was opposed to that; it turned out the whole staff agreed with me. At an outdoor farmer's market, I told the manager why a sign that required 6-foot social distancing and masks was ridiculous, especially since no one was observing the rules anyway. When we all start speaking up, those who depend on customers will listen.

Speak to an **elected official**. Don't give up on our legislative system; it may be horribly corrupt right now, you might be tempted to say, "What's the use?" but there's still power in our government. Just like with merchants, if enough of us speak up, they will begin to listen.

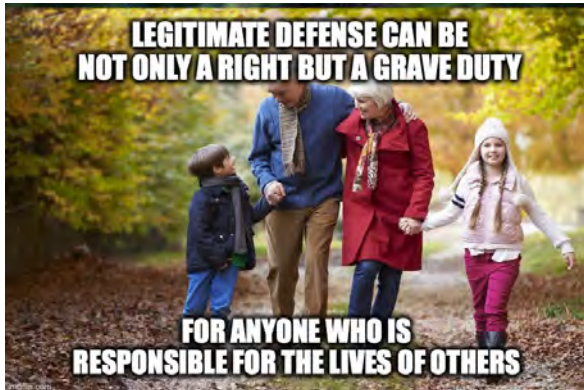
Have a **block party** to build community. As Charlie says, friendships will be the coin of the realm when things get rough. I've started talking to people on my street, and everyone is super-enthusiastic. Someone (you) just need to get the ball rolling. Start with one other person, print up some flyers to gauge interest, and begin a checklist. We're going to do Labor Day; that gives up plenty of time to plan. Here's a good guide: <https://ourhappyhive.com/how-to-plan-and-organize-a-block-party-that-rocks/>

Wave an **American flag** at a busy intersection or on an overpass. I get a huge kick out of all the honks and waves. You're sending the message that We the People are awake, and helps break up the mass formation psychosis.

Pray the **rosary publicly**. Get a group together, and publicize the day and time. You can start with as few as 2 people; it will grow. People have joined us from nearby restaurants, and some that were just driving by have stopped to pray. Be consistent so that people always know where to find you. We pray on the city square every Wednesday evening at 5:30, rain or shine. Though we are not required to have a permit, we get them anyway so law enforcement knows we are there. Once a month, we take treats to the police station in appreciation for their protection of our rights. On the coldest days in the winter, the hottest days in the summer, and a couple of rainy ones, we have been at our post. That may be significant in some way in the future. Start now. You can't go wrong praying the Rosary!

Here are some reasons why: <https://americaneedsfatima.org/articles/why-public-square-rosary-rallies>

Take a **self-defense class**. People are depending on you.



* Catechism of the Catholic Church, article 2265

EVERY ACTION, NO MATTER HOW SMALL, CONTRIBUTES TO THE VICTORY!

THE WEBSITE

In every issue of this newsletter, I tease you with the latest items on the CORAC website. Be proactive, and explore the website on your own. The website has been steadily growing as each team adds new material regularly. Note that some material is only available for registered members.

If you're not a member yet, for goodness sake, join! <https://corac.co/get-involved/>

Communications

Keeping in touch when normal channels are unreliable

See topics in radio and communications here: <https://corac.co/communications-teams/>

Health & Wellness

Staying robust in trying times

New **Homeopathy Gateway I** class beginning on July 10! Three Sundays at 3:00 Central on Zoom. Register now (CORAC members only), because you will need to order the book beforehand.

<https://corac.co/event/homeopathy-gateway-1/2022-07-10/>

Foraging – Summer Edition on July 26 at 6:00 pm Central. Second in a series on foraging, and the first one was great. Register here (CORAC members only): <https://corac.co/event/foraging-summer-field-session/>

See all topics in health and wellness here: <https://corac.co/health-and-wellness-teams/>

SUMMER HYDRATION

Down here in Region 8, we're having a particularly brutal start to the summer. We are well into triple-digits in June, without much of an acclimatization period. Dehydration can be subtle, or it can be suddenly debilitating. Most people will say, "I drink plenty of water," but then are not able to tell exactly how many cups or ounces they consume. It's important to know.

Signs of dehydration: <https://www.healthline.com/health/how-to-tell-if-youre-dehydrated>

An explanation of "living water" (not the Scriptural kind): <https://worldcouncilforhealth.org/resources/proper-hydration/>

Recipe for a rehydration drink: <https://www.food.com/recipe/oral-rehydration-salts-230966>

Sustainable Living and Survival Skills

Home skills for self-sufficiency

Sue's Gardening Series has been very well reviewed! Six sessions here: <https://corac.co/category/sustainable-living/classes-sl/>

See all topics in sustainable living at: <https://corac.co/sustainable-living-teams/>

Education

Rethinking education

The new CORAC national team leader for Education, Andrea Hart, has posted a great article about the true goals of education, how they've been subverted, and how we can return to them. She outlines what the Education team will be working on in the future: <https://corac.co/2022/06/16/the-problem-and-core-objective-for-children-and-youth/>

See all topics in education at: <https://corac.co/education-team/>

THEOLOGY OF THE BODY FOR CHILDREN

Parents have become desperate in the search for resources to keep their kids safe from the destructive alphabet-soup brigade, the Planned Parenthood/UN agenda for sex education from pre-school, the gross oversexualization of young children. St. John Paul gave us a gift, back in the 1980s, that is now a priceless asset: the theology of the body.

TOBET, a Texas-based organization, has developed age-appropriate, appealing and fun books to help teach children the beautiful view that the Catholic Church holds concerning the human person, *The Body Matters* for Kindergarten through 8th grade. The books are *not* sex ed; they are Christian anthropology in small, delightful bites. As an adult with a master's degree in theological studies, I have even learned a few precious things from these books! I guarantee you will enjoy reading them with your children.

There are home instruction guides and educator guides to accompany the books. <https://tobet.org/shop/>



Crisis Scenarios

Establishing basic responses to emergencies

Print this for reference: Power Grid Failure Checklist: <https://corac.co/2022/02/25/power-grid-failure-2022-scenario-checklist/>

See other topics in crisis management at: <https://corac.co/crisis-scenarios-team/>

Other Items Of Interest

Random stuff I just felt like sharing

THE J6 PROJECT

There has been renewed interest in supporting those unconstitutionally held in prison for attending the J6 rally. Many have been imprisoned for more than a year under unlawful conditions. If you'd like to send encouragement and friendship to one of these political prisoners, contact Kristen Martinez at kannmartinez@sbcglobal.net for a name, address and general instructions.

THE PEOPLE'S CONVOY

A documentary of the original American People's Convoy is here: <https://americasvoice.news/video/vyfQiM4UMSPYOan/>
If you missed the story this past spring, here's a concise look at the movement. It's worth a look to see how many good people there are in this country who believe in the strength of America.

CSA (COMMUNITY SUPPORTED AGRICULTURE)

Last newsletter, we talked about finding a CSA near you. You can check <https://www.localharvest.org> for your area. Once you've found a CSA you like, schedule a farm tour. All the CSA's I know of, love to show their farms to subscribers. Invite the people in your CORAC local circle to go with you. You'll have a grand time, and will build a relationship with a local farmer. You never know when that could prove golden.

JOY. IT'S NOT OPTIONAL

This is an older blog from 2016. That's so cute; I thought I knew what stress was back then. We need joy more than ever in 2022. There are some solid strategies for cultivating joy in your life, despite circumstances. For a Christian, joy is not optional. <https://tobet.org/joynotoptional/>

2000 MULES LEFT TRACKS

American Thinker just published an analysis of the fraud that the movie *2000 Mules* uncovered. With his typical wit and deep-dive reflection, Charlie Johnston reviews the evidence now before the American public. https://www.americanthinker.com/articles/2022/06/dsouzas_mules_left_tracks.html

MASS OF THE AGES

Everyone is talking about it! See what you've been missing.

Episode 1: <https://www.youtube.com/watch?v=xdbwNMYKhW0&t=288s>

Episode 2: <https://www.youtube.com/watch?v=1XctfSR7SS4>



HOW THE VACCINES KILL

With each passing day, the news connected to the COVID shots grows worse. The shots don't prevent COVID, don't inhibit transmission and the vaccine injuries encompass almost everything [that can go wrong with a body](#). Young people are dropping at such a rate that the medical world is scratching its head, pretending to not understand what could be causing all the damage. https://www.americanthinker.com/articles/2022/05/how_the_covid_vaccines_kill.html

REPORTING INJURY

If you or someone you know has suffered in the aftermath of the vaccine, the best thing you can do for the human community is [report it](#). Our best chance to make sure this doesn't happen again (a mandatory vaccine that has not been safety-tested) is to have an accurate understanding of the damage. It's the government's job to do it, but they won't, so we must. One place you can report where your information will be treated with respect is Dr. Lee Vliet's database here: <https://www.truthforhealth.org/vaccine-injury-report/>

DEFEND YOUR CHURCH

We are all familiar with the threats to Catholic churches by pro-abortion groups, pro-LGBTQ group and general haters. I think it's a sign we're doing something right, to be targeted by such people, but that doesn't mean we should sit still and be abused by them. They have been explicitly warning us for over a month. There is no excuse for not being prepared. Check with your parish men's groups or Knights of Columbus; if they don't yet have a plan, *make one!*

Here's a sample plan from one of our members:

We had formal training for volunteers from the Men's Club and Knights of Columbus. We identified police officers and FBI agents who were fellow parishioners and requested they wear uniforms to Mass (and carried). Our Archbishop had a policy that no weapons were allowed to be carried by parishioners, only by formal security (like a police officer)

We used Sign Up Genius to have our trained volunteers sign up each week to work security for a Mass other than the Mass they attended each week (for example, my family went to 10:45am Sunday Mass, but then I'd work security for another Mass, usually the Sunday 5pm Mass)

At each Mass, one man was stationed outside with a walkie talkie (to communicate a threat to the other man stationed inside the narthex) and a cell phone to call the police. If a threat was observed, the man outside would radio the man inside who would immediately lock all the doors. (This parish used an app that was provided by the company who sold the magnetic door system. One touch on the app and all doors would immediately lock; no one could enter from the outside, but someone inside could still get out.) A church with lower tech would have to lockdown manually. In the event of a threat, the man inside would communicate to the ushers who were then to instruct the priest and all parishioners that a threat was ongoing and no one was to leave until police arrived and gave instructions.

Obviously, the response to a group of women dressed up as "handmaids" will be different than the response to a potential shooter. The least force to handle the threat, the better.

For unarmed protestors, it would be sufficient for parishioners to block the aisle and form a wall, beyond which the protestors could not move, and gradually move the protestors back to the exit. A prepared community would never allow protestors to approach the altar, threatening both the priest and the Eucharist.

Here is a church security plan from Catholic Mutual, an insurance group:

<https://www.catholicmutual.org/Portals/0/Docs/Risk-Mgmt/CARES/Security/Church-Security.pdf>

Another from Homeland Security:

<https://www.cisa.gov/sites/default/files/publications/active-shooter-emergency-action-plan-112017-508v2.pdf>

FACE – FREEDOM OF ACCESS TO CLINIC ENTRANCES

The same legislation that prevents pro-lifers from approaching clients at abortion clinic entrances also protects us from angry women disrupting the Mass. They may not “injure, intimidate or interfere with any person lawfully exercising or seeking to exercise the First Amendment right of religious freedom at a place of religious worship.”

<https://www.law.cornell.edu/uscode/text/18/248> section (a)(2)

Know that when you defend the sanctity of the Mass from disruption, you have Federal law on your side.

EXCERPT FROM FR. FRANK PAVONE

...the Supreme Court is expected to give an unprecedented victory to the pro-life cause by returning to the people and their elected representatives the ability to protect by law our youngest children, those yet in the womb.

To those who have eyes to see, it is clear that we are in a spiritual and moral civil war between good and evil, and between commonsense and insanity. If we dare to name the enemy, we are branded as the enemy, and we are punished as the enemy, both in the civil arena and in the Church. The same cancel culture has infected both arenas.

It is a civil war, and there is no room for neutrality in any profession, walk of life, or facet of the State or the Church. And we who refuse to be neutral or silent must stand together.

Like so many of you, I have a deep and authentic love of the Church and respect for the proper place of authority in the church. But I have no respect for the abuse of authority, and no intention to defer to those who, instead of encouraging God’s people to be vocal and courageous at this unique moment in our history, try to browbeat us into cowardly silence, meanwhile using every kind of spiritual and canonical reason to rationalize this abuse of power.

There is no need for this, no justification. We can all be united in our love for the Church, for the unborn, and for America. Do not be discouraged or deterred, no matter what happens. Let’s stand together, let’s work together, let’s pray together, and let’s defend America, the unborn, and one another!

Mark my words: together, we will see the victory!

Fr. Frank Pavone

[Priests for Life](#)

AUTHORITARIANISM IN THE CHURCH

The Vatican is tightening its authority over diocesan decisions that were previously the jurisdiction of the local bishop. Last week, Francis decreed that bishops must seek a written license from the Vatican to approve a new religious institute in their diocese. That puts bishops in an untenable position. It can be anticipated what sort of institutes will likely not be approved. This requires some serious prayer. <https://www.catholicworldreport.com/2022/06/15/pope-francis-new-public-associations-of-faithful-require-written-vatican-approval/>

Prayer

Staying right with God

THE CATECHISM SERIES

This popular series with Desmond Birch is now up to session 9. See all the episodes here:

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- That people everywhere will awaken to the reality that God loves us, is calling us to Himself and that each one will respond to His grace, repent and make a return to Him or deepen their conversion or, perhaps, truly discover Him for the first time

St. Gabriel, enlighten us.

St. Michael, defend us.

St. Raphael, protect us.

Ave Maria, Stella Maris!



CORAC Newsletter

Keep me, O God, for in you I take refuge

July 11, 2022



The theme for this letter is prophecy, not the predict-the-future kind, but speaking God's truth with authority. Those of us who, for some reason, have been given the grace to see the reality beyond the news headlines must try to wake more people up. If we're going to turn this enormous ship away from disaster, we will need all hands. The information in this newsletter is packaged with the specific intent that it be easy to pass on to others.

Some modern-day prophets who are helping turn the ship are Archbishop Carlo Maria Viganó, Dr. Zev Zelenko, and David Daleiden. A tribute to Dr. Z, who died last week, is included in this issue, as well as excerpts from Archbishop Viganó's latest interview. The current CORAC podcast is David's conversation with Charlie, linked below. These three men have gone up against the overmasters of the empire of lies and shown us how it's done.



Sheryl Collmer, editor
sherylc@coracusa.com



From the cockpit:

Charlie traverses the country at the wheel of his trusty 2002 Outback to speak personally to crowds from one coast to the other. Check the website for his upcoming visits:

<https://corac.colmeetings/#dates-and-details>

The Times, They are a-Changin'

All pro-lifers have been celebrating the overturning of Roe v Wade. It is well that we should. Already, thousands of babies' lives have been saved. As some have noted, though, this is the beginning, not the end of the battle.

The strongest pro-life organizations have generally been centered in red states. In many of those states, people will react by saying, "Mission accomplished!" as their legislatures ban or heavily restrict elective abortions. Yet the desperate need to enshrine the right to life in Constitutional law remains.

Up until 1861, some states acknowledged the fullness of the humanity of black folks and some did not. We now enter a similar situation to antebellum times: some states acknowledge the humanity of a vulnerable class of people; some do not. It can lead to a clearer geographic division than the era when the courts forced all states to allow (and even provide) abortions. Now the strongest advocates for the right to life are concentrated in states where it is already largely recognized. We must remain strong, but must also become more lithe and agile. I don't know exactly how to best address this, but I am working on it. As Abraham Lincoln said, "As our case is new, we must think and act anew."

The cultural landscape is changing all around us in ways we don't yet perceive. As always, my advice in volatile times is the same as it always has been: be deliberate. Don't be quick to jump to solutions just because they are new and sound good. Take the time to think through the likely consequences of any proposed solution – and some of the unlikely ones, as well. The world is in a mess because all too often we first act – and then think about the action as an afterthought. Think first, then act. We have a whole society of people running their carts before their horses and wondering why things are so messed up.

I think we will shortly see another change in how things work. I think it now pleases God to change the rules, subtly at first, but then more and more overtly. I think that very soon the most dangerous thing you can do will be to try to play it safe. The time is coming when your "yes" must mean yes and your "no" mean no, or God will confound and impoverish your calculations. That means the diplomacy you use must be calculated towards achieving the good without compromise with evil. That does NOT mean you must suddenly make everything into a morality play – pretending that any opinion differing with yours is evil.

If I am right, you will notice that more and more, people who rely on complicated schemes and double talk to maintain their “viability” are going to see those tactics routinely blow up in their faces. There will be great bafflement as people who have spent their whole lives manipulating events and language to their personal advantage find these tactics no longer work at all. When Jesus saw Nathanael approaching Him in the first chapter of John, the Lord exclaimed, “Behold, an Israelite indeed, in whom there is no guile.” It was a joyful and divine rebuke of a cynical age. I think the Lord is, once more, gearing up to rebuke a cynical age.

How best to prepare for it? The same way I have told you from the start: Acknowledge God, Take the Next Right Step, and Be a Sign of Hope to Those Around You. Contemplate this well and it will prepare you for the new era which is already begun.

Charlie Johnston



CORAC PODCASTS

“In the Aftermath of *Roe v. Wade*,” an interview with David Daleiden, a great modern prophet, speaking the truth in words and actions.

https://vimeo.com/727799274?embedded=true&source=vimeo_logo&owner=144927933#at=3196

If you’re not familiar with David, here’s one of many articles about his work. He courageously went undercover to show the gruesome practices of the abortion industry. Some of the biggest giants on the evil side of the world have been after him ever since. <https://www.lifesitenews.com/news/abortionist-testifies-at-daleiden-hearing-no-question-some-of-these-fetuses-were-live-births/>



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

A SIGN OF HOPE

“On Deadly Ground” July 1 <https://corac.co/2022/07/01/on-deadly-ground/>

“Roses in the Cultural Desert” June 23 <https://corac.co/2022/06/23/roses-in-the-cultural-desert/>

“Joyfully on the Road to Mordor” June 21 <https://corac.co/2022/06/21/joyfully-plugging-away-on-the-road-to-mordor/>

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

Immediatum Operam

Things on the immediate radar screen

BE PREPARED FOR COVID REPLAY

Signs point to the rollout of another covid fraud, probably this fall, fueled by the media and corrupt politicians. Masks are re-appearing, emergency use authorization was given last month to shoot up babies and toddlers, drug manufacturers are desperate to get the vials of already-produced “vaccine” into arms before any more bad news leaks out concerning the dangers of the vaxx.

Ever since May 2 (the leak from the Supreme Court about the *Dobbs* decision), attention has been turned away from the vaxx. But every day, more people die or become disabled, more studies show the effect of the vaxx on fertility, auto-immune disease and cancer, more data from Pfizer is forced out by court order, though the mainstream media will never report it.

This shot is dangerous; there is no other way to put it. And the more boosters a person gets, the worse the cumulative effect. The gene-modifying shot instructs your cells to produce unknown quantities of the toxic spike protein, which is delivered by toxic lipid nanoparticle packaging.

Honest scientists warned about all of this more than a year ago. Now doctors pretend to be stupefied at the death, disability and infertility rates suddenly shooting up stratospherically since 2021. What could have happened in 2021 to cause such enormous changes in the population?? What a criminally negligent question to ask.

Do not fall for the scam. Do everything you can to convince your loved ones to reject the scam, too. If you need resources, here are some links from past newsletters:

If you still haven't been fully convinced that the vaxx is neither safe nor effective, read this:

<https://stevekirsch.substack.com/p/eight-different-surveys-all-show?s=r>

Premeditated criminal act of a global mafia, interview with Reiner Fullmich, attorney Nuremburg 2.0 movement prosecuting crimes against humanity. <https://www.lifesitenews.com/opinion/vigano-corona-investigative-committee-interview/>

The “baby die-off”: <https://naomiwolf.substack.com/p/dear-friends-sorry-to-announce-a?s=r>

Back in June, 2021, *over a year ago*, we published a special vaxx newsletter. It's amazing to see what we already knew about the dangers of the shot back then... and yet they are now injecting babies and toddlers with the toxic sludge. This old newsletter is still a good source of information: https://corac.co/wp-content/uploads/wpforo/default_attachments/1623783687-VaxxNews.pdf

BE PREPARED FOR SELF-RELIANCE

Too many Americans have blinders on, and are not paying attention to the predations of the Federal government and the mega-corporations. One day, it may be too late, so we need to “wake up” as many people as we can. And the biggest hurdle to waking people up is their belief that government and business have our best interests at heart.

People *want* to believe that, some maybe *have* to believe it, to stay sane. But we are Christians; we can face even hard truths because God is with us. There is overwhelming evidence that our “handlers” are driving us closer and closer to an existence which can only be described as slavery. When government and corporations control our money, health, reproduction, food supply, travel, news and social contacts, then we will not be free human beings anymore. Neither will our children.

The evidence is overwhelming that the self-appointed “elites” in our country (the government tyrants who no longer represent us, the uber-wealthy who write their own rules, and the media whose job it is to keep everyone comfortably deceived) have pushed medical falsehoods and a destructive shot that was never approved, yet mandated to millions. They are most definitely not looking out for our best interests.

And it's not particular to America. The same thing is going on around the world. It is the work of global organizations such as the World Economic Forum and the World Health Organization. There is most definitely a plan, and they are not even hiding it. They are convinced that people are too stupid to figure it out, and too comfortable to do anything about it.

In a society in which most of us don't grow our own food, don't provide our own power, and don't know how to defend our homes, we had better by golly believe that the government is looking out for us. It's like a child seeing their parents as infallible and all-powerful; it's the profound dependence on the parent that makes the child trust them no matter what harm the parent might inflict.

Therefore every step you take to become more self-reliant puts you in a position to see the situation more clearly. And once you have seen it, help your brother see it, too.

Action Items

Every action, no matter how small, contributes to victory

- As the **Second Amendment** comes under fire (so to speak), more people are interested in firearms training. Search for “gun range” and find a local range that has instruction. You can usually rent various firearms and try them out before you invest in a particular one. It is essential to get safety training, knowledge of local law and plenty of practice if you're going to own a gun. In our local CORAC circle, we're going to make it a community event. Think about doing that in your circle.
- Wave an **American flag** at a busy intersection or on an overpass. Flags are highly symbolic and evocative. Every car that passes you has an internal reaction that reminds them that we are still a freedom-loving people, though the media tries to convince people otherwise. Want to fight the media brainwashing?? Go wave a flag on an overpass or a busy intersection.



- Pray the **rosary publicly**. <https://americaneedsfatima.org/articles/why-public-square-rosary-rallies>

Communications

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

HAM RADIO

There is a misunderstanding among novices that a “ham radio” is a particular sort of electronic device. “HAM” is short for “amateur radio.” It refers more to the person or the activity than the equipment used. In fact, operators use a variety of equipment, which ranges vastly in complexity and price. The first step to being a ham operator is to pass the FCC licensing exam. Websites such as [Ham Test Online](#) have made this process easy for anyone willing to put in some study time.

<https://www.hamradiolicenseexam.com>

The next step is acquiring equipment. The National Association for Amateur Radio website is very informative in this regard: <http://www.arrl.org>. For this step, your best bet is to find someone who is already knowledgeable about the equipment, and that is best done by contacting your local ham club. Just search “amateur radio club” for your city or town. Or check: <http://www.arrl.org/find-a-club> You'll find a group near you, and they will have get-togethers. Most hams love to share their equipment and experience with others.

Some of us are a little overwhelmed by all that's needed to be a ham operator. For people like me, a shortwave listening station, where I can listen to radio traffic without transmitting, will suffice. No license is needed, and the equipment is a lot simpler and cheaper. The one thing that needs some finessing is your antenna. Check this illustrated guide by CORAC member Bill Hammer for help with your antenna: <https://corac.co/2021/10/18/shortwave-radio-listening/>

For help selecting a shortwave radio, read more here: <https://www.dxing.com/swrx.htm>

A weekly newsletter is put out by AmateurRadio.com. Subscribe here:

https://www.amateurradio.com/?awt_a=4inN&awt_l=JBjYu&awt_m=3cbrfo8yhfrzbnN

Health & Wellness

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

Foraging – Summer Edition on July 26 at 6:00 pm Central. Sign up here:

<https://corac.co/event/foraging-summer-field-session/>

HOME REMEDIES

Here are a few “home” remedies that have been proven effective in scientific studies:

- Ginger root seems to be the “Queen of Home Remedies” as it can be effective against vertigo, nausea and colds. You want to gnaw at the actual root, not Trader Joe’s Triple Ginger Cookies (tried it; gained a few pounds.) Ginger is also an immunity booster, and we love those! You can get ginger root in any grocery produce section, and it also comes pre-minced in small jars. Or you can try growing it yourself: <https://gardenerspath.com/plants/herbs/how-to-grow-temperate-ginger/>
- If ginger is the Queen of home remedies, then garlic is the King. It’s a strong anti-inflammatory and an immune booster, too. It may lower cholesterol, speed up recovery from injury, slow bone loss from aging, and regulate blood sugar. How much to take? If you like garlic, add it to everything. Livestrong recommends 2-4 grams of fresh minced garlic daily. That’s about 1 clove, or 1 teaspoon of minced garlic.
- Dark chocolate soothes a cough. Seriously; it’s been proven to be more effective than codeine.
- Cherries contain melatonin and can help with insomnia.
- Raw potato soothes an itchy bug bite. (Apply it, don’t eat it.)
- Honey helps wound scars heal.
- Salt water, gargled, really does help a sore throat.

Include honey, dark chocolate, salt, garlic, and ginger root in your emergency prep supplies. Check out more home remedies here: <https://www.curejoy.com/content/best-of-20-home-remedies-health-tips-contributed-by-askveda-community/>

Sustainable Living and Survival Skills

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

SEEDS



High summer is not the time to be planting seeds, but it is a good time to order ahead for your fall crop and next year’s spring planting. With certain wealthy control maniacs buying up heirloom seeds as fast as possible in order to create a market for a genetically-modified and unreproducible food supply, you need to be informed and particular about the seeds you stock.

Not all seeds are created equal. If you plan to save seeds from year to year (and that is the only thing that makes sense if you are planting a garden you plan to live off) you need seeds that are not genetically engineered. Most commercially-available seeds you see in the box stores, are. Here is a glossary to help you discern the differences:

Open-pollinated: These seeds can be saved and re-planted every year to “yield true”; that is, they will produce the same plant from year to year, although there may be some variation depending on what is planted nearby, as cross-pollination by wind or insects can change the traits from season to season.

Heirloom: Open-pollinated varieties that result from natural selection rather than specific hybridization (below, F-1). They are naturally occurring varieties from before the 1960s, when breeders began hybridizing. These seeds will “yield true” from year to year.

Hybrid, or F-1: First-generation seeds produced by crossing two pure lines. For example, a breeder may cross an unusually high-yield tomato line with an unusually frost-resistant line, and create an especially productive, hearty tomato. Seeds from F-1 hybrids can be saved and replanted, but they will not “yield true” thereafter; that is, they may lose the frost-resistance or the high-yield traits.

GMO (Genetically Modified Organism): The term “genetic modification” covers both natural hybridization (above) and genetic engineering (below). When “GMO” is applied with a negative connotation, it is actually referring to “GE.”

GE (Genetically Engineered): These are seeds produced by high-tech methods to incorporate foreign genes directly into an organism by recombinant DNA techniques. These plants don’t occur naturally; they are “engineered” in a lab by human manipulation, and are used by large commercial enterprises.

Learn more at “**Real Gardeners Start From Seed**”

<https://www.reneegarden.com/blogs/gardening-resources/tagged/growing-from-seed>

Recommended resources for non-GMO seeds that can be harvested from season to season:



This article was reprinted from the CORAC Region 8 newsletter from April 9, 2021, archived on the website at:

<https://corac.co/wp-content/uploads/2022/07/Newsletter8RegApr092021.pdf>

HARVESTING SEEDS:

Once you’ve gone to the trouble to invest in reproducible seeds, learn how to harvest them at the end of the growing season:

<https://homesteadsurvivalsite.com/how-to-harvest-seeds-from-your-garden/>

SITUATIONAL AWARENESS

When I used to fly with my pilot dad, he taught me a certain pattern of eye movement required to scan the sky thoroughly, using peripheral vision. In the air, you can never just relax and fly by routine; mid-air collisions are not often survivable.

That scanning is a good life strategy. We tend to over-focus just ahead, instead of scanning all-round. If you’re looking at a cell phone, you’re not even seeing the step just ahead!

Situational awareness is the process of becoming aware of what is around you, noticing patterns and disturbances in patterns, assessing risk, and taking evasive or defensive action before a crisis develops. We’ve all done this when approaching ATM machines, right? If you see someone just hanging around an ATM doing nothing in particular, you drive on. That’s situational awareness.

This skill can be learned and practiced. We’ve been given senses and reflexes meant specifically to help us survive (flight-or-fight adrenaline rush, flinch reflex.) It’s clear that the human body designed by God is meant to survive threats. Developing situational awareness hones that instinct.

Here’s a good starting point:

<https://www.defensiveplanet.com/situational-awareness-practical-exercises/>

Situational awareness is most critical at the individual level, but it has wider applicability, as well. “Tunnel lock” and “normalcy bias” can prevent us from seeing risks in the world situation. For example, without some mental peripheral vision, we could miss the clue that fertilizer shortages now could mean a food crisis in the future.

It takes courage to develop situational awareness because we don't like to think of anything being dangerous. But that's how we stay *out* of danger: being aware and prepared for potential threats. In the present world, blocking out awareness is itself a danger.

WEBSITES FOR SELF DEFENSE

Todd Heaton has been a great resource on personal defense within CORAC. Check out his blog here:

<https://www.humilitasfirst.com/author/heaton342todd/>

Scott Goley is another Catholic man who's been a great resource for CORAC members:

<https://www.catholicresiliency.com>

“Six Steps To Buying Your First Handgun” by Rick Barrett, a Catholic man in Texas.

Step 1: <https://www.thearmedcatholic.com/single-action/six-steps-part-1>

Step 2: <https://www.thearmedcatholic.com/single-action/step-2>

Step 3: <https://www.thearmedcatholic.com/single-action/blog-post-title-four-gyle>

Step 4: <https://www.thearmedcatholic.com/single-action/the-six-steps-to-buying-your-first-handgun-step-4-size>

Step 5: <https://www.thearmedcatholic.com/single-action/the-six-steps-to-buying-your-first-handgun-step-5-caliber>

Step 6: <https://www.thearmedcatholic.com/single-action/the-six-steps-to-buying-your-first-handgun-step-6-feel>

Other Items Of Interest

Random stuff I just felt like sharing

TRIBUTE TO DR. ZEV ZELENKO

If you have missed the light of Dr. Zelenko, who succumbed to cancer last week, you have a lot of catching up to do. The three most important things I can say about him are:



- He saved literally millions of lives, through both proper and unafraid treatment of the symptoms of covid, and his impassioned denouncement of the use of an unapproved, experimental, clearly risky, gene-altering shot, especially in children.
- He brought God into the discussion. He was a devoutly religious man, and called out the demonic forces for what they are.
- He was never afraid; not of persecution, loss of livelihood, loss of reputation or even his impending death. He spoke the truth at all times, and relied on God for all outcomes.

Some may remember him as the doctor who wrote to President Trump about hydroxychloroquine, which was working very well for his patients in New York. Dr. Zelenko developed the now-famous “Zelenko Protocol,” which has saved lives all around the world, an inexpensive and effective cocktail of zinc sulfate, hydroxychloroquine and azithromycin.

One of Dr. Z's greatest moments was his testimony before the Jerusalem Rabbinical Court in August, 2021. Here is the 30-minute video and the transcript if you prefer to read. If you wanted to sum up all the arguments against the vaxx, this would be a prime resource. <https://www.wadeburleson.org/2021/08/dr-zelenko-speaks-to-jerusalem.html>

Other videos of Dr. Zelenko:

“This Is A Test From God” <https://www.redvoicemedia.com/video/2022/03/dr-zelenko-i-think-this-is-a-test-from-god/>

“This Is Our Hill To Die On / Final Words” <https://www.jamesjpn.net/health/dr-vladimir-zelenkos-final-words-of-warning-and-admonition-in-text-and-video/>

ARCHBISHOP VIGANÓ

The former Papal Nuncio to the United States has been in hiding ever since 2018, after he issued a letter detailing certain inconvenient facts about the Vatican's handling of the McCarrick debacle. Since that letter, he's written again and again, telling us what few in the media or the Church will ever disclose: that covid and the vaxx are part of a strategy not intended for our good, that there is a Deep Church that mirrors the Deep State, that we don't have unlimited time to fight back against a global cabal that cares nothing for God's children.



Most recently, he agreed to be remotely interviewed by Steve Bannon. He has been progressing to larger and larger audiences, and Bannon's may be the biggest yet. The interview is lengthy, but entirely worth your time. Some excerpts:

On covid: "The prohibition of treatment, the discrediting of the effectiveness of drugs that have been in use for decades, the decision to hospitalize the elderly who became sick in nursing homes and the imposition of an experimental gene treatment that has been demonstrated not only to be ineffective but also harmful and often fatal – all this confirms for us that the pandemic has been planned and managed with the purpose of creating the greatest damage possible."

On Western leaders: "Most of these leaders are members of a lobby – the World Economic Forum – that trained them and placed them at the highest levels of national and international institutions in order to be certain that those who govern would be obedient. Klaus Schwab has publicly boasted, on many occasions, of being able to interfere even with religious leaders. These too are documented facts in all the nations that followed the directives of the WHO and the pharmaceutical companies. There is clearly a single script under a single direction: this demonstrates the existence of a criminal design and the malice of its creators."

On the Great Reset: "The Great Reset is ontologically destined for failure, because it is inspired by inhuman and diabolical principles. But its end, however inevitable, may still take some time, depending on our capacity to oppose it and also what is contained in the plans of Divine Providence. If the Lord wants to grant us a truce, a period of peace after we have understood how horrible is the hell on earth that the enemies of God and man desire, then we must commit ourselves to rebuild – not "build back better" but just the opposite – yes, rebuild what has been destroyed: the family, the bond of marriage, the moral education of children, love for our country, dedication to hard work, and fraternal charity, especially towards those who are the most defenseless and needy."

On nations returning to God: "The world can and must return to God: this is a necessity dictated by the divine order that the Creator has imprinted on creation. It must return to God, because only where Christ reigns can there be true justice and true peace."

Please read the entire interview!

<https://warroom.org/2022/06/30/exclusive-steve-bannon-interviews-the-heroic-archbishop-vigano/>

DOOMED TO REPEAT IT

An excellent film from Doug Barry's Battle-Ready Coalition has just been released on YouTube. The film explores the ways that tyrants of the past have used fear and deception to seduce free people into giving up their liberty, with especial note of the parallels with our situation today. There is some excellent archival footage of real actions against the people in Cuba, Germany and Cambodia. It's a wake-up call. <https://www.youtube.com/watch?v=ByrmuxewqoA>

Find out how to sponsor a showing in your parish.

First, purchase the public viewing ticket here: <https://sso.teachable.com/secure/621619/checkout/4131335/doomed-to-repeat-it-public-showing> Then gather all your time/place details and send to the Battle Ready team, who will help with promotional materials.

JUST SAY NO TO BOOSTERS

Nearly a year and a half ago, we knew the jab was bad news. Now the media is wringing their hands about SADS, the mysterious Sudden Adult Death Syndrome, the catastrophically decreased birth rate, the "baby die-off" from vaxxed mothers, and the massive uptick in cancer deaths. There is not one bit of tragic medical news that was not anticipated more than a year

ago. The medical establishment has thrown away their credibility and integrity by dispensing the shot without proper safety testing and without informed consent in most cases.

The pharmaceutical companies and the government are coming back at us now with the vaxx, despite the clear evidence that it doesn't prevent transmission, illness or death. Millions of new batches of the vaccines have been ordered, and Big Pharma is campaigning for a waiver on clinical trials for "vaccines." In other words, they want the power to roll out completely untested drugs. And why not? They just injected 4 billion people with a virtually untested "vaccine," and no one stopped them.

In the first round of shots, many people were blackmailed by their families: "You can't see your grandchildren if you don't get the shot," "You're not invited to family holidays without the shot," etc. Blackmail was never going to produce good results, and we should never have gone along with it. It just enabled the wave of coercive vaccination.

This time around, stand up to the threats. Even if you lose some contact, it puts the onus back on those doing the blackmailing. It is reasonable to hope that they will think twice about robbing their children of family. You also give your grandchildren the rare example of sacrificing your own desires for the truth. It's a profound witness.

If you were duped the first time, please don't let anyone convince you to compound the damage.

BANKS VS CREDIT UNIONS

With the dollar struggling to hold value, and an administration apparently bent on the destruction of the financial system, I have been wondering whether credit unions are any safer than banks. The biggest banks, particularly JPMorgan/Chase, Citibank and Bank of America, are strong public backers of the LGBTQ+ movement and the abortion culture. Some of the national credit unions are specifically vying for the business of the LGBTQ+ community, as well.



JPMorgan, Citi, Goldman and Bank of America will cover out-of-state abortion costs for empl...



PRESENTS

Phoenix Pride
PARADE



JPMorgan Chase tells employees the bank will pay for travel to states that allow abortion

Both banks and insured credit unions are backed by the "full faith and credit of the US government" (for what that's worth) through the FDIC or NCUSIF. However, those insurance funds are intended to cover individual institution failures, not a system-wide failure. In a true storm, they would be equally irrelevant.

I could not find any great differences in the safety of credit unions compared to banks, but I do think that regional or local banks and community credit unions are probably better than giving business to the big banks that are working for the harmful, destructive agendas that threaten our culture. When I moved my banking from one of the big international rainbow institutions to a local bank, the new accounts clerk said she'd seen a wave of people doing the same.

A comparison: <https://www.experian.com/blogs/ask-experian/banks-vs-credit-unions/>

Here are some additional points to consider about credit unions:

- They have never been responsible for international financial crashes, or been given billions of dollars of taxpayers' money.
- They have a democratic structure; decisions are made by an elected member board. Decisions are made on for the benefit of the members. Banks have shareholders rather than members, and a paid board of directors; they make decisions based on maximizing profits for shareholders and paying the board handsomely.

DEPOPULATION

It's what been whispered ever since the covid hysteria was rolled out. The whispers grew louder when a gene modification device was launched as a "vaccine," with the definition of the word changed by the FDA quietly, so no one would notice. Doctors around the world sounded the alarm way back in early 2021, noting all the dangers that such a device could have on the human body, and praying to God that they were wrong. Now we have massive amounts of data, post-shot, and we know

the warnings were sound. We have to ask: why would the governments of the world agree, in a spookily coordinated way, to dispense deliberate harm to their citizens?

It has been openly declared by Bill Gates, Klaus Schwab and the World Economic Forum, the creepy Yuval Noah Harari, that the world must have vastly fewer people clogging up the works. The WEF has brazenly bragged about all their trained disciples now occupying the seats of power around the world, and those functionaries seem to be carrying out their orders. In heavily vaccinated nations, the birth rate is plummeting and fertility markers in both men and women are radically down. The death and disability rates are not being reported truthfully by governments, but funeral directors and insurance company executives are reporting unheard-of conditions since early 2021. The plan appears to be working.

Now the mysterious Georgia Guidestones have fallen. The “ten commandments” etched into each of the stones reflected some of the guiding principles of the demonic World Economic Forum, with the first commandment being, “Maintain humanity under 500,000,000 in perpetual balance with nature.” That’s a nice way of saying that something has to be done with 7 billion human beings. I have no idea how the evildoers arrived at 500 million as the ideal human population, but there will have to be death on a cataclysmic scale to get down to that goal.

The website *Our World In Data* maintains tallies of vaccinations. I have been watching it for months and it shows alarming trends. Over 2/3 of the world has now received at least one dose of the gene-altering shot. 12 billion doses have been administered, and 5 million new doses are given each day. The number of new vaccines per day has gone down from 23 million per day last November, as more data leaks out about the dangerous side effects. It shows the effect of people like us, spreading information, sounding the alarm, refusing the injections.

“Democide” is the word we are being forced to learn. It means death by the government.

WORLD ECONOMIC FORUM

Why the World Economic Forum is a global threat: <https://www.takedownthewef.com>

GEORGIA GUIDESTONES

By some means, which I can only consider Providential, the monoliths in remote Georgia came down last week. Was it an act of God, or a freedom fighter? We may never know, but people living close to this monstrosity have called it “demonic.” Its construction and financing are shrouded in mystery; no one knows who was really behind the monument, which was not cheap. It contained “ten commandments” which could be attributed to the World Economic Forum, in spirit if not in fact. The most alarming, and the one that should wake people up was the “first commandment,” to maintain world population at 500 million, which would require the deaths of almost 7 billion. There is no way to explain that away. It’s evil.

<https://www.lifesitenews.com/news/explosion-partially-destroys-ecerie-population-control-georgia-guidestones-monument/>

AGENDA 2030

You’ve probably heard the name coming up in recent news. It is a United Nations plan which was approved by all the member nations in 2015. Like many other documents coming out of the UN, it sounds super-nicey, but hides an evil intent. For example, look at Goal 5 below: achieve gender equality. Equality sounds good, right? But for women to be “equal” to men in UN terms, there must be universal access to abortion. Men can’t be saddled with a pregnancy, so in Equality Land, women can’t be burdened either.

Take a look at Goal 2: end hunger. What could be better than that? The Gates Foundation already set out to do that in Africa by buying up the seeds for traditional African crops and replacing them with genetically-modified seeds. The result was an increase in the volume of crops produced, but a whopping 42% increase in malnutrition. Now African farmers are wholly dependent on the Gates Foundation for seeds which don’t produce the same nutrition as traditional crops. A coalition of African ministers has formed to fight the Gates machine, but you can imagine the inequality. Pray for Africa.

All these high-sounding goals have consequences. Like Goal 13: combat climate change. We are already seeing that that means natural gas and petroleum products will be cut off at the source, forcing prices up so that people are less able to travel. We’re urged to buy electric cars that draw power from an already deliberately obsolete grid, so that rolling blackouts will become

normal. People unable to drive become dependent on government handouts, insuring that the welfare brokers will be voted into power forever and ever... or at least until the Constitution is overturned (see Goal 10.)

Below is a listing of the Agenda 2030 goals, and the possible hidden consequences of each (credit: childvaccineinjuriesuk on Telegram) If I'd read this before 2020, I would have thought it was the product of a fevered imagination, but two years later, we are already seeing these subtexts becoming reality, and the remainder are waiting ominously in the wings.

Agenda 2030 Decrypted

Goal 1: end poverty everywhere

Subtext: centralized banks, cashless society, control of economy

Goal 2: end hunger

Subtext: dependency on GMO, lab-produced pseudo-food

Goal 3: ensure healthy lives

Subtext: mass vaccinations

Goal 4: inclusive, equitable education

Subtext: LGBTQ+ propaganda and brainwashing in schools

Goal 5: gender equality for all women and girls

Subtext: abortion access, population control, forced sterilization

Goal 6: sustainable water

Subtext: privatize water, add chemicals

Goal 7: affordable, sustainable energy

Subtext: smart grid, which can control each consumer's usage

Goal 8: economic growth and productive employment

Subtext: free trade zones that favor globalist elites

Goal 9: resilient infrastructure, sustainable industrialization

Subtext: stop free travel, protect nature from human beings

Goal 10: reduce inequality between countries

Subtext: one-world unelected bureaucracies

Goal 11: make human settlements safe

Subtext: data surveillance state

Goal 12: create sustainable production and consumption patterns

Subtext: forced austerity

Goal 13: combat climate change

Subtext: carbon credits, electronic control of resources

Goal 14: conserve ocean resources

Subtext: environmental restrictions, control of seas

None of this is not science fiction. It's already here. With God's help, we will fight and overcome this evil.

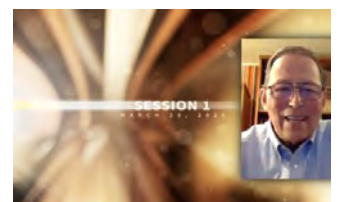
Prayer

THE CATECHISM SERIES

This popular video series with Desmond Birch is now up to session 11. See all the episodes here:

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

Meanwhile, Desmond is having some health issues; please pray for him.



JULY PRAYER INTENTIONS

Please keep these intentions in your daily prayers.

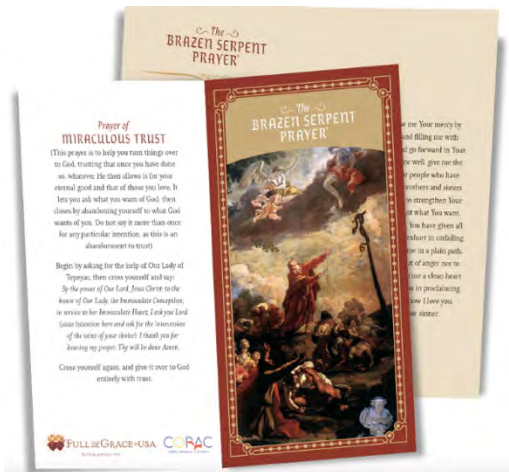
- In deepest gratitude with all glory and praise to God for the end of *Roe* in America!! And for the protection of those Supreme Court Justices who brought forth this ruling in defense of human life. Praying, too, for the protection of any pro-life person, group or building connected to pro-life activities
- For all CORAC members, their families and intentions, particularly those who are going through difficult at this time, that we are strengthened anew with all we need to press onward
- Steady us, Lord, as your people experience the fallout of deteriorating health and death from the jab; steady us too in the face of the shocking revelations concerning the lies and corruption which allowed its widespread use
- For safety in travel and blessings upon all of Charlie's meetings, both public and private
- Ever praying for a dome of protection over the all the people and good works of CORAC as we make our stand with God and live the Spiritual and Corporal Works of Mercy
- Come Holy Spirit! Descend and warm frozen hearts, awakening people everywhere to the reality that God loves each of us as we pray that each one responds to His grace

St. Gabriel, enlighten us.

St. Michael, defend us.

St. Raphael, protect us.

Ave Maria, Stella Maris!



Remember the Brazen Serpent Prayer, friends. Carry copies of the prayer with you, whether simply printed from a document (<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>)

CORAC Newsletter

In the shadow of your wings I take refuge, until destruction passes by

July 25, 2022



Happy Feast Day of St. James (Santiago in Spanish)! The famous Camino in Spain is a journey across Spain to the Cathedral of Santiago, where the remains of St. James lie. This James is the brother of John, one of the Sons of Thunder. If you've been watching "The Chosen," he's the one they call "Big James." He's not too impressive yet, but after Pentecost, James evangelized Hispania, the Roman province which is now Spain. His patronage helped keep Spain Christian when the Muslims invaded, and hundreds of millions of people have travelled the Camino over the last 1,000 years to venerate his relics.



We could think of ourselves now as pilgrims on a camino. There are mountains to climb, dangers to avoid, wrong turns, scorching heat, and all manner of injuries. Every pilgrimage involves hardship. But there are also green hills, amiable companions, and the Blessed Sacrament in every town. It's a long way to Santiago, but we are together on this path. Let us stay focused on the great Good, watch out for one another, and not lose heart before we reach our destination.

Sheryl Collmer, editor
sherylc@coracusa.com



From the cockpit:

Charlie traverses the country at the wheel of his trusty 2002 Outback to speak personally to crowds from one coast to the other. Check the website for his upcoming visits:

<https://corac.co/meetings/#dates-and-details>

Proclaim the Kingdom

The only thing powerful enough to sustain a noble purpose until the end is love. Vanity won't do it: it withers when it is not noticed. Vengeance won't do it: it eats away at the heart until it has mutilated the soul. Greed won't do it: the more it gains the more it craves, until there is no room left for any purpose other than greed.

All the motivations encompassed by the seven deadly sins are focused inward: how can I satisfy myself. They eat away at the self even as they are exerted. Love looks outward: how can I care for those around me. This is the beginning of love.

St. Augustine said, "You Have made us for yourself, O Lord, and our hearts are restless until they rest in you." Some insightful men have paraphrased this to describe a hole in the heart that can only be filled by God. The deeper your love for God, the deeper your love for your fellows, and the more you will trust that God knows how to handle all things most efficiently.

Unlike the deadly sins then, which only make the hole in the heart bigger and more insatiable, when you fill that hole with God, you are both satiated and filled with purpose. You progressively lose that, 'what's in it for me' bug that the satan is always trying to inflame in you, and become consumed with keeping faith with God and, thus, your fellows - His people.

A noble parent will die eagerly to save his child. (And yes, I know to my sorrow, that some modern parents care little for their children except as fashion accessories). Expand the love you have for your children to as many of your fellows as you can and

you tap into the unending source of fuel needed to endure all pains and surmount all obstacles in your quest for what is noble and what is true.

Everywhere I go, almost everyone I know is walking on eggshells, waiting for the bottom to fall out of the leaky tub we find ourselves in. Some get lost in the firehose of dysfunction that surrounds us, decrying each evil as if we could just end that one all would be well. It is like complaining that the faucet doesn't work when the house is ablaze: true as your outraged observation may be, it is not terribly relevant to the issue at hand.

Others get caught up in nostalgia, hoping that if we could just get back to some critical piece of the good old days, all would be well. That drives some of the enthusiasm for the Traditional Latin Mass, something I have a lot of sympathy for. The reality is that many of the most faithful Catholics adore the Latin Mass – and in growing numbers. But it is a self-selected group. People like to go to the Latin Mass because many of the most orthodox people go there – and as things get crazier, it is where a lot of orthodox people feel most safe.

But back in the day, it was not a self-selection of orthodox folks. It was everybody – and the very disorders that bedevil us now took root and sprouted in the culture where the Latin Mass was the only option. As Shakespeare said, the problem is not in our stars but in ourselves. The problem has become not that a particular element is out of whack and that, if we can fix that, all will be well. Everything is out of whack. The house is ablaze – and fixing the faucet is not going to change that.

We are at the very edge of some cataclysmic change. It may not be as dire as I think it will be, but it will be comprehensive. The ship of state is not in for a tune-up; it is about to undergo a complete overhaul.

Now is the time to truly trust God and do the little we can that is right in front of us. Obsessing over a fragment of the disorder or yearning for a better time is not a way of dealing with the problem. It is a form of escapism that creates an illusion of useful advocacy.

I operate from the assumption that things are too far gone and all is coming down for a time. So I deal with those dysfunctions I can that are right in front of me, but my focus is on the things we will need and can do together to rebuild and renew under God after all seems lost. Figure out where you will get your basics – water, food, shelter – and how you can band together to extend those necessities to those around you. That is what will put us in position to grow together whatever happens.

It is fearful because we do not know exactly how it will all happen. But that is a feature, not a bug. God wants us to rely on Him more without failing to do the little that we can with our neighbors, with love for each other. Trust me: when we give him that little fish of our trust with the tiny part we can do, He will use it to feed a multitude. Divine love grows to fill our lives. We will do what we can BECAUSE we love, trusting that whatever outcome God allows will forward the Kingdom.

If I am to live, may I live for Christ. If I am to die, may I die for Christ. However God disposes things, with this sort of love, the Kingdom is unstoppable. Let us all go forth and bear fruit that will last.

Charlie Johnston



CORAC PODCASTS

“In the Aftermath of *Roe v. Wade*,” an interview with David Daleiden.

https://vimeo.com/727799274?embedded=true&source=vimeo_logo&owner=144927933#at=3196

The podcasts have been on summer holiday for a few weeks, so now is the perfect time to catch up with any you've missed.

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

A SIGN OF HOPE

“And Justice For All” July 23 <https://corac.co/2022/07/23/and-justice-for-all/>

“All The King's Men” July 22 <https://corac.co/2022/07/20/all-the-kings-men/>

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

Immediatum Operam

Things on the immediate radar screen

- **Don't open your door.** There is talk of the ATF (Federal agency Alcohol, Tobacco & Firearms) going door to door in some northeastern states, asking to see all the firearms in the house. For your own protection, of course. You are *not* required to respond! A warrant is required to carry out this sort of investigation, and they are relying on intimidation. Best idea: never answer your door unless you recognize the person on the other side.
- **Don't answer your phone** when you don't recognize the number calling. I was taken in by scammers last week, the day after my credit card was hacked. They convinced me that it was a much bigger hack than I suspected, and that I was in danger of being arrested. It's apparently a common scam, and they rely on fear to get you to part with your private information and money. I got out before that point, but they are extremely good at what they do. Just don't pick up the phone.

Action Items

Every action, no matter how small, contributes to victory

- **Initiate a security freeze** at the three national credit reporting agencies: Equifax, Experian and TransUnion. With a freeze in place, charge accounts can't be opened in your name even if they have your personal information.

<https://www.equifax.com/personal/credit-report-services/credit-freeze/>

<https://www.experian.com/freeze/center.html>

<https://www.transunion.com/credit-freeze>

As the nation descends further into chaos, crime becomes easier since criminals know they are unlikely to be prosecuted. So take some extra steps to protect yourself and your family.

- **Pray the rosary publicly.** <https://americaneedsfatima.org/articles/why-public-square-rosary-rallies>
- **Fly the American flag.** The American Flag is a symbol of freedom, liberty, and human rights around the world. When you fly it publicly, you remind others of these noble ideals, and let them know they're not alone in those sentiments. You can get a flag for less than \$20 at Lowe's or Walmart. For a few dollars more, you can get an American flag that's actually made in America! <https://gracealley.com>

Communications

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

NATIONAL COMMUNICATION STRATEGY

The strategy for national crisis communications is probably the longest ongoing project in CORAC. If internet or cellular service goes out, how do we communicate with each other? Will people without ham setups be included? What alternatives are available? Hear what the Comms team has been working on:

<https://corac.co/2022/07/13/communications-strategy-overview/>



Health & Wellness

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

Foraging – Summer Edition on July 26 at 6:00 pm Central. The initial class is filled up, but a repeat will be scheduled. Visit the webpage for updates.

<https://corac.co/event/foraging-summer-field-session/>

TERRAIN v GERM THEORY

In the 19th century, there was debate over what causes disease. One theory held that every disease comes from a specific microorganism outside the body that must be guarded against. This “germ theory” is what vaccinations are based on. It has been the universally accepted theory of disease since Louis Pasteur propounded it in the mid-1800s. (It doesn’t escape my notice that there is a lot of money to be made under this theory.)

The theory that lost the debate is the “terrain theory.” Its proponents believed that disease is the result of our internal environment, rendering it more or less able to handle microbial threats. It’s a matter of maintaining overall health as protection over disease. In our day, anyone who holds this theory over the germ theory would probably be banned from Twitter.

But the covid incident has shown us that our “terrain” is indeed very determinative of disease. More than 80% of those suffering serious covid symptoms were Vitamin D-deficient, and a large proportion of covid deaths were among the obese. Terrain had very much to do with severity of disease. The other thing we learned through covid is that vaccinations are not all they’re cracked up to be. All in all, I’m inclined to look a little further into terrain theory.

Our Health & Wellness committee has posted some tips for keeping your “terrain” healthy:

<https://corac.co/2022/06/03/terrain-stay-healthy-dont-get-sick/>

Sustainable Living and Survival Skills

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

GARDENING

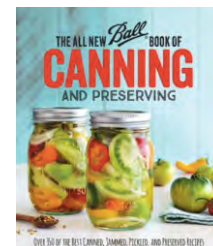
The Gardening series (6 episodes) is available for replay here: <https://corac.co/category/sustainable-living/classes-sl/>
The dog days of August might be a good time to catch up on this series, before fall planting begins.

CANNING

Once you're up to speed in gardening, it's time to learn how to preserve your harvest. Find someone in your circle who's an experienced canner, and ask them to teach a seminar. Canning is labor-intensive, but lots of fun and very satisfying. If your garden didn't yield much this year, go to your local farmer's market for produce to can.

Or you can get "the bible of canning," the Ball Big Book, and teach yourself.

<https://www.amazon.com/All-Ball-Book-Canning-Preserving/dp/0848746783>



If you want to get serious and do mega-canning, Caroline at Homesteading Family offers a video and tutorial series that includes water bath canning and pressure canning. It even includes canning meat, which is not for the faint of heart. See The Abundant Pantry at:

<https://classes.homesteadingfamily.com/store/m8wveurj>

Caroline is the mother of all canners!



SPROUTING

Sprouts and microgreens are a way for people who don't have the space or time to have a garden anyway.

Sprouts require barely any space—you don't even need a sunny window! Aside from the fact that sprouts are an easy, cheap, and tasty vegetable **anyone** can grow, sprouting also has some real nutritional benefits. Sprouting legumes, grains, and seeds makes them much easier to digest and sprouts are high in fiber, and vitamins C and B.

From: <https://wholefully.com/sprouting-101/>

Sprouting basics: <https://sproutpeople.org/growing-sprouts/sprouting-basics/>

I have a "sprouter," a clever design that makes sprouting super easy, but it's easy regardless. Remember Creed sprouted mung beans on a paper towel in his desk drawer (Office fans know what I'm talking about).

<https://www.ufseeds.com/product/4-tray-seed-sprouter-sprouts/4-tray-seed-sprouter.html>

Be sure to buy seeds designated as sprouting seeds; they are higher-quality than the seeds you buy to plant in the ground. Mick from Region 6 recommends this site for organic sprouting seeds: <https://www.ufseeds.com/search?q=sprouting+seeds&search-button=&lang=null>

REFUGE IN THE ROCKS

We've all given some thought to "safe houses," refuges away from population centers. Now is the time to be strictly practical, but just for fun, take a look at this hearty homesteader who carved a house out of a rock. The pictures are gorgeous, and he might just inspire you to think outside the box, though this particular refuge took 40 years to build.

See the full story and video here:

<https://unofficialnetworks.com/2022/04/22/off-grid-cave-house-utah/>

There's even an option to stay there as an AirB&B, though it's costly.



Other Items Of Interest

Random stuff I just felt like sharing

READINESS

No one disputes anymore that there are hard times coming. It seems to be Satan's strategy to open as many fronts as possible so that we are overwhelmed, figuring out which fire to put out first. There are the problems in the Church, the assault on children, fraudulent elections, reduced police presence, firearm ownership threatened, not to mention the deliberate provocation of war with two nuclear powers. It's an attack on our emotional balance.

Take care of yourself! Give yourself time-outs when needed. Do what you need to get proper sleep. Spend fun, unstructured time with people you love. Always keep something in the front of your mind to look forward to. Don't be afraid to ask for help. Laugh in spite of it all.

Everything gets easier when we are fit and ready. It's the same advice we've been getting for decades, but now it's *super* important to heed it!

- Outdoor exercise
- Good nutrition
- Solid sleep



Which one is better equipped to survive the storm?

This is David Goggins, who wrote his own transformation story. When he was 300 pounds and living unhappily on a diet of shakes and fries, he happened to see a late-night documentary about the Navy SEALs and wanted to live *that* life. You can imagine the reception he got at the recruiting center. He was told he would have to lose 100 pounds to even have a serious conversation, so he went home and lost the weight, boom. He did, after much sacrifice, become a Navy SEAL, and now is an ultra endurance athlete as a civilian. His story is extreme, but shows that huge changes are possible with huge desire.

(I profited from reading his autobiography, but be forewarned about the strong language and life situations. *Can't Hurt Me: Master Your Mind And Defy The Odds* <https://davidgoggins.com/book/>)

We are going to need extreme fitness to play our parts in the upcoming drama. Not ultra-athlete fitness, but prayed-up, played-up, intelligently-fueled training to be as strong as we can be. There is plenty of evidence that some chronic health conditions can be ameliorated or even reversed by diet and exercise. This is the time to do it.

Physical fitness absolutely affects our emotional fitness. One strenuous outdoor workout lifts your mood for the rest of the day, and helps you sleep more soundly. There are scientific reasons for this. The day-by-day erosion of our emotional well-being by the various assaults we suffer must be remedied by healthy exercise, nutrition and sleep.

Poor nutrition and lack of exercise make sleep more elusive. In turn, poor sleep stimulates overeating. It's a package deal. Make changes in all three areas, and see how life improves for you.

It's never been more important to take care of ourselves.

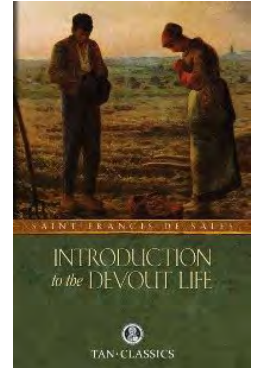
Prayer

INTRODUCTION TO THE DEVOUT LIFE

The national prayer team has brought us a new opportunity to grow in faith: a free, bi-weekly study course with Dan and Stephanie Burke on the spiritual classic by St. Francis de Sales, *Introduction to the Devout Life*. It's a book that never grows old, so even if you've read it before, it probably still has jewels to offer. Dan and Stephanie will be excellent tour guides.

The sessions will be delivered on Saturday mornings beginning in September. See details and get instructions about how to sign up here: <https://corac.co/2022/07/24/one-thing-is-needful/>

If you're not familiar with the Burkes, check out their website: <https://spiritualdirection.com>



THE CATECHISM SERIES

The Catechism series is on hold at Episode 11 while Desmond gets back on his feet. It's a great time to catch up with these videos that have gotten great reviews from the regulars.

See all the episodes here: <https://corac.co/prayer-teams/>



JULY PRAYER INTENTIONS

Please keep these intentions in your daily prayers.

- In deepest gratitude with all glory and praise to God for the end of *Roe* in America!! And for the protection of those Supreme Court Justices who brought forth this ruling in defense of human life. Praying, too, for the protection of any pro-life person, group or building connected to pro-life activities
- For all CORAC members, their families and intentions, particularly those who are going through difficult at this time, that we are strengthened anew with all we need to press onward
- Steady us, Lord, as your people experience the fallout of deteriorating health and death from the jab; steady us too in the face of the shocking revelations concerning the lies and corruption which allowed its widespread use
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St. Gabriel, enlighten us.
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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>)



CORAC Newsletter

When I called, you answered me. You built up strength in me.

August 22, 2022



I urge you to download and read this newsletter in the PDF version. It's a bit easier to go from one section to another without backtracking, and the links still work from the PDF. Print out any sections you might want if you were in a communications blackout period. I encourage you to explore the website, as well, and print whatever resources you find valuable.

This issue contains a large special section on the J6ers. We've been following that story all along, and members have been writing to them. Now we want to mobilize the whole, united power of CORAC nationwide in prayer and awareness of the plight of these prisoners. They are suffering the leading edge of the fate the corrupt powerful want for all of us. In that sense, we owe the J6ers for the early warning signal that we had best heed.

Sheryl Collmer, editor
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>

Love Among the Ruins

The relationship between the apostle Peter and Jesus is instructive for how we should behave in these times.

When Jesus came walking on the sea, He beckoned Peter to walk out to Him. So long as Peter kept his eyes on Jesus, he was able to walk on the water. As soon as he let the fearsome wind and waves become his focus, he began to sink. The Lord does not promise us that we will not face daunting obstacles – even obstacles that we have no capacity to surmount. He does promise that so long as we keep our focus on Him, He will uphold us.

When many followers abandoned Jesus after He would not soften His insistence that they must eat His body and drink His blood, the Lord asked His disciples if they would leave Him, too. Peter replied, “Lord, to whom shall we go? You have the words of eternal life.” Peter did not pretend he could understand the depth of what Jesus spoke of. It was enough for Him to know that Jesus was Lord and would tell them true even when they did not understand.

After the Resurrection, Jesus sat with Peter and asked him three times if he loved Him. Peter said yes all three times, becoming quite dismayed that the Lord did not immediately take his word for it. At each of Peter's three affirmations, Jesus ordered him, “Then feed my lambs.” The Lord was telling Peter that if he loved Him, he would show it by his actions and not just his words.

I have been thinking of when I was driven off the road on the interstate coming out of Amarillo a few months back. Though my car spun out of control doing a complete 360 degree turn and crossing four lanes of traffic at 75 miles an hour, I was completely unharmed, and my car only suffered the automotive equivalent of a nosebleed. I think in that moment, I was walking on water towards the Lord.

Though many do not yet fully grasp it, our Republic is lost. It is already a police state. The only reason we are not all already under arrest is because there are so many of us who are faithful and conservative, and there are not enough federal police to take all of us at once. It is stormy and getting stormier. So what are we to do?

First, keep our eyes on Christ. Despite the wind and waves, He will uphold us on our way if we keep our eyes on Him. Do not judge by human appearances.

Second, we cannot understand the depth of what He intends. Trying to grasp His mind is like trying to capture the ocean in a juice glass. But it is not necessary. We are only called to believe in and to trust Him at each step we take. Now we find how far our trust extends.

Third, we are called to live the prayer of doing, to feed His lambs. If we are unwilling to do that, we are lying to ourselves when we say we love Him.

The anti-God left is determined to reduce Western civilization to rubble. They do not know what they do, but they are succeeding. It may well be that the disorder has metastasized and is terminal. But nothing is terminal with Christ. It is from the midst of the ruins that our love for Him, demonstrated by our love for our neighbor, will rebuild a healthy culture of love and civilization. Keep our eyes on Him; trust Him even when we do not know the way; and feed His lambs. Do all these things through the course of this storm and our society, itself, will become a foreshadowing of the promise Our Lord gave us: it will be resurrected in His good time.

All we have to do is resolve to live love among the ruins.

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

“Prayer,” August 15, 2022, featuring guest Beckita Hesse, the national prayer team leader. Excellent podcast!

https://vimeo.com/739834621?embedded=true&source=vimeo_logo&owner=144927933

“Some Ugly Things in America,” August 11, 2022, a discussion with Charlie and Joe.

https://vimeo.com/739010506?embedded=true&source=vimeo_logo&owner=144927933

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

A SIGN OF HOPE BLOG

“The Hour of the Hyenas,” August 17, 2022 <https://corac.co/2022/08/17/the-hour-of-the-hyenas/>

“Prepare for a Leftist Putsch,” August 12, 2022 <https://corac.co/2022/08/12/prepare-for-a-leftist-putsch/>

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

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

Immediatum Operam Do these things immediately

SAVE THE ELECTION DATA – IMMEDIATELY!

In less than two weeks, on September 3, the 2020 General Election voting records can be legally destroyed. The Cast Vote records are the clearest indicator of whether or not there was machine-based election fraud; we can't allow them to be erased. Find the address of your county clerk, then use the following form language to secure those records before it's too late.

Pursuant to our state's freedom of information law, please remit to me the Cast Vote Records for [insert jurisdiction] from the 2020 General Election. These records should include the following fields as a minimum:		
CVR Record #	Timestamp	Tabulator ID
Municipality	Precinct	Batch ID
Record ID	Counting Group	Session Type
Ballot Type ID	Paper Index	Contest
Candidate	Undervotes	Overvotes
Mark Density		

Once the records are secured, there will be a next step. Hold on to the records. **DO IT NOW**; less than two weeks remain before destruction of records. More information here: <https://frankspeech.com/article/save-your-county>. I generally trust my county officials, but the votes could have been manipulated remotely. We must have the data to know.

BE A POLL WORKER

After the 2020 shenanigans, it's intimidating to think of being a poll worker... but that is precisely why you're needed. Sign up through your county's party office. Although we have learned that many Republicans are not any more to be trusted than Democrats, this is still the channel we work through to get decent people elected.

Having a substantial presence in the mid-terms will help suppress potential cheating. Be brave! We won't get our country back by hiding at home, and if the elections are swayed again this time, we won't be safe at home anyway. Let's make a stand!

Do it now, because there is training time involved.

Search:

_____ County Republican Office
_____ County GOP

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.** This is the moment of the Rosary. Our Lady has been so clear that it is needed to convert the world and save her Son's beloved children. Now, with the *Atlantic*, a previously serious magazine, publishing that nonsense about the rosary being a tool of actual aggression, it's more important than ever. When the fire gets particularly intense, you know you're over the target. Rejoice that our Mother has given us a way to defeat the plans of Satan, and pray the Rosary more. When you pray in public, there are even more benefits: you can reach fallen-away Catholics, honor God publicly, be numbered in the ranks of the Immaculata. Public rosaries have a long history of saving the faithful. Read more here: <https://americanneedsfatima.org/articles/why-public-square-rosary-rallies>

Pray the rosary for our country.

- **Fly the American flag.** It's a symbolic act, an act of peaceful resistance. The flag signifies liberty, rule of law, courage, respect for our past, commitment to our future, and solidarity with freedom lovers all over the world. The American flag is probably the most recognized flag in the world. I found a flag last week at Walmart for \$10, with a pole, a mounting bracket and a little plastic eagle for the top, and it was actually made in America! You can spend a bit more and get super nice flags at <https://gracealley.com>
- **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 full article in the

Appendix in this newsletter. Feel free to copy and paste and use it however you see fit. CORAC gets absolutely nothing for new members, but the more people you have on the same page with you, the better you will all be able to weather the storm.

- **Pray for the children.** Whenever I have the stomach to do a deep dive into the motives and strategies of the global elites, it inevitably comes down to children. None of us yet know the extent of the evil. Why are the elite so obsessed with children? I think it goes beyond pedophilia, though that is bad enough. There is an evil unleashed right now that is beyond our capacity to even understand. Pray for the children, especially those who are abandoned, sold, abused, kidnapped, trafficked, neglected and left on their own at too early an age.

Pray the rosary for children.

J6'ers

The J6 project will be specially featured for the next few newsletters. With the (un)Select Committee performing their clown show on live TV, more people are becoming aware of just how egregious a farce the whole affair is. Many independent videos have been made now, showing the reality of what occurred on January 6, 2021, and it will make you ill. It was never an insurrection; it was an ambush of innocent people. Watch some of the documentaries to see what I mean.

<https://capitolpunishmentthemovie.com>

https://www.theepochtimes.com/the-real-story-of-jan-6-documentary_4596670.html

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

The J6ers are **political prisoners**. That is a significant designation, because there should *never* be political prisoners in America. We do not jail people for holding political views we don't agree with. Totalitarian governments do that.

Someday, the nation will issue a public apology to the victims of this political charade. Meanwhile, we have to keep them buoyed. They are suffering badly. Some have been hidden away in the most disgusting conditions for over a year and a half. Many have not had a chance to defend themselves legally. One has given up in the most final way.

At the request of a member, I have tried to get hometown information on the detainees. Because of the persecution of their families, detailed information is not easily available. Here is a broad view of what I found:

The greatest number of detainees on whom I could find information came from **Region 4**, Heart of Dixie. Florida has the most, followed by Georgia. The southern states have long produced a good many patriots, as seen in the disproportionately high number of military members from these states.

The second greatest number came from Region 2: New York, New Jersey and Pennsylvania. New York is typically "blue" but probably a lot less than we've been led to believe.

The third greatest came from Region 8, primarily Texas (the "Come And Take It" state)

For the next few newsletters, I'll publish names of detainees by region, along with their prison mailing address. I'll be as thorough as possible, but it's a moving target. The prisoners are frequently moved, some go out on house arrest, some take plea deals, and there are even new names entering the system at this late date (Dr. Simone Gold, for example.)

Regarding the addresses: some people are receiving mail at the Patriot Mail Project (PMP) address in North Carolina. Letters will be forwarded to the appropriate inmate by PMP volunteers. These letters don't require an inmate number, but all letters sent directly to one of the prisons do. The prisoners have been shuffled around quite a bit, but there are still a good many in the "Correctional Treatment Facility" otherwise known as the DC Gulag. These guys have mostly been incarcerated the longest time and subject to the worst conditions.

If you write to a prisoner, be careful of your tone and subject matter. Letters with political topics fail to be delivered, although the letters coming back from the prisoners often contain a great deal of political venting. We have been told that anything too incendiary (honest) can heap additional punishment on the prisoner. Be prudent in your letters. 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. When that lie is thrown at you 24/7, you can begin to believe it. 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 the first two regions. Regions 2 and 8 in the next newsletter.

REGION 9 (first, because it was one of their members who requested this information):

Name	Hometown	Prison Address
Victoria	White	Rochester MN C/O PMP PO Box 173 King NC 27021

REGION 4 (because it has the most prisoners)

James	Brett	Clearwater FL	C/O PMP PO Box 173 King NC 27021
Jeremy	Brown	Tampa FL	Pinellas Co Jail #1875858 14400 49th St N Clearwater FL 33762
Bruno	Cua	Alpharatta GA	C/O PMP PO Box 173 King NC 27021
Mason	Courson	Weston FL	Inmate #51052 Northern Neck Regional Jail PO Box 1060 Warsaw VA 22572
Lonnie	Coffman	Cullman AL	Inmate #24695-509 US Penitentiary PO Box 1000 Lewisburg PA 17837
Charles	Donohoe	Davidson TN	1200 US Hwy 70W Hillsborough NC 27278 (no inmate number)
Alan	Fischer	Lakeland FL	C/O PMP PO Box 173 King NC 27021
Kyle	Fitzsimon	Titusville FL	Inmate #376979 Correctional Treatment Facility DR-CTF 1901 D St SE Wash DC 20003
Gilbert	Fonticoba	Miami FL	C/O PMP PO Box 173 King NC 27021
Joseph	Hutchinson	Albany GA	C/O PMP PO Box 173 King NC 27021
Kenneth	Harrelson	Titusville FL	Inmate #377692 Correctional Treatment Facility DR-CTF 1901 D St SE Wash DC 20003
Chuck/Mandy	Hand	middle GA	C/O PMP PO Box 173 King NC 27021
Albuquerque	Head	Kingsport TN	Inmate #49946 Northern Neck Regional Jail PO Box 1060 Warsaw VA 22572
Ron	Loehrke	Gainesville GA	C/O PMP PO Box 173 King NC 27021
Ronald ("Mac")	McAbee	Unionville TN	Inmate #378959 Correctional Treatment Facility DR-CTF 1901 D St SE Wash DC 20003
Kelly	Meggs	Dunnellon GA	C/O PMP PO Box 173 King NC 27021
Jonathan	Mellis	Nashville TN	Inmate #376907 Correctional Treatment Facility DR-CTF 1901 D St SE Wash DC 20003
Robert	Palmer	Tampa FL	Inmate #34938-509 Federal Corrections Complex Low A2 PO Box 1031 Coleman FL 33521
Joseph	Padilla	Dayton TN	Inmate #376981 Correctional Treatment Facility DR-CTF 1901 D St SE Wash DC 20003
Ronnie	Presley	Bethpage TN	Inmate #50056 Northern Neck Regional Jail PO Box 1060 Warsaw VA 22572
Barry	Ramey	Fam Plant, FL	Inmate #51568 Northern Neck Regional Jail PO Box 1060 Warsaw VA 22572
Joseph	Thomas	GA	C/O PMP PO Box 173 King NC 27021
Jack	Whitton	Locust Gr GA	Inmate #37645509 Robert Dayton Det Ctr 11866 Hastings Brdg Rd Lovejoy GA 30250
Chris	Worrell	Naples FL	C/O PMP PO Box 173 King NC 27021

Region 4, you have a mission!

Bear in mind, these are by no means complete lists. These are only the ones I could get hometown information on. There are many more prisoners who need encouragement. Email CORAC member Kristen Martinez at kannmartinez@sbcglobal.net to be assigned a prisoner pen pal, either from the above list or any other prisoner in need. Kristen is helping to coordinate pen-pals so that we cover as many prisoners as possible.

You can get information about your particular prisoner at these sites. I especially recommend American Gulag for news.

<https://americangulag.org>

<https://www.patriotfreedomproject.com>

<https://patriotmailproject.com>

Here is one of hundreds of patriot stories:

Did you know thousands of Americans who never even walked inside the Capitol have been arrested? Did you know hundreds of people who were just standing outside the Capitol are facing over 60 years in prison? Did you know it costs \$120,000 for a federal lawyer to just listen to your case? Did you know that if you can't afford an attorney, one will be appointed for you that is paid by the same department that is trying to put you in prison?

Our family is finding all this out after our son, David, who has zero criminal record, was ripped from our home and tossed from prison to prison. At 6:00 a.m. on Friday, March 26, 2021, our home was "visited" by several SWAT team and FBI agents with riot shields and assault rifles drawn on our family. They even yelled about tazing our three month-old puppy. No warrants were served, and David was not read his rights. That didn't stop them from taking my son as well as our cell phones and laptops, and videotaping every inch of our home and private belongings.

For months, David was placed in solitary confinement and grossly mistreated like hundreds of other America-loving patriots who are still in prison to this day. After many phone calls begging and pleading, we finally found our son after being moved between 9 states, 3 prisons, 2 local jails, and 5 facilities, during which he was "lost" in the system.

He was not able to have a Bible after many requests, wasn't given basic clothing items like underwear, wasn't able to make phone calls, and faced discriminatory treatment. He was not able to meet with his appointed attorney until 2 days before arraignment.

David never entered the Capitol building on that day and was only on Capitol grounds in the tunnel. The number of charges against him has gone from 2 to 16, and he is facing a maximum sentence of 70 to 80 years.



David Dempsey

This is just one story, and it's not even the worst one; there's the man with cancer who was denied medical treatment. There are the ones who were severely beaten. There are men who've lost one-quarter of their body weight from starvation and had excrement thrown at them by jeering guards. Is this any version of America you would ever recognize?

It is not a matter of a broken judiciary, a lying media, a corrupt government. This is evil at the systemic level. It's too entrenched to be cleaned out by the mid-terms, unless we are able to elect people with a lot more fortitude than the ones currently occupying seats of power.

Pray the rosary for the J6 political prisoners.

Communications

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



HAM RADIO DEMO

The next of Larry Wescott's great ham radio series is now up on the website! Very nuts-n-bolts and accessible to non-techies. In Part 3, Larry demonstrates how to tune into the CORAC Sunday night radio conversation.

Part 3: Sample Ham Radio Broadcast

https://vimeo.com/740821872?embedded=true&source=vimeo_logo&owner=144927933#at=54

Part 2: Ham Radio Demonstration

<https://corac.co/2022/07/28/part-2-ham-radio-demonhstrations-video/>

Part 1: Communication Strategy Overview

<https://corac.co/2022/07/13/part-1communications-strategy-overview-video/>

Health & Wellness

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

NEW ITEMS ON THE WEBSITE

Cayenne Pepper: Spice or Medicine? <https://corac.co/2022/08/10/cayenne-pepper-culinary-spice-or-medical-powerhouse/>
Homeopathic Remedies for College Students <https://corac.co/2022/08/09/sending-your-child-to-college-with-homeopathy/>

FORAGING EDUCATION SERIES

Session 1 - Herbal Medicines and Wild Foods: <https://corac.co/2022/06/09/foraging-session-1-virtual-class/>
Session 2 – Summer Field Session: <https://corac.co/2022/07/27/foraging-field-session-only/>
Intro Weed Walk: <https://corac.co/2022/05/28/the-foraging-series-an-introductory-weed-walk/>

NOVAVAX

This new shot is being touted as an alternative to the mRNA shots, but it is still not safe, not tested and not effective. It delivers spike protein (that's the one that causes all the damage) directly into your bloodstream. Read trusted doctor Pierre Kory's analysis here: <https://pierrekory.substack.com/p/my-thoughts-on-the-decision-to-take>

POST-VAXX INJURY

Dr. Kory is now offering telehealth consultations for vaxx injury, acute and long-haul covid and preventative protocols. He was one of the very first doctors to stand up to the medical disinformation in 2020. Keep this link where you can find it if you or anyone you know needs help. <https://drpierrekory.com>

Telemed can be an excellent option. I've heard so many stories of people who were refused treatment, or offered the wrong treatment at an in-person facility, then got lifesaving treatment through a telephone consultation.

Sustainable Living and Survival Skills

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

The team has put up a list of helpful books to have on hand, like *The Self-Sufficient Backyard* and *No-Grid Survival Projects*, among others. Scroll down to RECOMMENDED BOOKS on this page: <https://corac.co/sustainable-living-teams/>

Scroll down a bit further to find RECOMMENDED WEBSITES, like The Homesteading Family and Backwoods Solar. There are hundreds of useful and fun do-it-yourself projects on these websites. Now is the time to explore, and print out any resources you think you might need later.

Other Items Of Interest

X-22 REPORT

Dave on the X-22 podcast has long been considered a tin-hatter, but as times passes, it's clear he's gotten almost everything right. I've listened to him for several years. He covers the things that give us anxious dreams at night, but in a way that gives you hope. Over the years, more and more highly placed people appear on his almost-daily show. On Saturday's episode, General Mike Flynn guests on the episode entitled "**Information War; the People Are Overwhelming the Deep State; We Are Taking Back Our Country.**" Give it a listen, and cherish the hope. https://x22report.com/aiovg_videos/flynn-clark-information-war-the-people-are-overwhelming-the-ds-we-are-taking-back-our-country/



POWER GRID WEAKNESS

Stew Peters is another tin-hatter, with perhaps a slightly less accurate hit rate than Dave at X- 22, but in this video, he interviews Texas State Senator Bob Hall. Hall is a Constitutional Conservative from just down the road in Texas, true-blue and utterly trustworthy. The Bob Hall interview begins around 7:00.

<https://www.redvoicemedia.com/video/2022/08/senator-sounds-power-grid-alarm-americas-critical-infrastructure-threatened-great-reset-incoming/>



If a widespread power failure occurs, the key is to be self-sufficient. The government will offer a “solution” for those who are not ready to do for themselves... and that solution is almost guaranteed to have a kick you won’t like. Think of it as a type of vaccine: it will claim to solve a problem that you would never have had if the government hadn’t loosed it on you, and the solution will be worse than the problem. But if you’ve been thinking ahead and practicing your strategies, you are more likely to stay off the government reservation.

TO THE UNVACCINATED

The following was an anonymous message on Telegram:

“I admire the unvaccinated for withstanding the greatest pressure I have ever seen, from partners, parents, children, friends, colleagues and doctors. They are of a special kind; they are the soldiers that every army of light wants to have in its ranks. They did what others could not; they were the tree that withstood the hurricane of insults, discrimination and social exclusion. And they did it even when they thought they were alone, and believed they were the only ones. Women, men, old, young, rich, poor, of all races or religions: the unvaccinated, the chosen of the invisible ark, the only ones who managed to resist when everything collapsed. That's you. You are made of the stuff of the greatest who ever lived, heroes among ordinary men.”

TOP CHANNELS FOR COVID NEWS

For accurate, untainted medical news about covid and vaccines, try these Telegram channels:

Dr. Tess Lawrie	Robin Monotti + Dr. Mike Yeadon	Covid Positive News
Dr. Peter McCullough	Dr. Simon Goddek	The Vigilant Fox
Covid Truth Network	Childrens Health Defense	Steve Kirsch Channel

TOP CHANNELS FOR POLITICAL NEWS

These citizen journalists are undaunted by the censoring, and strive to bring the truth on Telegram:

Kanekoa the Great	CognitiveCarbon Public	Jack Posobiec
Brian Cates	Seth Keshel – “Captain K”	We the People
Expose the Agenda	Patel Patriot	General Flynn

In all my dealings on Telegram, I avoid reading the comments. People are much too free in expressing their negative feelings in comment threads. Just stick to the main posts.

CDC QUIETLY CHANGES COURSE

After friendships and family relationships have been torn apart, healthcare workers and first responders thrown away, the economy devastated, the military decimated, and early lifesaving treatment denied, the CDC is publicly announcing what we have long known to be true: natural immunity works, vaccine-induced immunity wanes, and there should never have been segregation between the vaccinated and the unvaccinated. You can read the full CDC announcement here:

<https://www.cdc.gov/media/releases/2022/p0811-covid-guidance.html>

The guidelines are still laced candy for the unwary. “Testing positive” for covid tells you virtually nothing. The PCR test does not test for covid; it never did. If you have symptoms, stay home, get extra rest. If you don’t have symptoms, go about your life. All the widespread testing is a phenomenon never before practiced in medicine.

The CDC still recommends masking in some cases, though it has been proven to be ineffective. They still recommend being “up to date” with your vaccinations too; you know, the ones that are killing and disabling millions of people around the world.

The CDC is likely trying to get out in front of the indisputable discovery that everything they pushed in the last two years was wrong and destructive. It's tempting to feel a bit of relief that they are at least making life easier for workers who are forced to follow the guidelines, but there is a deeper message here. The CDC has perpetrated a huge crime against the people. Stockholm Syndrome is the tendency of people who've been held hostage to actually become grateful to their captors. Don't be grateful to an agency that has participated in the ruination of the American people. Work for their censure.

CHILDREN HAVE BEEN DAMAGED

Study after study is showing that the lockdowns and masks had a terrible effect on children, resulting in clinical depression, speech disorders, cognitive impairment, dramatic lowering of IQ, and weakened immune systems. We must never allow it to happen again! <https://www.technocracy.news/lockdowns-destroyed-mental-health-of-massive-number-of-children/>

WHY IS ALEXSANDER DUGIN IMPORTANT?



This Russian philosopher was attending a gala with his daughter over the weekend. She left early in his car, and was killed by the explosion of a car bomb. This is a very great wound for the Russian people, who feel that the culprit is probably tied to the unholy alliance of Western global elites and the Zelensky government in Ukraine. The Russian people have quite a valid grievance.

Here is an analysis by CORAC Region 10 member Kathy Scharplaz:

“In all likelihood the bomb was meant for Dugin, not his daughter. Putin distanced himself from Dugin years ago, not that you'd ever know that from our media, one of whose members years ago coined the epithet "Putin's brain," and all their fellow clapping seals in the media have been barking that lie ever since.

“I wholeheartedly agree with Dugin's critique of Western liberalism and Western cultural hegemony, though, what with the West's attempts to shove ever more perverse garbage down the throats of everyone in the world. Soon after the CIA's coup in Kiev/Kyiv in 2014, for example, the U.S. State Dept and Western NGOs (especially Soros-backed ones) started carpeting Ukraine with LGBT propaganda; after the perverted Zelensky got installed, it ramped up even more.

“It is very understandable why Ukrainian nationalists hate Dugin. Dugin, along with many other "hard-liners" in Russia, has criticized Putin for years for not going to war in Ukraine soon after the CIA coup. According to them, Putin's delay gave the Ukraine time to build their military, and, as Russian soldiers have indeed been dearly paying the price for, to fortify and entrench all around the Donbass. There's solid evidence that *Ukraine was preparing for a March 2022 invasion and mass-slaughter in the Donbass*; Putin barely managed to beat them to the punch.”

Now that it is becoming obvious that the Western-backed Nazis in Ukraine have lost the war, that Russia has evidence of crimes against humanity in bioweapons labs funded by US crime families, that the Ukrainian government has been bombing its own people... desperate measures are needed to take the focus off the great deception that the Ukrainian government and its allies have perpetrated. The assassination of Dugin would have done that; the murder of his daughter has created an even bigger firestorm. Eyes on.

REAL REASON CHENEY LOST

Liz Cheney more than “lost” her primary; she was obliterated. The media and the sore loser tried to make it sound like it was all about Trump. The real reason Cheney got the boot is her sell-out of her own party, even going so far as to advise Democrats how to switch parties in order to vote in the Republican primary. Could her infidelity be any more obvious? In any case, she failed spectacularly, giving decent people a reason to smile. Thank you, Wyoming! I think her role as Grand Inquisitor of the J6 committee is the real reason she lost so bigly.



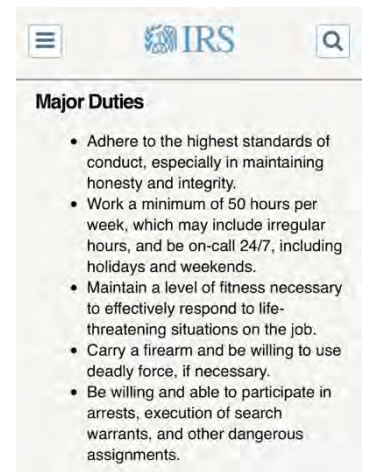
THE IRS ARMY

By now, everyone's heard of the provision in the Inflation Aggravation Act that will provide for hiring 87,000 new IRS employees willing to use a weapon with deadly force against pesky citizens. Imagine the sort of person who would answer this ad.

The IRS used to hire accountants, not goon squads. We have to see this clearly: they are arming for a war against citizens. If they were only planning to go after dangerous criminals, why not use actual law enforcement? And if an IRS enforcement arm is warranted, why would it need to be so heavily populated?

All this at a time when the real duties of the IRS are so far behind that some of their functions are delayed by years. You virtually cannot get an agent on the phone, and they are employing facial recognition software to do any business on their website.

And oh, by the way... you do not reduce inflation by massive Federal spending, increasing taxes, and loading the national debt. Economics 101. Or plain common sense.



BEWARE FLU SHOTS

The mRNA technology in the problematic covid shots is now going to be rolled out in flu shots this winter. The things they told us about mRNA safety have been proven to be false. With all the evidence coming out about the dangers and deadly side effects of the covid shots, please consider very carefully whether you should *ever* allow mRNA to be injected into your body. For one thing... aborted fetal tissue used in the pipelines of these shots. If that's not enough, read the latest VAERS report about deaths and disabilities resulting from the mRNA shots. <https://openvaers.com>

There is some pathological reason why the government needs us all to have gotten a needle in our arm. See if you can come up with any explanation of it that doesn't frighten you.

Listen to Dr. Meryl Nass on this subject: <https://twitter.com/Rebel40134423/status/1554914752199102472>

Crisis Scenarios

The resources on this page should be downloaded, printed out and kept handy.

Power Failure Emergency Card <https://corac.co/2022/08/17/power-failure-emergency-card/>

Civil Unrest Emergency Card <https://corac.co/2022/08/17/civil-unrest-emergency-card/>

Education

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

See the latest post, "Essentials for Off-Grid Learning": <https://corac.co/2022/08/18/essentials-for-off-grid-learning/>

See also, "Mick's Homeschooling Story." She tells how homeschooling became a possibility in her family, and how they progressed over many years and multiple children. This article could be sub-titled, *You Can Do It!*

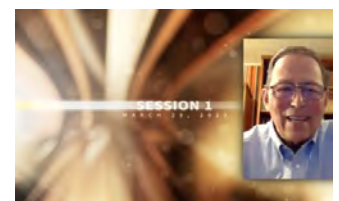
<https://corac.co/2022/08/19/a-homeschooling-story-mick/>

Prayer

THE CATECHISM SERIES

The Catechism series is on hold at Episode 11. It's a great time to catch up with these videos that have gotten great reviews from the regulars.

See all the episodes here: <https://corac.co/category/prayer-teams/classes-pt/>



AUGUST 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... and for the repose of the souls of any of our dear ones who have died.
- *That we all press on in this Storm, choosing to trust in God's plan, no matter the chaos, darkness and troubles that intensify
- *That each person takes time to unplug and enter into contemplation with the Lord every day, giving Him opportunities to calm us, steady us and strengthen us for each next right step
- *That each day finds us ready to awaken with fervor to do all the ordinary tasks and deeds to which we are called that we may partner with God to bring His Kingdom more fully to earth
- *As we give thanks to God for the life of our CORAC friend and leader, Bill Hammer, we pray for the repose of his soul. Praying, too, for his wife, Teri, their children and all the family as they mourn.
- *For Desmond Birch as he and his medical team discern best steps for his heart health to improve... and for Jean, Desmond's wife, as she takes care of him
- *That Charlie continues to travel safely and for abundant blessings upon every meeting he has and everything he does
- *For a great response to our CORAC summer fundraising drive

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>)



Appendix

WHY JOIN CORAC?



CORAC is the Corps of Renewal and Charity, created in 2020 to help people be ready for the storm we could see on the horizon. Members across the United States are organized into geographical regions, so that everyone has a local group, as well as access to national expertise and support in communications, health and wellness, sustainable living, crisis scenarios, education and prayer.

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 leftist 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 nearly two years 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.

The Crisis Scenario team has protocols and checklists for a variety of possible emergencies posted on the website, and ready for each family to print out and have on-hand. That team also has a communication plan to deploy in case of emergency.

The Communications team features a national network of HAM radio operators to get communications out if convention communication channels are closed. The hub is a mega station in the north Texas area, and radio operator representatives in each region are connected nationally through that hub.

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

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 under this tab consists of solutions to problems we might encounter if conventional medicine was not available.

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, one family here in Tyler had a relative in Illinois with serious covid. The hospital in that area would not treat him. I was able to call the CORAC coordinator for Illinois, and get a recommendation for a real doctor (one who cares more for the patient than the government) who prescribed the proper medications and got him 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, water purification, homesteading and survival skills. They do 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 CORAC, 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. When this network was not yet fully built, I was still able to access it earlier this year 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. (He's fine now, thanks to that CORAC member.)

That's the power of having a national infrastructure.

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 the 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, so it's all upside. Some materials on the website are only available to members, but they are free of charge. In addition, members receive a biweekly newsletter with news items, inspiration, tips for action, and links to helpful resources all around the internet. CORAC is a volunteer organization, run on donations; members do not pay for any of the resources offered.

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 wish), we will have built a strong community with valuable skills anyway!



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

Name of local contact:

Email address:

(Insert your own contact information so people in your area have a person to call for more info. Send them to the website to register, and that will put the regional coordinator in touch with them. You can also order a stock of the Brazen Serpent cards to use as a recruitment tool.)

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

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://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 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>

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

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.

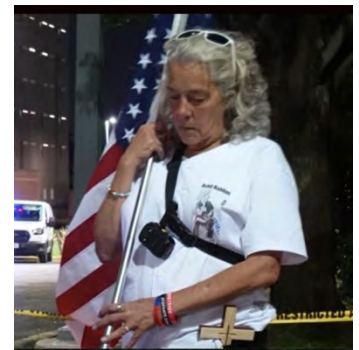


While legal fees are no longer on the table, financial need for his family remains. Kyle has a daughter that he has already been away from for half her young life, the hardest part for him. Whatever thoughts you hold on the events of January 6th, I’m certain we can agree the egregious violations of due 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.”

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

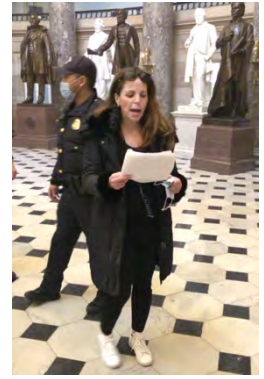
It appears that the next round of flu shots are mRNA-based, and run similar risks to the covid shot. Attorney Thomas Renz states categorically: "Do not get the flu vaccine this coming year." <https://tv.gab.com/channel/redvoicemedia/view/gene-therapy-loaded-into-the-flu-6259b90a135cb83e004513a7>

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.



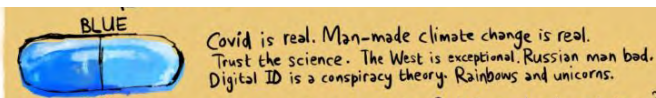
Despite the fact that she had been part of the officially permitted program, she took a plea deal for entering a restricted building. She is currently in a Miami prison, where she has been discriminately “quarantined,” placed in solitary, and moved from cell to cell without notice. This is a woman with 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>

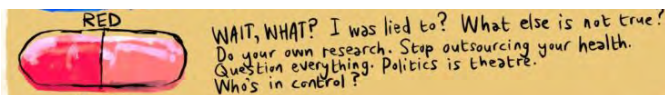
UNDER THE RADAR

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/>

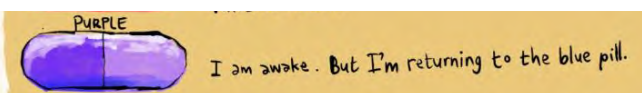
THE 5 STAGES OF PILLING



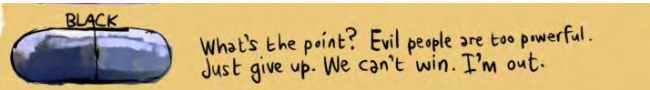
You've heard of being “red-pilled.” The expression comes from the movie, “The Matrix,” in which a character is offered the choice of a blue or a red pill. The blue pill allows you to remain complacent, believing untruths and making your own comfort the highest priority. Also referred to as “asleep.”



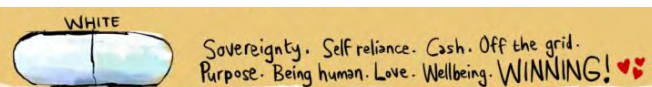
The red pill involves recognizing lies and choosing truth, regardless of the discomfort. Also referred to as “awake.” Anyone who asked questions about the vaxx was already red-pilled; we were all meant to accept the shot without thinking.



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.

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!

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/>

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/>

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>)



CORAC Newsletter

When I called, you answered me. You built up strength in me.

August 8, 2022



When CORAC first began two years ago, the website had some issues, as the admin tried to figure out the best way to deliver information about low-tech living on a high-tech platform. It was a tricky job for a while, but the result is excellent!

Explore the website. The national teams are adding new information all the time, on Communications, Health & Wellness, Sustainable Living, Prayer, Education and Crisis Management. The videos are high-quality, and range in topics from [basic CORAC intro](#) to [foraging](#). I will continue to link the latest website additions, but go digging in your area of interest.

Sheryl Collmer, editor
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>

Call on God of the Gaps

When I became a single parent long ago, I drove myself nuts for a long time. If I was working enough to support my kids comfortably, I wasn't spending enough time with them. If I was spending enough time with them, I wasn't working enough. I agonized over this for a year, struggling and praying to find the right balance. Finally I gave up, conceding that there was no answer I could put together that covered all bases. I decided I would do the very best I could, and trust God to cover the many gaps I could not.

After that decision, grace took up residence in our little home. Somehow we became the center of the neighborhood, with kids always gravitating to our house to play – and asking to go with us on our many little day trips. Shoot, the neighborhood kids all wanted to go to Mass with us on Sundays. I decided they could take turns, two at a time, coming with us. Each week, whichever two got to come with us were so excited you would think they had just won the lottery. After a few weeks of bringing my kids and two random others each week, my priest asked if there was anything I needed to tell him. "Nah," I responded, "Everything is fine. Just raising a couple of little evangelists."

Grace only settled on our household after I recognized the problem was too big for me, and surrendered to God, trusting Him to cover the many gaps I would leave – because there really wasn't anything else I could do. And it came in abundance. I still don't know how it all managed to work. But it did.

In the last few months of my travels, I am hearing from many people about agonizing personal challenges that are bigger than they can handle. Some involve health issues, others family issues, and still others financial issues. It seems the devil is trying to soften people up for...something. He is gleaning the fields, looking for a few he might pick off to despair while he still has time to prowl the streets seeing whom he might devour.

A common statement says that God never gives us more than we can handle. Nonsense! That's a mindless, chirpy statement that may quiet you for a bit, but you know quite well is not true. In fact, God routinely gives people – and particularly faithful people – more than they can handle. But He never gives people more than HE can handle. This is so common that I have come to think, over the years, that is one of His favorite tools to force people to rely less on themselves and turn their faces more definitively towards Him.

Shortly after Pharaoh did, indeed, let God's people go, Moses and the Jews found themselves at the banks of the Red Sea with fickle Pharaoh's troops in hot pursuit. Abraham set out for a promised land, wandering for several decades and then yet

another for his promised son to be born. Joseph was sold into slavery and imprisoned by the Egyptians before he became a high-ranking official in that land. St. Monica prayed for decades for the conversion of her often wastrel, but brilliant, son, St. Augustine. Each of these people – and many more of great faith – were faced with many problems far greater than their ability to deal with.

What they did was to take the next right step in service to God and to those they loved – and in faith that God can surmount all obstacles. They all counted on God: heaven knows none of them counted on instant gratification. None of them were notable for carrying fewer burdens than their peers. If anything, they were notable for carrying more. Don't even get me started on Job.

It is very noticeable now how very many heavy burdens many people are suddenly carrying. Do not let the devil seduce you into despair. Look with trust and confidence to the patriarchs who trudged along for 20, 30, even 40 years or more, with little to show for their efforts. It was their trust in God that sustained them and the same God ultimately brought improbably abundant fruit from their endurance.

Remember that yours is to serve God by taking the next right step, but that it is only He who will pen the outcome to your story. Has there ever been a hero who has not faced seemingly unbearable setbacks and loss? If there were, he would not be called a hero – just lucky. Heroes are forged in their response to trials.

God is calling you to be a hero. To forge you, He gives you things that are way too big and difficult for you to conquer. When you forge ahead anyway, trusting that God will do what He will with you to gain more souls for the Kingdom, your trust in God will grow with each step you take, even as you grieve over the trials that beset you. And when it is just too much for you, call on God to cover the gaps that you just cannot – and take the next step anyway.

It is of such stuff that heroes are made.

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

The newest podcast, “California Dreamin’” with guest Paula Tomei, a farmer in the Golden State.

https://vimeo.com/733294647?embedded=true&source=vimeo_logo&owner=144927933

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



A SIGN OF HOPE BLOG

“Building From the Ground Up” <https://corac.co/2022/08/05/building-from-the-ground-up/>

“Proclaim the Kingdom” <https://corac.co/2022/07/30/proclaim-the-kingdom/>

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

CHARLIE'S UPCOMING MEETINGS

<https://corac.co/meetings/#dates-and-details>

August 12 – Missoula MT
August 20 – Sheridan, WY
October 1 – Colorado Springs, CO
October 7 – Fort Collins, CO
October 11 – Omaha, NE
October 22 – Morristown, NJ
November 5 – Tyler, TX
November 15 – South Bend, IN

Immediatum Operam

Things on the immediate radar screen

RECRUIT YOUR LOCAL AREA

When times get tough(er), you will want your nearby friends to be with you, helping you help others. Local communities will have the most impact on how we all weather the storm. Here's an article I wrote for friends in Tyler, explaining what CORAC does. It could be helpful for recruiting *your* local acquaintances, too.

<https://truthforsouls.com/2022/06/10/what-is-corac/>

Action Items

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

- **Restrict DNA permissions.** Did you send your saliva on a stick to [Ancestry.com](https://www.ancestry.com) or [23andMe](https://www.23andme.com)? A Democrat Congressman is proposing that our DNA is being used for more alarming purposes than a family tree. Minimize the damage by logging in to whichever service you used, go to privacy settings and restrict all sharing. It may be locking the barn door after the horses have bolted, but it's something. <https://www.foxnews.com/us/intelligence-committee-members-warn-bioweapons-targeting-dna-individual-americans>
- **Pray the rosary in a group publicly.** <https://americanneedsfatima.org/articles/why-public-square-rosary-rallies>
- **Fly the American flag.** The more I carry the Stars and Stripes, the more I love our flag. The flag is extremely powerful messaging. Get yourself a flag for less than \$20 at Lowe's or Walmart, or for a few dollars more, get one that's actually made in America! <https://gracealley.com>
- **Encourage a J6er.** CORAC members are in correspondence with the still-incarcerated J6 prisoners, most of whom are entirely innocent or guilty of a misdemeanor. They are suffering. If you would like to write to a prisoner, please contact Kristen Martinez, who is coordinating pen pals to try to cover as many as we can without duplicating. kannmartinez@sbcglobal.net

Consider these words from the wife of one of the prisoners:

Even just a message of encouragement goes so far. He needs to know that he is still human and worthy of receiving love and grace. This is something he has really been struggling with since this all happened. He feels shamed and ultimately condemned, but he needs to know that we are here for him and for the other January 6 defendants currently experiencing these things.

Communications

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

HAM RADIO DEMO

Radio communications may get the most attention of all the subjects CORAC covers. Many of us know little about it, but we're fascinated by the idea of being able to communicate outside the controlled media of internet and cellular.



The newest video from the Comm team gives you an actual, visual overview of equipment and processes.

Part 2: Ham Radio Demonstration <https://corac.co/2022/07/28/part-2-ham-radio-demonhstrations-video/>

Part 1: Communication Strategy Overview <https://corac.co/2022/07/13/part-1communications-strategy-overview-video/>

The next video in the series will be a demo of the CORAC Sunday night radio broadcast. If you've been trying to tune in on Sundays, but striking out, the next video may provide some help. Look to the next newsletter for the link.

HAM RADIO CRASH COURSE

A channel on YouTube with help for the ham wannabe. <https://www.youtube.com/c/HamRadioCrashCourse>
Start at the beginning, with "How to Get Started in Ham Radio Easy" <https://www.youtube.com/watch?v=tgH1UuKfT74>
These videos are great for non-techies.

Health & Wellness

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

FORAGING EDUCATION SERIES

Three sessions are up on the website now, led by Mick (head of Health & Wellness) and MP (executive director and desert forager). Each session also has a PDF guide that you can print out for reference. Tons of great material from veteran foragers, to save you from the trial-and-error method, which is not recommended!

Session 1 - Herbal Medicines and Wild Foods: <https://corac.co/2022/06/09/foraging-session-1-virtual-class/>

Session 2 – Summer Field Session: <https://corac.co/2022/07/27/foraging-field-session-only/>

Intro Weed Walk: <https://corac.co/2022/05/28/the-foraging-series-an-introductory-weed-walk/>



PATIENT ADVOCACY

With so many doctors and hospitals having lost their ethics in the covid debacle, I would not consent to hospital care *without* an advocate. If you don't have a relative up to the task, you can seek professional advocacy, especially for covid cases.

Graith Care, whose mission is to return control to the patient, and facilitate a holistic approach to care. Their staff are all experienced health care professionals. <http://graithcare.com>

America's Front Line Nurses provides advocacy from an all-nurse staff who don't have to worry about losing their jobs over standing up for their patients. You can schedule a private appointment, or join a weekly Zoom call that covers most FAQs.

<https://www.americanfrontlinenurses.com>

FATE-FILLED QUESTION ABOUT VAXXES

CORAC member Steve Baker just put up a blog about the probabilities involved in taking the shot. Steve doesn't claim any specific medical expertise, but his analytical skills are impressive and worthy of consideration. This article uses the "bad lot list" and vaxx uptake data to predict the overall damage the shot will do to Americans in the near future.

<https://stevesfrontporch.com/2022/07/30/a-fate-filled-question/>

VITAMIN D

I repeat this advice periodically for anyone who hasn't heard of the vital importance of Vitamin D. Supplementing D up to healthy levels was associated with a 65% decrease in mortality from the syndrome we've been calling covid-19. In the summer months, we're all getting good Vitamin D from being outside in the sunshine, but when fall comes, be ready to supplement.

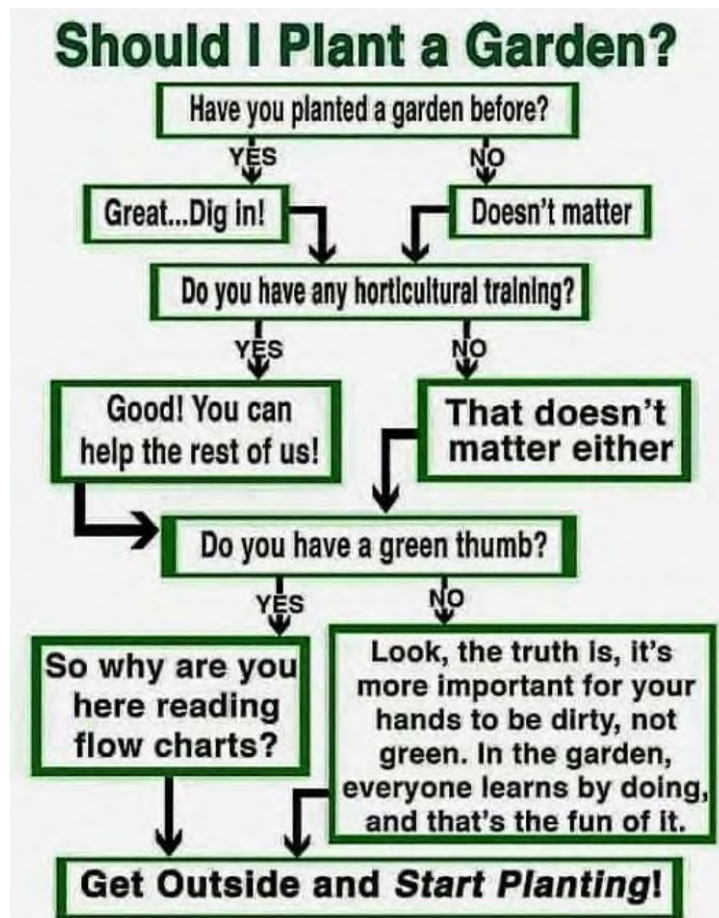
<https://drleemerritt.com/uploads/Supplements.pdf>

Sustainable Living and Survival Skills

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

SHOULD I PLANT A GARDEN?

Have you been considering a garden, but just aren't sure? Use this handy flowchart to help you decide:



TESTING YOUR SOIL

Knowing the structure of your garden soil helps you decide what and where you plant, as well as how to amend your soil. Most soil contains 3 components; sand, silt, and clay. A good combination of all 3 of these particles is referred to as **loam** soil. It's the ideal. To make loam, you need to know what you currently have, so you can make adjustments. Here's a simple test:

The Mason Jar Soil Test: Use a clean quart or pint size jar with lid. Fill the jar halfway with soil. Add water to about 1" from the top and put the lid on. Shake the contents for a few minutes, then set the jar aside for a few hours. As the content settles, it will separate into layers of silt, sand, and clay. The heaviest layer will settle to the bottom, consisting of sand and rocks. The next layer will consist of silt. Next will be the layer of clay. Estimate the proportion in each layer. Do you have mostly sandy, silty or clay soil?

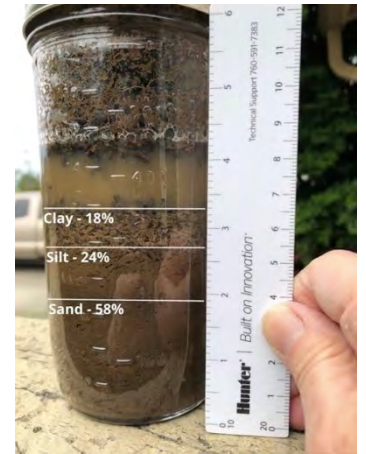
If all the layers are approximately equal, you have been blessed with loamy soil! If not, try these amendments:

Mostly Sandy Soil – Add compost or manure. If you already have high levels of salt in the soil, such as in seaside gardens, use a plant-only based compost.

Mostly Silty Soil – Till in 1" Cocopeat (ground coconut husks, very good for aeration and water retention) to break up clay particles to help with aeration, 2" of Perlite to help with drainage, and 4" of compost to help with water retention.

Mostly Clay Soil – Till in 1" Cocopeat, 4" of Perlite, and 6" of compost.

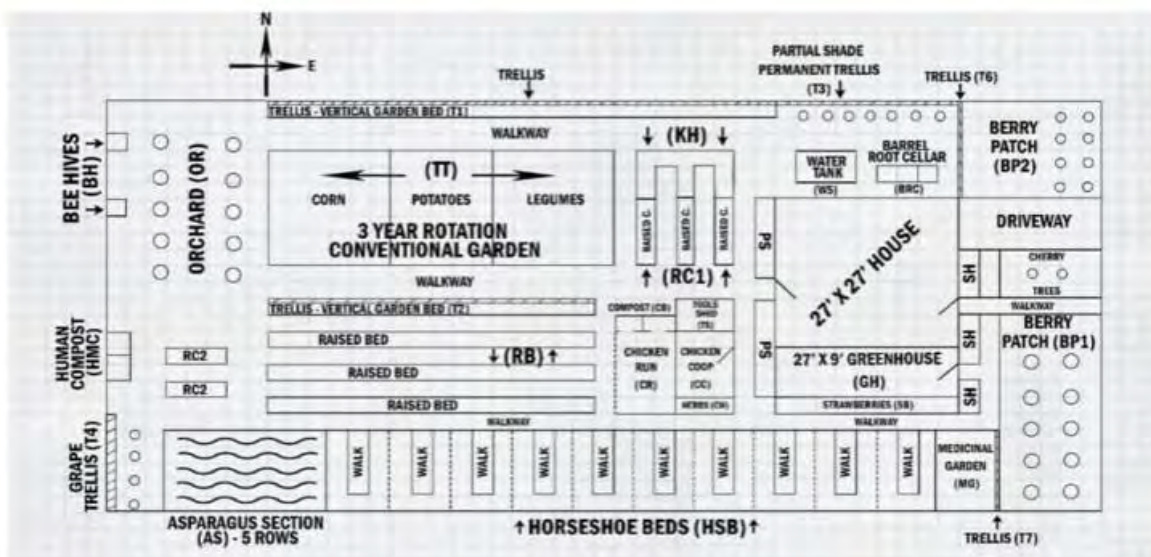
My test resulted in 80% sand, 15% silt, and 5% clay. To get ideal soil, I would need to add a lot of compost and a bit of Cocopeat. Do a different test for every area in which you intend to plant a garden.



From: <https://www.askaprepper.com/diy-mason-jar-soil-test/>

THE SELF-SUFFICIENT BACKYARD

Here's a blueprint for a large-scale backyard garden. It might give you some ideas.



FORAGING HANDBOOK

The Forager's Guide to Wild Foods is written by a biologist, is well-illustrated, and frankly... fun. Learn what weed can be popped for a snack, how to make bread from dandelions, and about a weed with tubers that taste like almonds. God gave us the plants for food; here's how to use them! 319 pages.

<https://foragersguide.com/book-nws-ngp/>

THE BUGOUT BIN

We've talked in past issues about the bugout bag; that's a backpack with emergency supplies that you keep in your car, ready to travel. Now I'm introducing the Bugout Box; it's for staying at home, which most of us will do in the event of an emergency. It's most of the same supplies, and represents the bare minimum of what is recommended to have on hand.

Protein sources: tuna, Spam, salmon, other canned/pouch meats

Fat sources: olive oil (healthiest of the oils), mixed nuts

Carb sources: dried fruits and vegetables

Coffee: get 15 times as many cups per ounce from instant as from ground

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 and Advil PM

Lifestraw: water purification

Heavy duty Hefty bags: sanitation

Duct tape: 101 uses

Tactical flashlight

Batteries

Sewing kit

Plastic drop cloths: for catching rain, sealing gaps in doors and windows

Binder clips: modern man's answer to clothespins

Bleach: disinfectant, water purification

Lighter: for your portable stove, sterilizing needles

Storage bin: can be used with plastic sheet for rainwater collection



Other Items Of Interest

GREAT NEWS!

Parents are *not* vaccinating their 6-month to 5-years children! It appears that 98% of parents of that age group are not sacrificing their children. Efforts to educate the public have not been in vain! Keep it up, all you Paul and Paula Reveres!

<https://thevigilantfox.substack.com/p/parents-push-back-against-pharma>

NEW FLU VACCINE

Dr. Vernon Coleman warns about the scary-fast way that new drugs are being rolled out without adequate long-term testing, specifically the new flu vaccine that is being prepared for release. The requirements for testing new drugs are getting looser and looser. There seems to be a pathological need to get a needle into every arm by any means possible. We should be asking why.

<https://vernoncoleman.org/videos/new-scary-flu-jab-coming>

CLASS ACTION VICTORY

The first class action lawsuit over vaxx mandates was settled last week. NorthShore University Health System will have to cough up \$10 million for 523 employees who were denied religious exemptions. This is a great development before the next round of attempted coerced vaxxes. <https://www.catholicnewsagency.com/news/251914/health-care-workers-denied-religious-exemption-to-covid-19-vaccine-mandate-settlement>

VAXX DAMAGE

You don't have to be a conservative to be awake to the damage being inflicted on us. Dr. Naomi Wolf, a feminist and former political adviser to Bill Clinton, is writing extensively of the massive vaxx damage out there: <https://naomiwolf.substack.com/p/facing-the-beast>.

When I saw the eighteen months' worth of sudden deaths, slow deaths, encephalies, strokes, heart attacks, pericarditis, myocarditis, Guillain-Barre, Bell's palsy, MS, blood clots, lung clots, leg clots, blue-green breast milk, spontaneous abortions, stillbirths, neonatal seizures, neonatal multi-organ system failure, liver damage, kidney damage, suppressed lactation, suppressed sperm count, disrupted menses, all detailed in the Pfizer documents ... I knew I was seeing not just medicine gone wrong on a massive scale, but rather that I was seeing an *act of war*.

ESG SCORES

The ESG score is the next unlegislated attempt to control the public. All the big corporations now have ESG scores: how they perform on environmental, social justice and governance scales; in other words, how "woke" they are. Money will be steered toward those with high ESG scores, and those who refuse to play the game will be edged out.

<https://paulserran.substack.com/p/the-fight-against-the-esg-scam>

<https://www.theblaze.com/shows/the-glenn-beck-program/merrill-lynch-esg-score?rebelltitem=1#rebelltitem1>

CLIMATE CHANGE OOPS

For decades, climate alarmists have been warning that the world's coral reefs will die because of manmade global warming. Now it seems that the Great Barrier Reef is growing like crazy, with the highest levels of coral cover since measurements began 36 years ago. It's great news for authentic environmentalists, but bad news for the climate change hucksters who need environmental disasters to increase their power.

Climate change becomes a topic of interest as it is another fear tactic, useful for controlling the population and diverting revenue from the people.

As Dr. Ian Malcolm said in "Jurassic Park, "Life always finds a way."

<https://dailysceptic.org/2022/08/04/massive-coral-growth-at-the-great-barrier-reef-continues-to-defy-all-the-fashionable-doomsday-climate-predictions/>



CBDC

Use cash when possible, because the CBDC is about to be foisted on us. The Central Bank Digital Currency will be a devastating tool in the hands of black hats if it gets rolled out. Learn about it so you aren't taken by surprise.

<https://www.zerohedge.com/markets/central-bank-digital-currencies-future-surveillance-and-control>

WAR ON HUMANITY

This extremely interesting paper by Drs. Mark Bailey and John Bevan-Smith is rather long, but answers the pressing question, "What in blue blazes has been going on for the past two years!?" <https://drsambailey.com/the-covid-19-fraud-war-on-humanity/> This report was recommended by Dr. Mike Yeadon, the former Pfizer VP who rose early to the gargantuan task of alerting the public to the dangers of the fraud.

UKRAINIAN ATROCITIES

Amnesty International (not a conservative organization) is now citing the Ukrainian government for the brutal tactics it has used against its own people. Ukrainian military has based its equipment and launched strikes from schools, hospitals and heavily residential areas, so that the Russians could be accused of deliberately harming civilians. Meanwhile, the Ukrainian president poses with celebrities and demands billions of dollars to continue playing war games.

<https://www.amnesty.org/en/latest/news/2022/08/ukraine-ukrainian-fighting-tactics-endanger-civilians/>

BIOLABS IN UKRAINE

The Russian military has accused Big Pharma and elites of the Democratic National Committee of creating gain-of-function viruses. It is a very big deal for one nuclear superpower to accuse another of such an enormous crime. Russia asserts that US bioweapons labs *in Ukraine* were producing viruses, and they have evidence to back the claim. This would explain the multi-billion-dollar support for Ukraine, as the public's attention is diverted by *Vogue* cover photos and benefit concerts.

<https://bioclandestine.substack.com/p/russian-mil-declares-ukraine-origin>

DEATH PACT

Former Greenpeace president, Dr. Patrick Moore, hardly a conservative reactionary, says the global elites have an alliance to reduce the world's population. "We're now facing a situation where a huge number of very powerful organizations and elites at an international and at national levels are calling for policies that are basically a suicide pact. Basically a death wish of some sort." <https://rumble.com/v1dm5yr-fmr.-greenpeace-president-says-the-elites-have-a-suicide-pact-to-reduce-the.html>

FOOD THAT CRAWLS

There is a coordinated effort to normalize a diet of insects. You'd think it's a joke, but it's a serious campaign. I have nothing against alternative foods (I tried the cricket bar) but I protest mightily against having insects shoved down our throats because wealthy elitists and cranky little girls are pushing another panic button. I think the underlying intention is to nibble away at our sense of our own humanity, until we think of ourselves as nothing more than animals. Then we can be more easily controlled.



Shortcuts
Anyone fancy a nice glass of
cockroach milk?



*These images are *not* from the Babylon Bee.

More clear-thinking people are clarifying that eating a diet of bugs is risky business. They harbor parasites and contain chitin, which cannot be processed by the human gut, though it's very tasty to cancer cells, parasites, and fungi. Insects also contain ecdysterone, which is not suitable for mammals. Only birds can safely digest insects. ([Jacqueline Gan @theflowernurse on Truth Social](#))

The Got Bugs? push may be part of the worldwide movement to put farms out of business in a gigantic land grab.

HOW ARE WE EVEN TALKING ABOUT THIS?

If cockroach milk didn't have your stomach twisting, how about cannibalism? The former news organization known as the New York Times published an essay asserting that "Cannibalism has a time and a place. Some recent books, films and shows suggest that the time is now." I don't recommend reading the article; just know that very powerful people in the media are

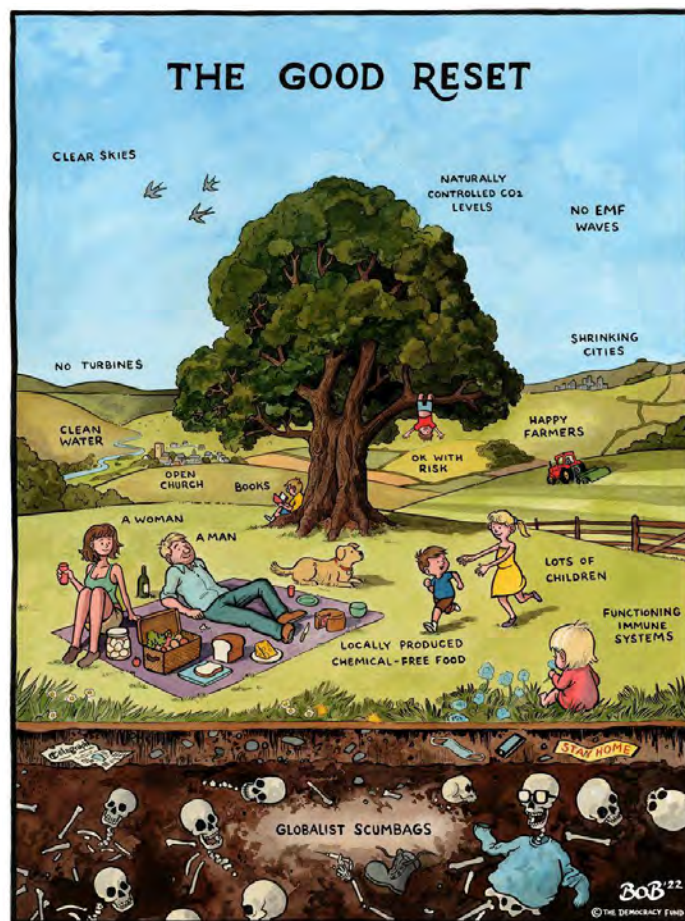
attempting to normalize human beings eating each other, in the name of saving the planet and indulging grotesque fantasies. <https://www.breitbart.com/politics/2022/07/24/new-york-times-accused-normalizing-cannibalism-publishing-bizarre-essay/>

WHY WE MUST FIGHT

This article for Crisis Magazine enumerates the reasons we don't fight, and counters them with the reasons we should. <https://www.crisismagazine.com/2022/why-we-should-fight>

FIGHTING THE GREAT RESET ONE INCH AT A TIME

“That's where we come in — the outliers and misfits, the rebels and rule-breakers, the ones willing to throw a little sand in the gears of the Great Reset until it grinds against itself, buckles, splinters, and breaks. Systems are strong when they are self-sustaining... When they depend upon force, propaganda, and coercion to survive, however, a strong kick to just the right part of their artificial edifice collapses the whole monstrous tower of lies.” Read this whole article for a good dose of encouragement: https://www.americanthinker.com/articles/2022/07/fighting_the_great_reset_one_inch_at_a_time.html



Education

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

The latest post, “Homeschooling When the Stuff Hits the Fan” is an exploration of what you can do to carry on if there are communications or utilities breakdowns. Schooling must go on! <https://corac.co/2022/08/02/homeschooling-when-the-stuff-hits-the-fan/>

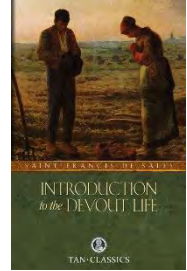
Prayer

INTRODUCTION TO THE DEVOUT LIFE

You can still join this bi-weekly study course with Dan and Stephanie Burke on the spiritual classic by St. Francis de Sales, *Introduction to the Devout Life*. The sessions will be delivered on Saturday mornings beginning in September. See details and get instructions about how to sign up here:

<https://corac.co/2022/07/24/one-thing-is-needful/>

If you're not familiar with the Burkes, check out their website: <https://spiritualdirection.com>



THE CATECHISM SERIES

The Catechism series is on hold at Episode 11. It's a great time to catch up with these videos that have gotten great reviews from the regulars.

See all the episodes here: <https://corac.co/category/prayer-teams/classes-pt/>



AUGUST 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... and for the repose of the souls of any of our dear ones who have died.
- *That we all press on in this Storm, choosing to trust in God's plan, no matter the chaos, darkness and troubles that intensify
- *That each person takes time to unplug and enter into contemplation with the Lord every day, giving Him opportunities to calm us, steady us and strengthen us for each next right step
- *That each day finds us ready to awaken with fervor to do all the ordinary tasks and deeds to which we are called that we may partner with God to bring His Kingdom more fully to earth
- *As we give thanks to God for the life of our CORAC friend and leader, Bill Hammer, we pray for the repose of his soul. Praying, too, for his wife, Teri, their children and all the family as they mourn.
- *For Desmond Birch as he and his medical team discern best steps for his heart health to improve... and for Jean, Desmond's wife, as she takes care of him
- *That Charlie continues to travel safely and for abundant blessings upon every meeting he has and everything he does
- *For a great response to our CORAC summer fundraising drive

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>)





After listening to his owner drone on for hours, Ralph suddenly realized he was NOT cut out to be an emotional support dog after all.

I was lonely until I glued a coffee cup onto my car.



Now everybody waves at me!

CORAC Newsletter

Do not be afraid, for the Lord your God goes with you.

September 19, 2022



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

There is a lot of news this edition, and the rate of incoming news is ever accelerating. The more frightening the world gets, the more people will take refuge inside tv shows and video games to escape it. (That's the whole idea of the Meta-verse.) Please don't hide! You are needed for good.

We are not going back; we can only go forward into the fight. If we focus solely on evil, we will be ineffective hand-wringers. We can acknowledge the enormity of evil, and be grateful that we've been allowed to live in this time to fight for good. In other words, let's move from, "How can it get any worse?" to "Put me in, Coach!" Let's face it, evil *is* getting worse; it is the nature of evil to expand. Our nature, as confirmed Christians, is to meet it head-on. Now we pray for courage.

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>

Fruit That Will Last

At the end of every article I write for my website, *A Sign of Hope*, I put a note that if communication were to go out for any length of time, people should meet on Saturday mornings at 9 am local time at their local Church.

Some have asked me what they are to do then. Obviously, if such an eventuality were to occur it would be because we were in some sort of crisis. I can't predict the details of that crisis. The depth of it will vary from place to place. Will utilities be out, as well? Will you be in the dead of winter in the north? Or perhaps the height of summer in the south? Do you live in a desert with little natural water available? Or perhaps a city that has a lot of mouths and little food after the stores are cleaned out? It would be easy to panic when you are suddenly confronted with the unknown and unexpected – especially when you are not getting any information on what, exactly, is going on. To go from a culture where we deal each day with information overload to information deprivation would be tremendously disorienting.

The purpose behind emphasizing this now is mainly that if communication went out, it would be difficult to initiate it then. At the heart of it is that, in a time of crisis, few things soothe people like seeing some friendly faces gathered to weather the storm together. This is propped up by the reality that, when people gather to work together, they discover they are more adaptable than they thought and good things can begin to take root. This has led to some questions about what people should do when they get there. I will touch on that, but more importantly, I want you to know how to think of these things in a clear, deliberate manner.

First, why churches? In times of crisis, people naturally tend to gather at their church. The people you are most likely to find gathering at a church are the people most likely to set their fears aside enough so they can help each other and come up with approaches to weather the storm. Some have figured that I only mean Catholic churches. Hardly. My understanding is that, through whatever crisis we must surmount, all believing Christians and Jews, of whatever stripe, are to treat each other as full and equal partners in the work before us. If we do that well, God, Himself, will see to the unity after the storm is over. Further, we are to treat all people of good will, regardless of their faith or lack thereof, as true neighbors.

Over the years, at least a dozen fine Protestant assemblies have served as the venue for my talks. I am always grateful to them. There is no room for triumphalism here. The newly pagan world we are surrounded by in the West is deeply hostile to our Judeo-Christian heritage. It would utterly destroy us if it could. This is a case when we must surely live Benjamin Franklin's

words after the signing of the Declaration of Independence: “Now we must all hang together or we will surely all hang separately.”

Do not turn away supplicants simply seeking help. For a good 80 years before Constantine made Christianity a favored religion in the formerly hostile Roman Empire, the way had been paved because Christians had become noted for caring for all, regardless of religious affiliation, and offering real help. Christians had reduced pressure on the empire’s limited social resources by their care for all people in need – and Roman officials had already started turning a blind eye to the presence of formally forbidden Christians because of the good they were doing. In an important way, caring for all is a return to our earliest roots. We are not engaged in a puerile battle over doctrine, but a great work to help each other survive, grow and thrive even in the midst of great troubles. The way of the world leads to death and misery. The way of following God, even when we have some disagreements on how to interpret His word, leads to life and hope. We are His hands and feet on this earth.

Gather people in. If someone wants to make it a battle over exclusivity, rebuke them and, if they persist, expel them and advise them to form their own assembly. If someone wants to eat without contributing, do the same. But gather those who are willing to work together so that they may share in their gifts.

Because of the size of the country, some areas may have few people gathered together to start with. If so, keep combing the Churches until you have a working group. Other areas already have a large group of people already set on where to gather in case of emergency. Whether you have to glean first to gather people in, or already have a group willing to work together, here are some things you must get people to focus on and form working groups to deal with:

Communication: Once you have gathered people together, how are you to maintain communications with each other? Some may have ham radios, but that will be useful for larger issues and maybe getting news from other groups. You have to figure out how to keep people informed and how to reach each other in an emergency. Perhaps you agree to one area being a common square with a public message board. Perhaps you set up some sort of signal, like bells, for an emergency or to call an impromptu gathering. However you fit it for your particular needs and situation, you need to set up a system where people can be confident they know what is happening and can share ideas.

Assessment: You will need a working group to figure out what the priorities are in your area. A subtropical area will have dramatically different needs than a northern rural area. Modern homes are tightly sealed and made for air conditioning. Without power, they could easily become hot boxes that are death traps without modifications. Apartments in cities certainly will become such if there is no power or utilities. If you are spread out and there are marauders taking advantage of the situation, you may want to set up temporary housing in a field or patch of woods, where you can group and protect each other.

Food and Water: If you have ample groundwater or are blessed with nearby bodies of water, you will still need to figure out ways to purify it and make it available to people in your group. Unfortunately, modern immune systems are largely crippled and not equipped to deal with the bacteria found in open water sources. Simply boiling it can solve much of that, but you have to have places and utensils to boil it with when there are no utilities – and then a place to store safe water. You will have to have people who are skilled in foraging or hunting and gathering – and then other people who are skilled in preparing it.

Tradesmen: You will need people who can fix things. People who can retrofit homes so they are not death traps in the heat or can be safely heated in the cold with no utilities.

Leadership: First, get groups meeting the specific needs from your assessment. After you have met a few times you will have a sense of who has the greatest organizational skills and who has the capacity to fill others with confidence that you can all thrive together. Choose a board of elders to help coordinate your burgeoning efforts and guide the community.

Above all, adjust as you go, based on your changing needs and the difference between what your initial perception of the problems were and what the reality shows them to be. Cast off the bureaucratic mindset that adopts rules and holds fast to them mindlessly even when it becomes clear they do not fit the community’s needs. You need to build strong, but supple, muscles – both in your body and in your mind.

I have been working diligently to develop a system for scrip – how to develop local emergency currencies to keep your community working smoothly and ever expand your outreach. I will write about that in a few weeks.

When I went on my pilgrimage, I did very little to prepare, trusting that I would figure it out as I went along. I was about 800 or 900 miles into it when I realized that if everything collapsed tomorrow, I would be able to weather the storm. I knew how to find shelter and how to find food. My early fears had been replaced by confidence that I could do this. I tell you, so can you.

Do not be a survivalist. Survivalists are focused inwards, only looking out for themselves. Use the skills you learn to help others and work with them. In a real crisis, survivalists' romantic dreams of their mighty prowess are quickly dashed. It is those who work together, who care for each other, who grow their territory of friends and family, who thrive together, under God.

Keep focused on your dependence on God, for you can't thrive without Him. Make provisions to care for priests, pastors, and religious to help keep the community focused on the God who saves. Foolish people jettison religion in times of crisis, focusing on themselves. Christianity built the Western Civilization that the new paganism seeks to destroy. Stick with what has a 2000-year record of success. If you do not act under God and actively seek His help and guidance, your best efforts will come to naught. The fruit that will last is a heart that is humbled and grateful to the Lord for His tender mercy and great bounty. Go forth and bear fruit that will last.

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.

CHARLIE'S NATIONAL ZOOM CALL

Join the first-ever national membership Zoom call on Tuesday, Sept. 20. Link and instructions have been sent by email to all registered members. Meeting ID: 843 9157 0320 Passcode 546687

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

"Where We Are Now" September 7, 2022, a discussion of the accelerating current events
https://vimeo.com/748048849?embedded=true&source=vimeo_logo&owner=144927933#at=7

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

"Once We Were Heroes," September 15, 2022 <https://corac.co/2022/09/15/once-we-were-heroes/>
"Baby Police States Bite Harder," September 10, 2022 <https://corac.co/2022/09/10/baby-police-state-bites-harder/>

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

Immediatum Operam
Do these things immediately

USE CASH, ALL THE TIME

We've gotten so used to the convenience of credit cards and pay apps, but what if we are helping to enslave ourselves by using them? Would it be worth it to go to a little extra trouble to use cash? There are many signs that the globalists want us on a Digital Currency. It makes control of the population much more efficient. Those pesky 30% who refused to get the experimental injection? If we'd been on CBDC, Biden would have gotten his way and had a needle in every arm, because CBDC would have allowed a central authority to control access to our funds. We would have had to submit in order to eat. Read more: <https://globalwalkout.com/keepcashalive/>

Six common-sense reasons to use cash, regardless of the political climate: <https://cashesentials.org/6-reasons-to-use-cash/>

- 1) Helps small businesses (because they don't get soaked by the 3-4% credit card fees)
- 2) Lower prices for consumers
- 3) You keep control
- 4) Privacy
- 5) You're prepared if tech goes out
- 6) Helps you avoid debt

I USED CASH TODAY FOR A REASON

To save this business money on credit card transaction fees
To give this business more control over their profits
To support my local community economy
To keep my purchases and location private
www.keepcashalive.com

Already the major credit card companies are adopting merchant codes that flag purchases from gun stores.

See Appendix for cards you can print out to give the businesses you patronize.

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. <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. See the article at: <https://truthforsouls.com/2022/06/10/what-is-corac/>. Edit it for your own local area.

J6'ers

This will be the last listing of J6'ers by hometown. Regions 2, 4, 8 and 9 have been covered in prior newsletters. 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 to be assigned a prisoner pen pal.

REGION 1- None found by hometown

REGION 3

	Hometown	Prison Address
Chris Alberts	Pylesville MD	C/O PMP PO Box 173 King NC 27021
Geoffrey Sills	Mechanicsville VA	Inmate #50240 Northern Neck Regional Jail PO Box 1060 Warsaw VA 22572
George Tanios	Morgantown WV	C/O PMP PO Box 173 King NC 27021

REGION 6

Eric Clark	Louisville KY	C/O PMP PO Box 173 King NC 27021
Timothy Hart	Dayton OH	C/O PMP PO Box 173 King NC 27021
Kash Kelly	Lake Station IN	Inmate #376778 Correctional Treatment Facility DR-CTF 1901 D St SE Wash DC 20003
Matt Krol	Flushing MI	Inmate #51196 Central Virginia Regional Jail 13021 Jas Madison Hwy Orange VA 22960
Jessica Watkins	London OH	Inmate #376520 Correctional Treatment Facility DR-CTF 1901 D St SE Wash DC 20003

Region 7

Kyle Young	Redfield IA	Inmate #50054 Northern Neck Regional Jail PO Box 1060 Warsaw VA 22572
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Region 10

Christopher Kuehne	Olathe KS	C/O PMP PO Box 173 King NC 27021
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Region 11 - None found by hometown

Region 12

Robert Gieswein	Divide CO	Inmate #376980 Correctional Treatment Facility DR-CTF 1901 D St SE Wash DC 20003
Thomas Hammer	Colorado Springs CO	Inmate #042353 Central Regional Virginia Jail 13021 Jas Madison Hwy Orange VA 22960

Region 13

Jake Chansley	Phoenix AZ	Inmate #248 66 509 Federal Correction Institution PO Box 9000 Safford AZ 85548
Shawn Witzeman	New Mexico	C/O PMP PO Box 173 King NC 27021

Region 14

John Cameron	Olympia WA	C/O PMP PO Box 173 King NC 27021
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Region 15

Gina Bisignato	Beverly Hills CA	C/O PMP PO Box 173 King NC 27021
Jeffrey Brown	Santa Ana CA	C/O PMP PO Box 173 King NC 27021
Derek Kinnison	Lake Elsinore CA	C/O PMP PO Box 173 King NC 27021
Sean McHugh	Auburn CA	Inmate #378159 Correctional Treatment Facility DR-CTF 1901 D St SE Wash DC 20003
Ron Mele	Temecula CA	C/O PMP PO Box 173 King NC 27021

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

<https://americangulag.org>

<https://www.patriotfreedomproject.com>

<https://patriotmailproject.com>

When you write to a prisoner, be careful of your tone and subject matter. They need encouragement, assurance no one is giving up on them, that WE WILL NOT FORGET. One of 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>

Health & Wellness

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

See the webpage for foraging, homeopathy and general health instruction.

Of particular interest is the page on MyCatholicDoctor.com. This is a good resource as we head into cold and flu season:

<https://corac.co/2022/06/03/mycatholicdoctor-com/>

HERBS FOR EMERGENCIES

Here's a few herbs to have on hand that could help in an emergency situation, like bleeding or airway constriction. This website is helpful on many topics, so explore away after you finish the emergency herbs article.

<https://homesteadingfamily.com/emergency-herbs/>

I-RECOVER POST-VAXX PROTOCOL

I'm beginning to hear about more and more long-term health issues in people who took the shot. Trusted docs Pierre Kory and Paul Marek at the Front-Line Critical Care Alliance have fine-tuned a protocol for the vaxx-injured. Please pass it along to whoever might need it. <https://covid19criticalcare.com/covid-19-protocols/i-recover-post-vaccine-treatment/>

Survival Skills and Sustainable Living

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

Watch the new video on sprouting seeds here: <https://corac.co/2022/07/29/sprouting-seeds/> More resources for sprouting are in the July 25 newsletter here: <https://corac.co/wp-content/uploads/2022/07/cnat-news071122v2.pdf>

Everyone has a line beyond which they're not willing to prepare, and that's an individual decision. Some stop at having a few extra food staples on hand; some are ready to go totally off-grid for long periods. In this section, I try to provide a sampling, and leave it to you where you draw your line.

THE POOR MAN'S FARADAY

A Faraday cage protects electronics from an electro-magnetic pulse (EMP) or coronal mass ejections (CME) which are solar events. The idea is that the cage itself is electrically conductive, so that it "absorbs" the strike, and the electronics inside it are cushioned from the conductive material. An EMP is not an unimaginable sci-fi event; Ted Koppel, already in 2015, wrote a book, *Lights Out*, detailing how vulnerable the US is to such an attack. In a nutshell, an EMP would make all electronics moot.

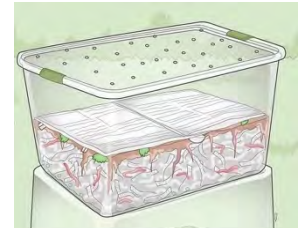
Here's a homemade Faraday cage you can make from household supplies, including a testing procedure to make sure it works.

<https://www.askaprepper.com/how-to-build-the-poor-mans-faraday-cage/>

VERMICULTURE

Worm castings, often called “black gold” by gardeners, are a premium fertilizer for plants, as well as an enrichment material for soil. If you buy worm castings at the garden store, they can be rather expensive. A fun option is to start a worm farm! Your kids will love it, and it makes a great science project for them!

Worms aerate the soil, repel insects, speed up composting and encourage deeper plant roots. You do have to protect your worms from temperature extremes, and that is one reason a worm farm built in movable bins is a great idea. You can move the bins into the garage on freezing nights, and move under shade on hot days. Total cost around \$35, including starter worms. (The picture here appears to be clear bins, for demonstration purposes, but use opaque bins; worms do not like light.)



How to build the farm: <https://www.wikihow.com/Make-a-Worm-Farm>

Where to get the worms: <https://unclejimswormfarm.com>

Uncle Jim also has his own educational material on bedding, feeding and sustaining your worm population.

PREDICTING BLACKOUTS

This article was written in 2016, and is dated. I present it here for interested techies because things written more currently on the subject have political bias. <https://www.discovermagazine.com/technology/averting-the-blackout-of-the-century>

BACKYARD ROCKET STOVE

Boiling water is a fairly primary survival skill. It's a sterilization method; it reconstitutes freeze-dried foods; and you need hot water for coffee! Here is an easy rocket stove to make, using 16 bricks, no mortar. It's a simple matter of stacking properly and allowing for oxygen intake. I used bricks leftover from a garden wall, and it took about 10 minutes to build. I cooked a nice little jambalaya to test it. Because the bricks heat up so well, it's very efficient for prolonged heat. You use small sticks from around your yard for fuel. Couldn't be easier. Building instructions here: <https://www.instructables.com/The-16-Brick-Rocket-Stove-Quick-30-Second-Build-Ea/>



Communications

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

A new installment has been added to the Communications series; this one concerns Winlink, software for using email over radio waves rather than the internet. <https://corac.co/2022/09/13/part-3-sample-winlink-video/>

See the first three videos in this series here: <https://corac.co/communications-teams/>

One of my favorite “preps,” useful year-round, this radio tunes AM, FM and NOAA weather stations, includes a flashlight, and can be powered by AAA batteries, USB port, built-in solar panel or mechanical crank (human power!) I have used this device in storm situations when I needed up-to-date weather and the electrical power was out. There are many versions of this crank radio; here's one:

<https://mypatriotssupply.com/products/new-deluxe-flashlight-radio-mp3-player-and-charger-by-ready-hour?currency=USD&variant=12232923218013&msclkid=ce3deecbe2941f6649f68de3b7517e71>



Education

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

If you're a homeschooler or considering it, you'll enjoy the Homeschooling Stories being posted on this page. Also of interest is the Catholic Homeschool Mentoring Outline.

Crisis Scenarios

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

The team has provided PDF checklists for [power outages](#) and [civil unrest](#). Go now and print them out!

Other Items Of Interest

WE'VE NEVER LIVED THROUGH ANYTHING LIKE THIS BEFORE

"Humanity is under threat. We need you to understand this and join the side of those who are working to educate others."

This is a great "big picture" article that weaves in the many threads of the situation humanity is in. We've got to come to grips with the fact that we are in a hell of a mess, literally. It's big, it's evil and we have a part to play in God's plan. Read and absorb: <https://truth613.substack.com/p/from-my-heart>

FRATERNAL CORRECTION

One of the strongest corrections to date has been issued to admonish Francis on his apostolic letter *Desiderio desideravi*, which contains errors that descend to outright anathema. The first two signatories are beloved bishops here in Texas, Strickland and Gracida (retired). Bishop Athanasius Schneider, also well beloved, but located around the globe in Kazakhstan, and Bishop Mutsaerts of the Netherlands joined them in the letter. It's well worth reading the whole text:

<https://www.lifesitenews.com/blogs/bishops-priests-and-scholars-correct-pope-francis-statement-on-holy-communion/>

VIGANO ON THE LITURGY

On September 14, the 15th anniversary of Pope Benedict's *motu proprio*, *Summorum Pontificum*, which made the Traditional Latin Mass more widely available and which restored its dignity and history in the life of the Church, our friend Archbishop Viganó issued a letter about the liturgy. He addresses the recent restrictions on the traditional liturgy. It's worth the read.

<https://insidethevatican.com/news/newsflash/letter-111-2022-wednesday-september-14-vigano/>

Here's a 2007 article from Crisis Magazine, right after the Traditional Latin Mass had been brought back into mainstream Catholic life by Pope Benedict's *motu proprio*: <https://www.crisismagazine.com/2007/benedicts-revolution-the-return-of-the-old-latin-mass>

WHO IS KLAUS SCHWAB?

Behind the scenes, this founder of the WEF has been working to strip individual liberties from the masses of those he does not esteem, the "useless eaters." If you don't yet know who Schwab is, it's time to find out. He is having an extraordinary influence over the course of world events. The video is 1-1/2 hours. <https://jermwarfare.com/podcast/who-is-klaus-schwab>

PEOPLE'S GARDENS

The USDA is compiling a geographically-specific database of gardens and agriculture projects. If you register, you get a "People's Garden" sign, useful for virtue-signaling on social media. Don't register your garden.

BIDEN'S TRANS-HUMANIST EXECUTIVE ORDER

It's amazing that when you just report actual events and objective data these days, you sound like a wild-eyed paranoid; events are that bizarre. On September 12, Biden signed an EO that clears the way for gene-editing and the pet project of the WEF, which is the integration of human beings with computers. What was once science fiction is now bearing down on us, the

obliteration of the image of God in human beings. Read more here: <https://www.thegatewaypundit.com/2022/09/leo-hohmann-bidens-executive-order-designed-release-transhumanist-america/>

STRATEGIC PETROLEUM RESERVES DEPLETED

The SPR are actual inventories of crude oil stored in underground caverns (in Texas and Louisiana) for security in emergencies such as Hurricane Katrina and Operation Desert Storm. More than double the amount released during those emergencies has been released so that Biden can claim lower prices at the pump ahead of the mid-terms. (More oil on the market drives the price down.) Meanwhile... what if there is an actual emergency? More here:

<https://townhall.com/tipsheet/katiepavlich/2022/09/13/bidens-depletion-of-the-strategic-petroleum-reserve-is-reaching-crisis-levels-n2613002>

DURHAM AND DANCHENKO

In an October already packed full of interesting events, here comes the next Durham trial on October 11. What is Durham up to? Accountability for Clinton and her privately-paid operatives illegally accessing classified Federal information to invent and promote the Trump/Russia collusion hoaxes, even after Trump was sworn in as President. This is extremely serious business, as treason is a capital offense. Durham recently revealed that the FBI hired Igor Danchenko after Clinton lost the election, which means the FBI would have been complicit in the hoaxes. Durham is confronting some of the most powerful and entrenched evil in our country. Pray for him and his team. More here: https://briancates.substack.com/p/durham-was-tasked-with-one-main-objective?utm_source=profile&utm_medium=reader2

And by the way, John Durham is Catholic. <https://soundcloud.com/thomisticinstitute/perspective-of-a-catholic-prosecutor-honorable-john-durham> (This is a lengthy talk, but he's a very interesting man.)

MOTHER MIRIAM

Mother Miriam of the Lamb of God and the Daughters of Mary, Mother of Israel's Hope, recently relocated from Beloit, Kansas to Tyler, Texas. Mother Miriam was previously Rosalind Moss, a young woman raised in a traditional Jewish home in Brooklyn. Influenced by Messianic Jews, Rosalind Moss became Christian in the 1970s. After several decades as a Protestant, Rosalind entered the Catholic Church in 1995. Her dramatic journey continued when she took Benedictine vows and received permission to found the association of her sisters. Read details in the book, *Home At Last*.

Mother Miriam Live can be heard Monday – Friday on Apple Podcasts, Spotify and [iHeart.com](https://www.iheart.com). She speaks her mind without fear, and addresses the issues that seem to be uppermost on our minds, like another feisty nun who was once on the airwaves.

CORAC FIELD DAY

Region 8 will be staging a Field Day on November 5 in Tyler, Texas. Talks by Charlie Johnston and Mother Miriam will be featured, along with various practical demonstrations like tuning shortwave radios and using GMRS, cleaning fish and game, preserving food, foraging for herbs and edibles, etc. Your basic CORAC day in the field. Save the date. Details for registration will appear in the next newsletter.

BE AWARE

Traffickers count on all of us minding our own business, and paying no attention to things that seem odd. This video, *#31 Times you saw a trafficked child but didn't know it* will help you recognize signs of trafficking that could save a child from living hell. It's terribly creepy, but worth the investment of half an hour to recognize warning signs.

<https://rumble.com/v1f0ryx-pains-angels-31-times.html>



FLU SHOT

I keep saying this, but it bears repeating: the flu shot this year is on the mRNA platform. Do your research...and I don't mean on Google! I'd rather suffer from the flu than suffer from multiple, miserable, mysterious symptoms that were inflicted intentionally on me by the powerful people driving the vaccination train. <https://rumble.com/v1144vt-gene-therapy-loaded-into-the-flu-shot-the-covid-jab-is-just-the-beginning.html>

Prayer

<https://corac.co/category/prayer-teams/> See the webpage for the Catechism series and other prayer topics.

Sonya Corbitt, the Bible Evangelista, has just begun a new series on healing, “Somata.” There are two episodes up so far. Beckita, the national prayer team leader, has previously recommended Sonya’s series, “Just Rest.” These Bible study podcasts are free, entertaining, and full of wisdom from Scripture. Sonya is a treat to listen to, and is thoroughly Catholic.

“Somata: Faith, and healing the physical body” https://www.biblestudyevangelista.com/2022/09/12/01_somata-meaning-bodies-physical-healing-and-faith-series/

“Just Rest: Freedom from anxiety” <https://www.biblestudyevangelista.com/category/just-rest/>

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!



The power of stepping away.



Appendix

Print out a sheet of these cards and give one to every business that you transact with in cash.

I USED CASH TODAY FOR A REASON

To save this business money on credit card transaction fees
To give this business more control over their profits
To support my local community economy
To keep my purchases and location private
www.keepcashalive.com

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THE STAY-IN BIN

Most of us will stay at home in a crisis, so we don't need a Bug-out Bag; we need a Stay-in Bin. This is just the basics.

- ___ 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 and Advil PM
- ___ Lifestraw: water purification (also Katadyn or Sawyer)
- ___ Heavy duty Hefty bags: sanitation
- ___ Pocket knife or multi-tool
- ___ Duct tape: 101 uses
- ___ Tactical flashlight
- ___ Portable radio, AM/FM at least (crank style is good option)
- ___ Batteries
- ___ Sewing kit
- ___ Toilet paper, and torn-apart t-shirts for re-useable "sanitation cloths"
- ___ Plastic drop cloths: for catching rain, sealing gaps in doors and windows
- ___ Binder clips: modern man's answer to clothespins
- ___ Bleach: disinfectant, water purification
- ___ Lighter: for your portable stove, sterilizing needles
- ___ Cash: it may still have some value
- ___ Large storage bin: can be used with plastic sheet for rainwater collection

CORAC Newsletter

The soul that trusts in God alone has nothing to fear.

October 4, 2022



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

The dress rehearsal is over; we are now in the main event. In my little town of Tyler, things proceed more or less normally. There are few empty shelves in the stores, there are new movies coming to the theatres, the State Fair is on. Meanwhile, our government is doing what it can to provoke world war, the mRNA shots we withstood for two years are now sneaking back in flu shots and boosters, and food and energy pipelines have been perforated. “Sudden unexplained deaths” mount.

It’s like riding out Hurricane Ian on Sanibel Island. We have no control over the water or the winds; we hold on tight and pray. We hope we’ve done enough to prepare, but human effort is no match for a surging sea. As we have seen, heroes in boats, helicopters and jet skis will rush to the aid of the helpless, but there is nevertheless loss and hardship.

Events ahead will be like a storm, as Charlie has long said. We pray we have done enough to be able to wade out into the waters, and bring hope to the stranded.



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.

Be Not Afraid

Throughout the Bible God tells us to be not afraid. Almost every time an angel appears to help someone, those are his first words. The very first words St. John Paul spoke to the world as Pope were, “Be not afraid!” The first words the archangel Gabriel spoke to Our Lady at the Annunciation were, “Be not afraid!” It is a central message throughout Scripture.

Now the world and the institutions people have relied on are rapidly and visibly crumbling. How do you confront that and manage to cast fear aside, embracing trust in God?

First, you must banish childish interpretations of “Be not afraid” that would make it to mean that nothing bad or scary will ever happen to you or that you do not have to do any work in response to God’s call – and replace it with a childlike trust in God as you go forth to do the work He lays before you. “Be not afraid” almost always precedes a command to get to work and provides the assurance that when you do, God will be with you.

When God called Moses to lead the Israelites out of Egypt, the Lord did not promise him that there would be no challenges – even up to the Egyptian Army in hot pursuit of them up to the banks of the Red Sea. God promised that if Moses and the people would live fidelity to Him, He would be with them every step of the way. He was – and more than that. The Israelites’ fidelity to God was a fragile thing, often breached by their fear. God’s love for and fidelity to His people was steadfast and merciful. In fact, often the only thing standing between the Israelites and destruction was Moses’ determined fidelity, no matter how things appeared.

A little fidelity goes a long way with God. But it never exempts anyone from having to grapple with fearful – even mortal – dangers. Rather, “Be not afraid” directs us to the only approach that will sustain us as storms rage over us with howling fury. There is little reason to have to reassure people when nothing scary or fearful is on the horizon. Assurance is most needed in the most frightful times and circumstances.

“Be not afraid,” then, is not a trite assurance of blue skies and smooth sailing, but a command to go forth into the storm with the assurance that God is with us if we keep focused on Him. It guides us on what our approach to the storm must be. Both panic and courage are contagious. If, by your trust in God, you confront terrifying challenges with the confidence borne of that trust, you will inspire many to do the same. Alas, if you panic and flee the battle, you will frighten many into doing the same - while betraying your own lack of faith. Your steady courage under extreme duress is a profound sign of hope to everyone around you.

Do not think I mean to say that no harm will ever come to you. When you trust God fully, that means you trust that whatever happens to you in His service will help advance His plan and gain more souls to heaven. I get very annoyed with people who tell me piously that they want to be a martyr. I do NOT want to be a martyr. I hear it hurts. But I trust God. If that is the end to this world He has for me, I will go forth to it, griping and complaining about it the whole way. (I often complain to the Lord about the situations He prods me into – but I do it. I like to think all my grumbling about it amuses Him). Be not afraid is a divine call to action, with the assurance that you act in his service with your soul under His divine protection.

Be not afraid! God calls all men to salvation. Answer His call. Sound His call to all you encounter. Go forth. Be not afraid!

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>

“Where We Are Right Now” September 7, 2022, a discussion of the accelerating current events

https://vimeo.com/748048849?embedded=true&source=vimeo_logo&owner=144927933#at=7

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

“America Transformed,” Sept. 28 <https://corac.co/2022/09/28/america-transformed/>

“Looking Back On It.” Sept. 20 <https://corac.co/2022/09/20/looking-back-on-it/>

CHARLIE'S UPCOMING MEETINGS

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

Oct 7 – Fort Collins, CO

Oct 11 – Omaha, NE

Oct 16 – Pittsburg, PA

Oct 22 - Morristown, NJ

Immediatum Operam
Do these things immediately

Get to know your neighbors. Probably the most important thing to do right now. Tom, the regional coordinator for Florida during Ian, has told us that local community is all you have in the immediate aftermath of a disaster. So be sure that community is strong. Make cookies and take them door-to-door. Even better, take some of your garden produce. Have a block party. Find more suggestions here: <https://www.momtastic.com/home/173173-5-ways-to-get-to-know-your-neighbors/>

Get ready to vote. True the Vote and others involved in election integrity advise us to vote **in person, on Election Day**. Early voting and mail-in ballots may be more convenient, but they also open the door to voter fraud. Prepare yourself to do the inconvenient thing: vote in person on November 8. It's our best hope to Defeat the Cheat.



IN PERSON



ON ELECTION DAY



Read here [7 steps we can take to save our country from election fraud: https://www.thegatewaypundit.com/2022/10/2022-midterm-action-list-seven-steps-can-take-save-election-fraud/](https://www.thegatewaypundit.com/2022/10/2022-midterm-action-list-seven-steps-can-take-save-election-fraud/)

Action Items

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

- **Use cash.** Resist the digital economy that will make you manipulable. <https://globalwalkout.com/keepcashalive/>
- **Pray the rosary in a group publicly.** <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.** See the article at: <https://truthforsouls.com/2022/06/10/what-is-corac/>. Edit it for your own local area.

J6'ers

On September 30, 34 political prisoners still being held illegally, unconstitutionally, cruelly, and without trial in the DC dungeons were able to publish a letter that will absolutely break your heart: for them, their families and for our country which has fallen so low. That any American citizen should be held in such filthy and meager conditions that scurvy and blindness result is not worthy of the poorest, most dictatorial regime. Please read it entirely, so you know how desperate the situation is.

When one considers a society that distinguishes itself upon the standards of a "First World Country" allocation among the other numerous Nations around the globe, while informing its citizens that they belong to a country that ensures "Liberty and Justice for All", it's difficult to imagine then, that The United States of America, supposedly the wealthiest Nation on the planet, would subjugate its own citizens to that of incarceration and injustice instead, all while administering medieval standards of living to the agonizing occupants of its "Correctional Facilities".

A more accurate terminology to describe the facility and the staff that this letter has escaped the clutches of that you now read, would be to call this location an "Evisceration Facility", of the body, mind and soul, operating as an abomination to The Law and to its Nation's Government, which ironically *lies* only a handful of blocks away.

For nothing is being corrected within the forsaken concrete walls of The District of Columbia Jail. Its woeful captives are all but slowly murdered in every way except for their very soul being ripped from their famished chests on behalf of this mercilessly sinister institution.

As prisoners of this Jail, we have witnessed the horrendous treatment and have been personally afflicted by the hellacious conditions this Jail insists on tormenting its traumatized guests with. Though words will always fall short of an accurate depiction of the magnitude of pandemonium that every prisoner within these walls has had no choice but to endure, what follows is a collection of repeated offenses this Correctional Facility habitually submits upon its captives.

For if this pale dungeon of Human Rights Violations dared to summon any honesty of hard choice pertaining to the abhorrent atrocities that take place behind these unforgiving doors, they should erect a sign above the front gate that says, "Abandon All Hope, Yee Who Enter Here". The destitute and desperate prisoners of 1901 D St. SE, Washington D.C. 20003 have and will continue to endure a combination of any and all of the following:

- Begging for Help / Water / Medical Aid / Mercy through a 4 inch by 10 inch window of cold metal doors
- No Visitations
- No Religious Services
- No Attorney Access
- Mail delayed 3-4 months prior to delivery
- Laundry returning with brown stains, pubic hair, and/or reeking of ripe urine
- Worms found in salad of "Meals"
- Inadequate calorie count of "Meals"
- Complete lack of nourishment in "Meals"
- Loss of Head Hair due to malnourishment of "Meals"
- Loss of Eye Sight due to malnourishment of "Meals"
- Suffering from Scurvy due to malnourishment of "Meals"
- Blatant extortion via commissary in order to maintain health and or body weight
- Rust in the Water
- Rust in jagged metal desks in Cells
- Rust on metal cages near face on small windows of Cells
- Black Mold on walls of Cells

- Black Mold on floors of Cells
- Black Mold in vents of Cells
- Broken Sinks in Cells
- Broken toilets that either wont flush or repeatedly explode in Cells
- Cockroaches in Cell / Cell Block
- Mice in Cell / Cell Block
- Black Mold on floors and walls of showers in Cell Block
- Black Sewer Flies in the Shower
- Denial of basic cleaning equipment to sanitize Living Space
- Denial of personal grooming allowed, forced to use Nair on head and face that leaves chemical burns on skin
- Stuck in Cells for 9 days without shower
- Improper Medical Care
- Medical Care arriving months later, or none at all
- Lead Paint inside Cell / Cell Block
- No Access to Discovery
- No Legal Support such as laptops, printers, copiers
- Denial of Legal Mentors
- Vaccine Requirements for Visitations
- Vaccine Requirements for Visitors
- Vaccine Requirements for Haircuts
- Vaccine Requirements for Religious Services
- Vaccine Requirements for speaking with Lawyers in person
- C.R.T. Propaganda on Tablets
- Re-Education Propaganda on Tablets
- Lack of Legal Documentation on Tablets
- Racially Biased information on Tablets
- Removal of Internet Access / Booster for Educational Tablets
- Solitary Confinement for 25 ½ hours or more at a time
- Outdoor Rec denied arbitrarily
- Entry to Congressmen & Women who came to check on us Denied
- Repeatedly Mocked and or Insulted for our skin color or “Religious” documentation
- Compared to “Beasts”, “Dogs” and “Hogs” by “The Final Call” Magazine
- Politically mocked by staff with Democrat, Black Lives Matter, Kamala Harris, Joe Biden related attire
- Sent to “The Hole” if we express any political views whatsoever
- Racially Profiled by Guards
- Sleeping on the job by Guards
- Denial of hot water by Guards
- Prevented from attending court dates by Guards
- Homosexual and/or Verbal Assaults by Guards
- Maced by Guards
- Physically Harassed by Guards
- Assaulted by Guards
- Cell Invasions in the middle of the night by Guards
- Grievous Beatings by Guards
- Threatened with and or Nearly Stabbed with “12 Inch Knives”
- Trials Postponed for at least 6 Months or almost a Year
- Bond / Bail continually Denied
- Removal of Internet Access of Clear Tablets
- Removal of Access to Attorney
- Removal of Access to Law Library
- Removal of Access to Worship Services
- Removal of Access to Grievance Forms on Tablets

It is because of this extensive report of complaints and afflictions upon those held prisoners here in the District of Columbia Jail, that not only compel us to alert the world of the diabolical conditions this “correctional facility” continues to crush all of its detainees with, but also as political prisoners on American soil, who have been unjustly and unfairly incarcerated,

relentlessly burdened by selective prosecution, slandered and vilified by mainstream and social media, deliberately accosted with death threats from within the jail and received threats upon our homes and families through the mail, ALL extending from a political nature or affiliation, **We hereby request to spend our precious and limited days, should the government continue to insist on holding us captive unconstitutionally as pre-trial detainees, to be transferred and reside at Guantanamo Bay**, a detention facility that actually provides nutritional meals, routine sunlight exposure, top notch medical care, is respectful of religious requirements, has centers for exercise/entertainment for its detainees despite the fact that those residents are malicious terrorists, real members of the Taliban, and few are United States Citizens, instead of remaining trapped within the wretched confines of cruel and unusual punishment of the DC Jail.

(Signed) Brian Mann, Pete Schwartz, Brandon Fellows, Jeffrey McKellog, Andrew Taake, Scott Fairlamb, Daniel Caldwell, Ryan Nichols, Sr., Joseph Padilla, Guy Reffitt, Troy Smocks, Chris Quaglin, Sean McHugh, Shane J. Jenkins, Dominic Pezzola, Edward Lang, Peter F. Stager, James McGrew, William Chrestman, Ronnie Sandlin, Nathaniel Degrave, Jordan Mink, Cleveland Grover Meredith, Jr., Alan Byerly, Thomas Ballard, Julian Elie Khater, Marshall Neefe, Jonathan Mellis, Robert Gieswein, Kelly Meggs, Jessica Watkins, Kenneth Harrelson, Garrett Miller, David Dempsey

Story here: <https://www.thegatewaypundit.com/2022/10/breaking-34-us-political-prisoners-dc-gulag-demand-transfer-guantanamo-bay-escape-intolerable-conditions-receive-rights-violent-foreign-terrorists/>

Write your Congressmen, and DEMAND, BEG, APPEAL to them to, *for God's sake*, do something.

I'm glad to say that CORAC members have been in correspondence with these men. If you've taken a J6 penpal, write regularly. They are likely suffering reprisals for this letter, so it would not be prudent to mention it. Just keep assuring them that we have not forgotten them.

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

<https://americangulag.org>

<https://www.patriotfreedomproject.com>

<https://patriotmailproject.com>

One of the best thing you can send, besides prayers, are puzzles. Try these sites for printable games you can send.

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

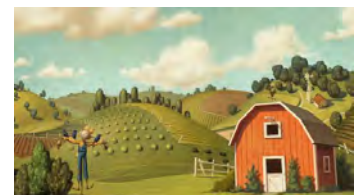
Word Search: <https://www.wordsearchaddict.com/printable-puzzles/>

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

CORAC Field Day

Homesteading skills are **pure gold**, but these skills are no longer being passed from parent to child. Join CORAC Region 8 on November 5 to recover some of these skills.

Charlie Johnston and Mother Miriam of the Lamb of God will speak, and a dozen or so presenters will help us learn the basics of radio, foraging, home defense, cleaning fish and game, preserving foods, gardening, water sourcing and purification, and more!



First Saturday Mass will be celebrated onsite, and lunch and dinner are included in the \$20 registration fee. We are going to have a great time in Lindale, Texas, about 15 miles north of Tyler! There is a cap on registration, so register soon. See more details here: <https://coracregion8.ticketleap.com/field-day/>

Health & Wellness

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

See the webpage for foraging, homeopathy and general health instruction.

FLU SHOT

Dr. Meryl Nass, Dr. Vernon Coleman and Dr. Aaron Kheriaty have all warned that this year's flu shot may contain mRNA to code for covid antigens, in addition to the usual poorly-predicted influenza antigens. I have not been able to find anything "official" that confirms this, but then I didn't really expect to. The drug manufacturers lied for two years about the covid shot,

the package circulars were blank, and only now are they being forced to quietly admit to some of the more egregious harms. Beware. If you've remained pureblood until now, don't blow it for a shot that is only about 20% effective in a good year.

Dr. Nass: <https://twitter.com/Rebel40134423/status/1554914752199102472>

Dr. Coleman: <https://vernoncoleman.org/videos/new-scary-flu-jab-coming>

Dr. Kheriaty: <https://twitter.com/akheriaty/status/1572635284403265538?ext=HHwWhIDRgBdDj9MrAAAA>

This year's flu shot is something completely different from all past years if it contains mRNA. That's a whole new level of danger, but even the old shots were not beneficial to us. See the stats here: <https://alexberenson.substack.com/p/influenza-virus-gonna-virus>

COVID BOOSTERS

It should go without saying to avoid covid boosters. The new booster was approved with *zero* human testing. (It was, however, tested on 8 mice, all of whom got sick. Are there any further questions about the FDA's concern with safety?)

<https://igorchudov.substack.com/p/ba5-boosters-8-mice-trial-actually>

RECOVERING FROM THE VAXX

If you know anyone suffering from adverse vaxx events (and we all do,) steer them to the I-Recover protocol on the FLCCC website. These are the doctors we trusted for the real, effective treatments, when it cost them their careers to treat us. I would trust the Front-Line COVID Critical Care Alliance on all things covid.

<https://covid19criticalcare.com/covid-19-protocols/i-recover-post-vaccine-treatment/>

The good docs at FLCCC also have a protocol for those suffering from prolonged covid symptoms ("long covid"):

<https://covid19criticalcare.com/covid-19-protocols/i-recover-long-covid-treatment/>

ANTIBIOTICS IN A PINCH

Antibiotics are one medical advance it would be hard to do without. Some people would like to have them on-hand, just in case medical care is not available. There is a way to do that, and let me be perfectly clear... I am not recommending it; I am just putting out the information for those who want to try it.

[Jase Medical](#) is based in Utah, founded by Dr. Shawn Rowland, a board-certified family physician in that state. You fill out a medical questionnaire online, and allow it to be reviewed by the doctors at Jase, to pinpoint any obvious contra-indications. After approval, you receive 5 commonly-used antibiotics (amoxicillin, azithromycin, ciprofloxacin, doxycycline, and metronidazole.) They are meant for situations in which a doctor is not available, not to replace standard medical care.

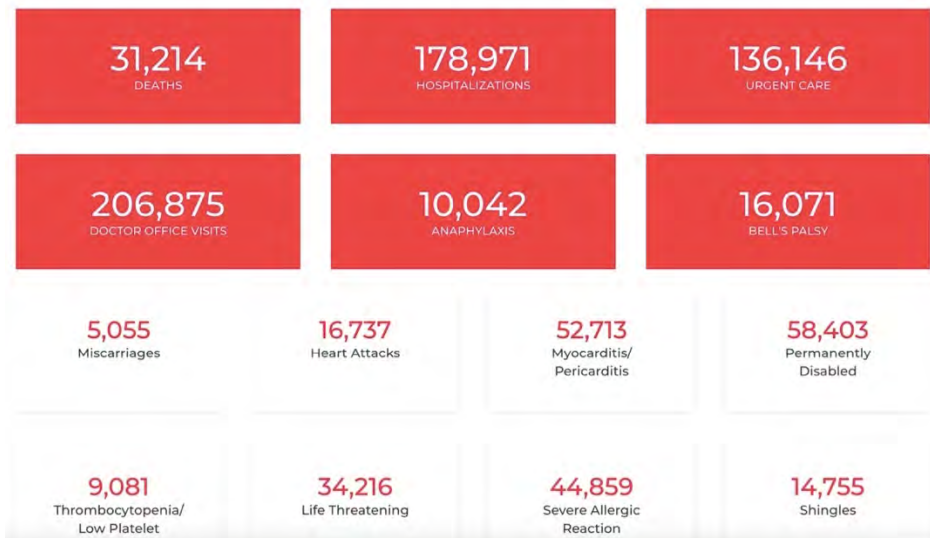
** They will also fill prescriptions for emergency backup supplies of prescriptions you are already taking. This will not be paid by insurance or Medicare, obviously, but might be worth checking if you are on anything life-critical. Remember that the vast majority of our prescriptions come from China (you know, the same China that Pelosi taunted by visiting Taiwan.)

Due diligence advised, but this website seems to be doing a booming business. <https://jasemedical.com>. At first, I was leery to order drugs over the internet, this is really not any different from the lifesaving meds that telehealth doctors prescribed for people with the China virus.

Review of Jase Medical: <https://www.prepperssurvive.com/emergency-supply-of-antibiotics/>

THE VAERS RED BOX REPORT

The Vaccine Adverse Event Reporting System issues a report each week with current stats on vaccine damage. Harvard researchers have stated that VAERS only accounts for 1-10% of true adverse events, which means the true damage could be 10 to 100 times the numbers shown here. This is America only; the worldwide numbers are even more horrifying. Numbers being reported now include the new bivalent booster.



<https://openvaers.com/covid-data>

OUR WORLD IN DATA

68% of the world's population has now taken at least one dose of a covid shot (that's nearly 5 billion people)
12.75 billion doses have been given worldwide, with 3.5 million new doses given every day

<https://ourworldindata.org/covid-vaccinations>

Survival Skills and Sustainable Living

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

SPROUTING

Watch the new video on sprouting seeds here: <https://corac.co/2022/07/29/sprouting-seeds/>

You can order bulk organic sprouting seeds at: <https://mypatriotsupply.com/collections/organic-sprouting-seeds>

HOMESTEADING SKILLS

It is amazing how much one can learn by steady application. Subscribe to the 52-Skills-In-A-Year emails, and learn one new thing each week. If you think you can learn faster, check out the book where all 52 are detailed in one place.

Subscribe here to the weekly email here: <https://theoldwalshfarm.com/52-homesteading-skills-one-year/>

Buy the book from [Amazon here](#).

THE BOUNTY OF NATURE

What God has given us in Nature can solve many of the problems that we unthinkingly buy commercial products for. I present this, not as an advertisement for bananas (which might not be available if supply chains break) but as one example of the way God has built human well-being into the universe. Banana peels are usually thrown away, but look at the many things they are good for. Challenge your thinking about commercial pharmaceuticals.

- Treat itches, burns, insect bites and poison ivy/oak. Press the interior of the peel on the affected area.
- Remove splinters. Enzymes in the peel soften the skin, and gradually force the splinter to rise to the surface. For shallow splinters, 15 minutes will do. Leave the peel on overnight for deeper splinters.
- Skin health. Applying peel directly to skin can enhance collagen production. It also treats acne.
- Migraine headaches. Lay a frozen banana peel on your head and neck. Potassium is absorbed into your skin, and will alleviate the headache.
- Plant fertilizer. Soak the peel in water and blend, then bury near the base of the plant.

See more at www.thelostherbs.com

ON THE OTHER HAND...

Be sober and informed when you are foraging or trying a natural remedy for the first time. There are plenty of natural substances that are toxic to human beings. On a foraging trip this week, I found a beautiful new berry growing on the side of the trail. I put some in my bag, getting lovely burgundy juice all over my hands. Before I licked my fingers, I did a quick search on my phone, and found them to be pokeberries, which are toxic to humans.

If you're a new forager depending solely on your phone for plant identification, think about getting printed materials specific to your location. Here are a few regional ones:



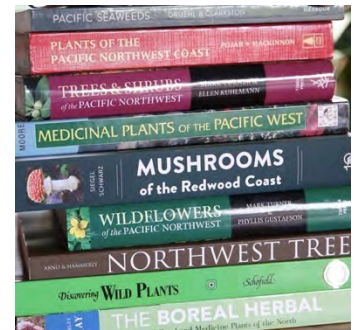
Northeast



Southeast



Southwest



Pacific Northwest

Discover more regional foraging books here: <https://chestnutherbs.com/the-best-regional-books-for-plant-identification-and-foraging-wild-foods-and-herbs/#southwestern>

MAKE GARDENING EASY

A member from Region 2 brought the YouTube channel of [Robbie and Gary](https://www.youtube.com/c/Robbieandgarygardeningeasy) to my attention. Everything I've learned from them has been easy, cheap, effective and pure gold. Especially if you're a new gardener, here's a way to "shortcut" the long trial-and-error initiation to the art of Growing Stuff. <https://www.youtube.com/c/Robbieandgarygardeningeasy>

RECHARGEABLE BATTERIES

More and more devices and appliances use rechargeable batteries, and special care is needed. For example, never leave a battery recharging while you are away; defective batteries can cause fires. The Consumer Product Safety Commission has a long list of reported battery-related incidents that occurred while an electronic device was in use, being stored and during battery charging. <https://www.call2recycle.org/consumer-safety-tips/>

NON-LETHAL SELF-DEFENSE

Byrna Launchers look like firearms, but are non-lethal self-defense devices that launch a pellet with the ability to disable a bad guy at 60 feet, from both percussive impact and a chemical irritant. They don't have to be registered, and cost in the range of an inexpensive pistol. Would they be effective against a drug-crazed intruder? I don't know, but they do provide an alternative for those who don't want to handle firearms. Besides the pistol, they also make a non-lethal tactical rifle and several other clever self-defense gadgets. Check them out here: <https://byrna.com>



Communications

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

The 4-part Communications series is up on the website, and well worth a look for anyone interested in radio at any level. Check it out here: <https://corac.co/communications-teams/>

NEWBIES

For those new to radio communications, studying for a technician's license is a good way to learn about radio, even if you do not plan to sit the licensing exam. <http://www.hamtestonline.com/study.jsp?action=1f49fiws72y>

A good place to start is shortwave listening. The equipment is not expensive and you don't need a license. Check out "How To Get Started in Shortwave Listening" here: <https://www.swling.com>

The quality of your antenna setup can make the difference between fun and frustration. Read more about antennae here: <https://www.hamradiosecrets.com/shortwave-antenna.html>

International SW frequency list: <https://ccrane.com/shortwave-frequency-list/>. It's exciting to seek out foreign broadcasters.

Education

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

If you're a homeschooler or considering it, you'll enjoy the Homeschooling Stories being posted on this page. Also of interest is the Catholic Homeschool Mentoring Outline.

Crisis Scenarios

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

The team has provided PDF checklists for [power outages](#) and [civil unrest](#). Go now and print them out!

Lt. Col. Kirby Bowling, of Region 3, recently gave a presentation at a Health Freedom event in Annapolis, MD, entitled "Taking Care of Yourself in Turbulent Times." This is great information, as none of us operate optimally when we're under great stress, unless we take pro-active steps. Now is the time to truly take care of ourselves, so that we're functional for others.

Watch here: <https://corac.co/2022/09/23/taking-care-of-yourself-in-turbulent-times/>

Other Items Of Interest

PUTIN'S SPEECH

None of us have a lot of spare reading time right now, but I think Putin's Sept 30 speech, on the occasion of welcoming the four territories back to Russian citizenship, is worthy of about 10 minutes. The same people who forced a dangerous experimental injection on the American public and military now tell us to hate Putin with all our might and color him a lunatic. That's rich, considering who we have in leadership. The Guardian says Putin is more like an angry taxi driver than a head of state. Read the text, and decide for yourself. These words may play a big part in our future.

<http://en.kremlin.ru/events/president/news/69465>

Some highlights:

"Our compatriots, our brothers and sisters in Ukraine who are part of our united people have seen with their own eyes what the ruling class of the so-called West have prepared for humanity as a whole. They have dropped their masks and shown what they are really made of."

"The dictatorship of the Western elites is directed against all societies, including the peoples of the Western countries themselves. This is a complete denial of humanity, the overthrow of faith and traditional values. Indeed, the suppression of freedom itself has taken on the features of a religion: outright Satanism."

"Do we really want, here, in our country, in Russia, instead of 'mum' and 'dad', to have 'parent number one', 'parent number two', 'number three'? Have they gone completely insane? Do we really want it drilled into children in our schools that there are supposedly genders besides women and men, and be offered the chance to undergo sex change operations?"

“There is every reason to believe that the Western elites are not going to look for constructive ways out of the global food and energy crisis that they, and they alone, are to blame for. People cannot be fed with printed dollars and euros, and the virtual, inflated capitalization of Western social media companies can't heat their homes.”

“We have many like-minded people in Europe and the United States, and we feel and see their support.”

“The ongoing collapse of Western hegemony is irreversible. And I repeat: things will never be the same.”

MELONI'S SPEECH

Here's another international politician we are instructed to revile and distrust, the new prime minister of Italy. Listen to her words, not to the screeching media who are so afraid of her. Twitter took this speech down for “violating community guidelines” and the Washington Post, a former news outlet, said that the speech didn't make sense. She is despised by all the right people. Here's a partial transcription of her speech at the World Council of Families :

“Why is the family an enemy? There is a single answer: because it is our identity. Because everything that identifies us is now an enemy to those who would like us to no longer have an identity, and to simply be perfect consumer slaves. And so they attack national identity, religious identity, gender identity, and family identity. I can't define myself as Italian, Christian, woman, mother. No, I must be citizen x, gender x, parent 1, parent 2. I must be a number, because when I am only a number, when I no longer have an identity or roots, then I will be the perfect slave at the mercy of financial speculators. That's why we inspire so much fear, because we do not want to be numbers. We will defend the value of the human being. Because each of us have a unique genetic code that is unrepeatable, and like it or not, that is sacred. We will defend God, country and family, those things that disgust people so much. We will do it to defend our freedom; that is our mission. Chesterton wrote, more than a century ago, 'Fires will be kindled to testify that two and two make four. Swords will be drawn to prove that leaves are green in summer.' That time has arrived. We are ready.”

Full video is here: https://www.youtube.com/watch?v=y_Z1LClnhsk. It remains to be seen whether Giorgia Meloni will remain true to her words, but she has begun well.

THIS IS OUR GOVERNMENT

The Biden administration has taken care to appoint people to executive posts that we would not ever want our children to encounter. These individuals actually do have qualifications, but why is immorality the common theme in this administration?



Dr. Demetri Daskalakis, White House Monkeypox Coordinator, gay activist and reputed satanist



Transgender individual, Dr. Rachel Levine, Assistant Secretary of Health and Human Services, with Sam Brinton



Sam Brinton, deputy assistant secretary in the Department of Energy, LGBTQ activist and drag queen

DEFINITIONS

Scare event: an event so fearsome that it wakes up masses of people to the true nature of the evil we are confronting. Examples would be an engineered financial collapse or a nuclear strike. The attack on Pearl Harbor in 1941 was a scare event because it motivated a previously comfortable and indifferent nation to realize the danger posed by the Imperial Navy and other Axis powers. A scare event is frightening, all-consuming and unifying.

Precipice: the point at which we either take action, or perish. A scare event drives people to the precipice, at which people are willing to forgo their comfort, and fight. Many think we are approaching the precipice right now.

BIOWEAPONS COMING TO A PHARMACY NEAR YOU

Dr. Lee Vliet has been one of the most compassionate and active of the trustworthy doctors. She helped me get a special needs patient into contact with Dr. McCullough. She founded the Truth for Health Foundation, which has helped countless patients. On this video, she discusses what the FDA has teed up for us in the future.

<https://thephaser.com/2022/09/bioweapon-poison-fda-approved-genocide-todd-callender-dr-lee-vliet/>

TRUE HEALTH vs GOVERNMENT ADVICE

Pretty much nothing the government has told us in the last two years about health has been true. Here, Dr. Simon Goddek gives healthier alternatives to the nonsense the government is peddling: ten tips to avoid getting sick.

<https://drsimon.substack.com/p/ten-tips-to-avoid-becoming-sick-in>

SAFE AND EFFECTIVE... NOT

Here is a 55-minute movie that looks at the C19 vaccine injuries, as well as an encompassing look at the systemic failings that appear to have enabled them, analysis of pharmaceutical trials, and the role of Big Tech companies in suppressing free and open debate on the subject. Some viewers have said it is a good tool for talking to loved ones who still believe that it's "safe and effective." <https://www.oraclefilms.com/safeandeffective>

THE GREAT RESET EXPLAINED

It is so essential that we inform ourselves about the World Economic Forum and the Great Reset. They have already placed enough disciples in world government to have pulled off the whole worldwide covid "crisis," and much more is in the works. Watch the whole video (17 minutes). <https://rumble.com/v1b7btl-the-great-reset-the-entire-great-reset-explained-in-17-minutes.html>. They are clearly telling us what they have planned. This is not a sci-fi movie or a conspiracy theory. We see the Great Reset gearing up in every major country in the world, right this minute. Be attentive; be ready to resist.

Klaus Schwab, founder and chairman of the World Economic Forum:

"It's now 600 highly-educated people around the world who set the rules. This is very disturbing progress for many people; they feel overwhelmed. This creates a tendency to nationalism, fundamentalism, you want to go back to the old world. That may be one of the reasons for the success of candidate Trump.

"With all the current issues on our agenda, we tend to forget that we are in the midst of the fourth industrial revolution, which accelerates global change in much more comprehensive and faster ways than the previous three revolutions. The fourth revolution doesn't change what you're doing; it changes you."

Noah Yuval Harrari, chief advisor to the World Economic Forum:

"Maybe in a couple of decades, when people look back, what they will remember from the covid crisis, is that it was the moment that everything went digital, that everything became monitored, that we agreed to be surveilled, not just in authoritarian regimes, but also in democracies. And most important of all, this was the moment when surveillance started going under the skin. It's possible for the first time in history to follow everybody all the time.

"In a time of crisis, you can do reforms that otherwise people would never agree to.

"We need to realize that humans are now hackable animals, through a two-way communication between brains and computers. This is a watershed moment. The whole idea that humans have this soul, this spirit, free will, nobody

knows what's happening inside me, so whatever I choose, whether in the election or in the supermarket, this is my free will... that's over.

“With the rise of brain-computer interfaces and biometrics it is very likely that within 50 years people will literally be part of a network, and you won't be able to survive if you are disconnected from the network because your own body parts, your own nervous system will depend on being constantly connected to the colony.

“Data processing is the new source of authority. Don't listen to the Bible, don't listen to your feelings. Listen to Amazon, listen to Google. They know you better than you know yourself, and they can make better decisions on your behalf than you can.

“You don't have any answer in the Bible for what to do when humans are no longer useful for the economy. The biggest question in economics and politics in the coming decades will be what to do with all these useless people.”

Elon Musk, founder of Neuralink, Open AI and CEO of Tesla:

“You can basically do anything with synthetic RNA, DNA. It's like a computer program. With enough effort, it's probably not too crazy, you could stop aging, reverse it if you want. You can turn someone into a butterfly with the right DNA sequence.”

Prayer

<https://corac.co/category/prayer-teams/> See the webpage for the Catechism series and other prayer topics.

Sonya Corbitt, the Bible Evangelista, has several helpful Bible study series that speak to exactly where we are right now:

- “Somata: Faith, and healing the physical body” https://www.biblestudyevangelista.com/2022/09/12/01_somata-meaning-bodies-physical-healing-and-faith-series/
- “Just Rest: Freedom from anxiety” <https://www.biblestudyevangelista.com/category/just-rest/>

OCTOBER PRAYER INTENTIONS

Please keep these intentions in your daily prayers:

- *For CORAC members, that those who are already active be sustained and infused with renewed vigor and that ALL of us support the leadership and our purpose by continuing to be or becoming members who do things and tell the stories of how God is at work in our good works
- *That while we engage in the good deeds which are bringing God's Kingdom more fully, we never lose sight of our First Love
- *For a strong, ongoing response to CORAC fundraising efforts
- *For those affected by Hurricane Ian as the clean up and rebuilding continue
- *That we embrace Charlie's call to "... stand together effectively, rather than just curse the darkness. Let us be the light to a world in darkness that many may find their way back to health and hope."
- *That each of us carves out time for 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 all the intentions carried in the hearts of CORAC members

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

Appendix

Print out a sheet of these cards and give one to every business that you transact with in cash.

I USED CASH TODAY FOR A REASON

To save this business money on credit card transaction fees
To give this business more control over their profits
To support my local community economy
To keep my purchases and location private
www.keepcashalive.com

I USED CASH TODAY FOR A REASON

To save this business money on credit card transaction fees
To give this business more control over their profits
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THE STAY-IN BIN

Most of us will stay at home in a crisis, so we don't need a Bug-out Bag; we need a Stay-in Bin. This is just the basics.

- ___ 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 and Advil PM
- ___ Lifestraw: water purification (also Katadyn or Sawyer)
- ___ Heavy duty Hefty bags: sanitation
- ___ Pocket knife or multi-tool
- ___ Duct tape: 101 uses
- ___ Tactical flashlight
- ___ Portable radio, AM/FM at least (crank style is good option)
- ___ Batteries
- ___ Sewing kit
- ___ Toilet paper, and torn-apart t-shirts for re-useable "sanitation cloths"
- ___ Plastic drop cloths: for catching rain, sealing gaps in doors and windows
- ___ Binder clips: modern man's answer to clothespins
- ___ Bleach: disinfectant, water purification
- ___ Lighter: for your portable stove, sterilizing needles
- ___ Cash: it may still have some value
- ___ Large storage bin: can be used with plastic sheet for rainwater collection

CORAC Newsletter

I do not ask to see the distant scene; one step enough for me.

October 17, 2022



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



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.

Keep It Simple

In order to maintain the illusion of control in times of great stress people tend to concoct elaborate explanations for why things have gone so wrong and to develop equally elaborate and grandiose schemes for how to set them right. All this accomplishes is to internalize a false narrative about what has happened while developing an elegant scenario for how to right it – a scenario doomed to failure from the start.

Peaceful times are like canoeing on a lake. You are in control and can steer wherever you want to go. Tumultuous times are like coming down a violently moving river and shooting the rapids. In the latter times, seeking absolute control is the most likely thing to cause you to capsize. What is important is your ability to see what you face as you face it, and to react to sudden obstacles with dispatch.

I'll be blunt. We are not in the position we are in because of an 800-year-old Masonic conspiracy or because of Vatican II or because of the Bilderbergs. People's minds always want to impute massive, coordinated machinations to powerful, shadowy groups that have spent decades or even centuries preparing and executing their nefarious plans. The simple truth is that this is the human condition. Faith and honor weather tribulation quite well – even growing stronger in the midst of it. It is peace and prosperity that is our Achilles' heel.

During tribulation, people eventually realize that things are too big for them and learn anew to rely on faith to sustain them. Though it is often to their surprise, they discover it works. In prolonged periods of peace and prosperity, ambitious second-rate minds are seduced into believing that they are the architects of it all – and kick God to the curb along with honor and humility. They are invariably shocked when they find that they do, indeed, reap what they sow.

There is an evil mastermind – the satan. Oh, how he delights in seducing those ambitious, second-rate minds into believing that they built the blessings God conferred. (The first fact-check was when the serpent, in the Garden of Eden, told Eve that contrary to what God said, she would NOT die if she ate of the forbidden fruit, but would instead become like God herself. After all these millennia, ambitious, second-raters are still falling for variations on the same theme. And they think themselves smart!)

Over the course of my life, I have been invited into a couple of those big, shadowy secret societies. On each occasion, I have had to struggle to keep from laughing out loud. They are not composed of masterminds, but of willful, scheming, vain mediocrities. They don't know that the only possible outcome of their intrigues is death.

Wisdom is to acknowledge God, see where you are, take the next right step to where you would like to be, and comfort those on the journey with you. Leave the rest to God. This is simple to describe, but brutally difficult for people to live in practice. We all want to know the inside scoop and feel like we are in control.

Keep it simple. Avoid delusions of grandeur and of heroic prowess. Do the little you can that is right in front of you for yourself, the people you love and the people you encounter along your way. When you keep it simple, you invite God to emerge and lead the way. Until you change and adopt the faith and trust of little children in following the Master, you are not

there yet. Keep it simple and, I tell you, God will emerge, He will reveal Himself, and He will rescue you even though you walk through the valley of death.

Acknowledge God, take the next right step, and be a sign of hope to those around you. That really is the sum total of my philosophy. The rest is just detail. Keep it simple.

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>

A SIGN OF HOPE BLOG

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

CHARLIE'S UPCOMING MEETINGS

<https://corac.co/meetings/#dates-and-details>

Immediatum Operam
Do these things immediately

Get to know your neighbors. Some suggestions here: <https://www.momtastic.com/home/173173-5-ways-to-get-to-know-your-neighbors/>

Prepare to vote. Do not vote early or by mail. Vote in person on November 8. It's our best hope to Defeat the Cheat



VOTE IN PERSON ON ELECTION DAY

Read here 7 steps we can take to save our country from election fraud: <https://www.thegatewaypundit.com/2022/10/2022-midterm-action-list-seven-steps-can-take-save-election-fraud/>

Action Items

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

- **Use cash.** Resist the digital economy that will make you manipulable. <https://globalwalkout.com/keepcashalive/>
- **Pray the rosary in a group publicly.** <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.** See the article at: <https://truthforsouls.com/2022/06/10/what-is-corac/>. Edit it for your own local area.

J6'ers

Justice could be coming for the political prisoners. Trump talks about them more lately, in terms of their being honest citizens with a grievance, rather than "insurrectionists" comparable to the Taliban. The truth will come out!

If you're not already writing to a prisoner, now would be a good time. Many of them are fatigued from the grind of being falsely accused, separated from the families, and even starved. You can bet they're looking forward to the mid-terms, when justice might finally come their way, but despair can strike in the last few miles of the race. Keep supporting these folks.

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

<https://americangulag.org>

<https://www.patriotfreedomproject.com>

<https://patriotmailproject.com>

One of the best thing you can send, besides prayers, are puzzles. Try these sites for printable games you can send.

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

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

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

CORAC Field Day

Join Region 8 for Field Day on November 5.

Charlie Johnston and Mother Miriam of the Lamb of God will speak, and a dozen or so presenters will help us learn some essential homesteading skills.

Details and registration here: <https://coracregion8.ticketleap.com/field-day/>

Price goes up Oct. 20, so register soon!



Health & Wellness

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

See the webpage for foraging, homeopathy and general health instruction.

FLU SHOT

It's an open question, what's actually in the flu shots this year. I have tried to find a definitive answer, but the big pharmaceutical companies shun transparency, as we have seen by Pfizer hoarding the damning trial data on the covid shot. We may not know for years what is in this year's flu shot, but it's not worth the risk for low efficacy. Some years in the recent past have even shown negative efficacy, which means more people are getting sicker after the shot.

<https://www.conservativereview.com/horowitz-the-bio-weaponization-of-the-flu-shots-2658404994.html>

ANTIBIOTICS IN A PINCH

You can receive antibiotics ahead of need by filling out a medical questionnaire online at Jase Medical. It will be reviewed for any obvious contra-indications. After approval, you receive 5 commonly-used antibiotics (amoxicillin, azithromycin, ciprofloxacin, doxycycline, and metronidazole.) You can also get an advance supply of prescriptions you are currently taking. They will not be paid by insurance or Medicare. <https://jasemedical.com>

Survival Skills and Sustainable Living

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

HOMESTEADING

It's not just us... there is a whole movement afoot to learn homesteading skills before we become the first generation who has no idea how to bring a crop to harvest, make a garment by hand, or preserve food for the winter. When we begin to live more independently, it becomes clear that God has provided for us, in so many ways, through His creation. Rain waters the plants, rises to the clouds, runs to the sea and comes back to us as rain. Ivermectin was a lowly micro-organism found in the soil of Japan. The coffee that brings joy to our mornings goes into the compost bin to enrich our gardens. Homesteading skills insert us back into the cycle of God's providence, making us aware that He has designed this world for our good.

Here are a couple of sites that are going in that direction. Neither has been fully fleshed out yet, but keep an eye out for them.

<https://catholichomesteader.com>

<https://catholiclandmovement.info>

FOR THE MEN

This article is about working with your hands, and how essential that is, especially for men, because of their hard-wired design.

<https://catholicgentleman.com/2022/08/put-your-hands-to-work/>

This website, overall, has a treasury of great stuff for “Catholic Gentlemen.” <https://catholicgentleman.com>

LETTER FROM A PARISH PRIEST ON THE NEED FOR PREPAREDNESS

It's a blessed parish that has a priest willing to recognize what's going on in the wider world, and to urge his parishioners to be ready. His letter includes an assessment of the probability of upheaval based solely on objective facts, spiritual preparation and material preparation, as well. The complete text is in the **Appendix**, in English and Spanish.

MULTI-USE PLANTS

Just as it's handy to have multi-use products in the house, like baking soda, multi-use plants are good to have in your healing garden. A few plants provide a wide array of uses. Read the whole article here: https://www.survivopedia.com/holistic-plants-for-your-garden/?utm_source=newsletter&utm_medium=email&utm_campaign=content100722&utm_content=linktext

Aloe Vera

sunburn, other burns, cuts, acne, anal fissures, and minor skin infections, improves oral hygiene

Chamomile

relaxant for anxiety or sleep difficulty, heals wounds, treats inflammation and skin irritations, and diaper rash.

Calendula

skin irritations, wounds, and burns. Ingested, it can help detoxify the body and heal the gut, gastritis, ulcers, and colitis; antibiotic and anti-inflammatory properties,

Ginger

aids digestion, anti-inflammatory, antioxidant, and antiviral properties, nausea, joint pains, enhances the digestive processes, soothes a sore throat, fights flu and colds. May help reduce risk of cancer, diabetes, and asthma.

Peppermint

fight nausea, antimicrobial and antiseptic, soothe headaches, sore throat, cough, and colds.

Holy Basil

help lower blood sugar levels, fight inflammation and bacteria, help soothe a cough, treat diabetes, reduce fevers, soothe asthma, and ease digestive issues.

Lavender

scent can help treat depression, anxiety, stress, headaches, and insomnia. Topically, it can help ease itchy skin, especially on the scalp. Lavender also has antiviral and antibacterial properties.

Garlic

reduce the risk of heart disease, fight inflammation, prevent cancer, and get rid of bacteria, possibly reduce blood pressure and cholesterol levels, inhibits growth of Salmonella, E. coli, Pseudomonas, and Staph.

Hawthorn

bark can help fight fevers, diuretic, and antispasmodic, fight heart disease by helping treat cardiac weakness, spasms, and murmurs, also sedative for nervous system, help balance blood pressure.

RENEWABLE SOURCES OF PROTEIN

You can put by pouches of tuna and bags of beef jerky, but when that is gone... what? Our gardens will replenish carbohydrates, but we need animals to replenish protein. Poultry is perhaps the easiest answer; first you get the eggs, and then you get the chicken dinner! Find out more about raising chickens:

<https://thefrugalchicken.com/category/our-animals/chickens/>

<https://www.backyardchickens.com/forums/>

TESTING SOIL pH

Most plants will grow in soil of neutral pH, with a value between 6.0 and 7.5, but some plants will thrive only in a more particular range. You can easily test your soil using a commercial kit, for precise results.

If you just want a general idea, try this:

- Dig a soil sample from 4-6 inches deep and remove debris
- Put 1 cup of soil in each of 2 glass jars
- Add enough *distilled* water to each jar to make mud
- Add ½ cup vinegar to one jar
- If the soil fizzes or bubbles, you have alkaline soil.
- Add ½ cup baking soda to the other, and mix
- If the soil fizzes or bubbles, you have acidic soil.



This is a quick and easy test, and a chemistry lesson for kids, too! (The bubbling and fizzing is the result of the acid neutralizing the base, and vice versa.) It is actually more of a fun science project than a precise gardening tool. To find how exactly *how* acidic or base your soil is, you need a testing kit. You can pick them up at Walmart, Lowe's or your garden center, as well as online.

Acidic soil (around 5.5 pH) – add pine needles, sphagnum peat moss, acidic fertilizers to the soil. Contrary to popular belief, coffee grounds are not the best option, as it requires masses of them to make any difference. I have a friend who's made a deal with the local coffee shop. He takes a bucket once a week, they fill it with grounds, and he trades it out for a fresh bucket each Friday. If you are just using your household grounds, it's better to add them to your compost, rather than relying on them for acidifying soil.

<https://www.thespruce.com/methods-to-make-soil-more-acidic-3269735>

Azaleas, Begonias, Hydrangeas. Blueberries, Elderberries, Parsley, Potatoes, Radishes

Alkaline soil (above 7 pH) – add wood ashes or baking soda to the soil

Wood ashes – 1 lb per 50 sq ft of soil, spread on surface, water well, taking care not to affect acid-loving plants nearby

Baking soda – 1 Tbsp per gallon of water, only applying once every few months

<https://drecampbell.com/plants-that-like-alkaline-soil/>

Thyme, Fennel, Oregano, Goji berry, Aloe Vera, Lavender

<https://www.thespruce.com/do-it-yourself-soil-ph-test-4125833>

COUNTY EXTENSION SERVICES

There are agricultural extension services in most counties that have resources for serious gardeners. If you already know your local extension agents, they can help with soil testing and other questions. However, the drive by the USDA to collect a database of gardens makes me slightly wary; the "People's Garden" initiative sounds like a page from a dystopian novel. To the extent that a local service is funded by the USDA, I would be cautious with your personal information.

NON-LETHAL SELF-DEFENSE

Byrna Launchers look like firearms, but are non-lethal self-defense devices that launch a pellet with a chemical irritant. They don't have to be registered, and cost in the range of an inexpensive pistol. Check them out here: <https://byrna.com>

Communications

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

NEW CORAC COMMS HELPLINE

The CORAC Comms Team invites member to join the Helpline Signal group. This group was created to share information and answer questions about radios and procedures used in emergency communications. Members of the CORAC Comm team will provide support. Anyone with the Signal link can join and post. If you do not already have access to Signal on your phone and PC or Mac, go to: <https://www.signal.org/download/> or install from the App Store on your device.

Once Signal has been installed, you can access the CORAC Comms Helpline Signal group by clicking here:

<https://signal.group/#CjQKIPmxm16iRQckmRDCr2nVnDjub-yKurb-W6waogOLW3FEhCIDyR6NIYOXmedIuUl3Xis>

There are already 83 members, including the whole national Comm team. That is a wealth of information!

GENERAL MOBILE RADIO SERVICE – GMRS

The CORAC Communications team has agreed that for the majority of CORAC members, General Mobile Radio Service (GMRS) is the best radio technology to use to help you stay connected to your family in an emergency. Why? Because there is no exam and one license covers an entire family for only \$35, and GMRS radios are simpler than ham (amateur) radios.

You can create an emergency communications (EmComm) plan and explain to your family how and when to use the radios. GMRS radios operate on different frequencies/bands and the FCC applies different regulations than ham radios. With a ham radio license, you are allowed to transmit (talk) on ham frequencies/bands, but you must still have the specific GMRS license to operate on GMRS.

So why get a ham radio license if you only want to use GMRS? If you do, you will have a much better understanding of basic electronics, radio components, signal propagation, regulations, and many other important radio topics.

We encourage you to read the enclosed file, CORAC EmComm Using GMRS Radios, to learn more. (**SEE APPENDIX** or download the PDF from the website here: <https://corac.co/2022/10/09/how-to-create-an-emergency-plan-using-gmrs-radios/>) The document emphasizes handhelds as the quickest and least expensive way to begin using GMRS, but we are working on GMRS base station guidelines for those who want to invest in technology to increase the range of their signal. We will let you know when the new GMRS base station document is available.

Education

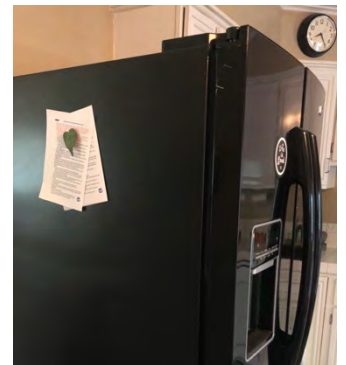
<https://corac.co/education-team/>

If you're a homeschooler or considering it, you'll enjoy the Homeschooling Stories being posted on this page. New content: Your child's learning style: <https://corac.co/2022/10/14/learning-styles/>

Crisis Scenarios

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

The team has provided PDF checklists for [power outages](#) and [civil unrest](#). Go print them out and post them on your refrigerator. Most of the steps are common sense, but in a crisis situation, you may be glad to be reminded. When we are under stress, our faculties can be temporarily impaired, and a checklist is a good way to restore order in the mind and proceed from one step to the next.



TAKING CARE OF YOURSELF

Lt. Col. Kirby Bowling, of Region 3, recently gave a presentation at a Health Freedom event in Annapolis, MD, entitled "Taking Care of Yourself in Turbulent Times."

Watch here: <https://corac.co/2022/09/23/taking-care-of-yourself-in-turbulent-times/>

Other Items Of Interest

TWO LIGHTS OF THE CHURCH MEET

Last week, Mother Miriam hosted Bishop Athanasius Schneider on her daily podcast. Two wonderful examples of bold Catholic faith talk about the crisis in the Church.

<https://www.lifesitenews.com/episodes/bishop-schneider-joins-mother-miriam-to-discuss-the-crisis-in-the-church/>



THE ENERGY CRISIS IN EUROPE

Americans have an opportunity to observe what destruction may be wrought by short-sided energy policies, as Europe commits suicide with those same policies. Here's what we need to know: <https://catholicvote.org/what-americans-need-to-know-about-europes-energy-crisis/>

DURHAM DELIVERS

The greatly anticipated trial of Ivan Danchenko is proceeding in Washington, and Special Counsel John Durham does not disappoint. It is now in the record that the FBI offered (our) money to Christopher Steele to validate the Trump Dossier. That is treason, a capital offense. Whether or not Danchenko is convicted, that evidence is now on record, and Durham can go up the line with it. Follow the trial through these sources:

Technofog: <https://technofog.substack.com>

Badlands Media: <https://badlands.substack.com>

VAXX CONVERSION STORY

Dr. Michael Turner is a highly-credentialed physician who has had his own personal awakening about the vaxx. Read his story. It might be a good tool to help red-pill friends and family. <https://drturner.substack.com/p/losing-my-vaccine-religion-a-doctors>

REAL ANTHONY FAUCI MOVIE

Robert Kennedy Jr.'s book, "The Real Anthony Fauci" laid out vast, documented facts about the unsavory character of the despicable Fauci. The book was effectively suppressed by the Thought Police. Now they've made a movie exposing the truth about the whole corrupted mess that public health has become, with Fauci as the lead villain. It will be released for free this Tuesday, October 18. None of the Big Boys want to touch it for distribution, so go to the website, watch the movie and decide if you want to pay it forward. <https://www.therealanthonyfaucimovie.com/trailer/>

TRUMP ADDRESSES THE UNSELECT COMMITTEE

Trump sent a letter to the J6 Committee, expressing much of what has frustrated and angered all of us for the last two years, as we watched innocent people have their lives ruined for political show. His language was contained (for him). It's surely a sign of hope. Download the letter to read here: <https://www.simonparkes.org/post/donald-j-trump-october-13-2022>

COVID EMERGENCY

Despite the fact that Biden announced to the world on television that the pandemic was over, he renewed the "public health emergency" for 90 more days. Since that will cover the mid-term election in 22 days, such measures as mail-in ballots and dropboxes can be prolonged unnecessarily. It's some dirty dealing. There hasn't been an emergency for 18 months, if there ever was one. <https://www.foxnews.com/health/us-extends-covid-public-health-emergency-after-biden-declared-pandemic-over>

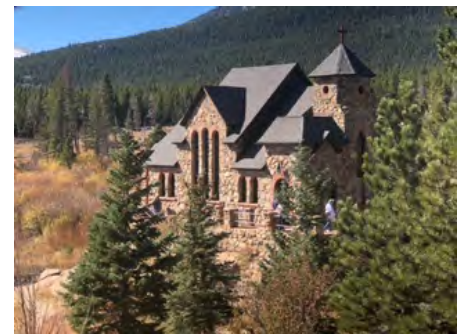
Regional News

REGION 12 - COLORADO & UTAH

On Friday October 7th, the Northern Colorado team hosted a dinner and the second of Charlie Johnston's talks this month during his Colorado stay. The next morning some 20 members journeyed with Charlie on a pilgrimage to Camp St. Malo and St. Catherine of Siena Chapel on the Rock at the foot of Mount Meeker at the front range of the Rocky Mountains. It has been a very special place for Charlie, and for many other visitors as well.

St. Malo has a century-long Catholic heritage in Colorado and was the site of a visit by St. Pope John Paul II during his trip to Denver for World Youth Day in 1973. Charlie later walked the same prayer path as the Holy Father many years later, during his own cross-country journey on foot.

On Saturday, following Mass, Dr. Lisa Van Bramer, the guardian of the traveling missionary image of Our Lady of Guadalupe in Colorado, spoke about the miraculous image and subsequent relics. The image was brought from New England, and is now on a two-month visitation throughout Colorado. Thereafter, the CORAC faithful processed with Our Lady across the sacred grounds, praying the Rosary, and resting for a time at the foot of Mt. Meeker.



Our morning concluded with Charlie greeting and thanking the CORAC pilgrims for their commitment and engagement this past year. This was his last day in the state before hitting the road again for Nebraska and parts east on his continuing road trip and great adventure to meet with CORAC members across the country.

The Missionary Images are actual 5' x 6' replicas of the original Miraculous Image left on St. Juan Diego's cloak (tilma). They were blessed at the Basilica of Our Lady of Guadalupe in Mexico by the Rector of the Basilica to bring conversions, reverence for life, sanctification of the family, and solidarity of the Church in America. They have journeyed on Visitations in the New Evangelization throughout the world. The Images have visited each state of the United States in over one thousand parishes, and have been brought to both abortion clinics and pro-life pregnancy support resource centers. There have been thousands of Masses, Confessions, hours of adoration of the Blessed Sacrament, and Rosaries in the presence of the Images. Many signs, wonders, conversions, healings, reconciliations, and graces are reported. For additional detailed information about Our Lady of Guadalupe and these images, see Appendix.

Prayer

<https://corac.co/category/prayer-teams/> See the webpage for the Catechism series and other prayer topics.

GOD DOESN'T TALK TO ME

Simple steps to take so that you receive what the Holy Spirit wants to speak to you: <https://www.catholiceasttexas.online/god-doesnt-talk-to-me-how-to-learn-to-listen-to-the-holy-spirit-speaking-in-your-life/>

OCTOBER PRAYER INTENTIONS

Please keep these intentions in your daily prayers:

- *For CORAC members, that those who are already active be sustained and infused with renewed vigor and that ALL of us support the leadership and our purpose by continuing to be or becoming members who do things and tell the stories of how God is at work in our good works
- *That while we engage in the good deeds which are bringing God's Kingdom more fully, we never lose sight of our First Love
- *For a strong, ongoing response to CORAC fundraising efforts
- *For those affected by Hurricane Ian as the clean up and rebuilding continue
- *That we embrace Charlie's call to "... stand together effectively, rather than just curse the darkness. Let us be the light to a world in darkness that many may find their way back to health and hope."
- *That each of us carves out time for 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 all the intentions carried in the hearts of CORAC members

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

Appendix

A letter from a parish priest to his flock last week:

I. Throughout history, God and His Saints have given messages which, while not requiring the assent of faith, have been shown to be authentic. These have more frequently indicated that a major societal upheaval and tribulation (not the second coming of our Blessed Lord, of which we know not the day nor the hour!) are at hand. But one could discern this without any private revelation – an awareness of who is behind our financial-governmental systems is enough to realize that the best interest of the average person is not the priority of those in power and that our economic/digital network is extremely fragile. Being **prepared** for some kind of social upheaval is merely prudent.

II. Spiritual preparedness is far more important than material, of course! If you do not believe, then please ask for the gift of Faith and investigate the Christian Religion as found in its completeness in the Holy Catholic Faith. If you believe but are not yet baptized, please seek instruction for Baptism. If you are baptized but do not regularly participate in the other Sacraments, especially Confession and the Holy Eucharist, please prepare well and do so! God has promised pardon for our repentance but not tomorrow for your repentance! We know not the day nor the hour! (St. Matthew 24: 36)

I particularly recommend a good general confession, confessing all your sins from your past, especially those that you are not sure that you have confessed (even if you no longer feel bad for them!).

We should also have those tokens which Heaven has given us for our aid, *sacramentals* – exorcised/blessed salt, water, and (olive) oil; Medals (Miraculous Medal, Cross of St. Benedict), Icons, Rosary, Scapular, etc.

III. We should not, however, neglect the **material** preparations. We have no idea exactly what form this probably upheaval will take, and so it is impossible to prepare for every contingency. However, we should assume that any service you do not provide for yourself will be unavailable:

Fuel – never have less than ½ tank of gas; store some fuel and also replacement engine oil, wiper fluid, etc.

Electronics – do not rely on having your phones or computers; have landline numbers for those with whom you want to be in touch; have physical copies of things you rely on apps for.

Books/Education – spiritual/Religious, medical (e.g. first aid), horticultural, survival, academic, cultural/recreational, among others!

Food – have a supply of easily-preserved food for yourself and your family (beans, rice, canned goods, emergency rations); plant what you can in a garden; have a store of salt and herbs.

Water – have a supply of both potable and non-potable water.

Candles – have a supply of candles (at least a few 100% beeswax) and other heat/light sources in storage.

Medical – it would be good to have a trauma-level first aid kit (and know how to use it!).

Caveat: While we need to be prepared, neither should we hoard. We need to have what we need to support ourselves and those who depend on us. To have more is good, if we do so in order to help those who were not able to or did not know to prepare!

IV. Regardless of what happens or how much we prepare, the world is our ship, not our home (St. Therese of Lisieux). We cannot prepare for all contingencies, nor should we expect to. Do what you can and pray for what you cannot - **surrender** everything in the hands of Divine Providence. Please be especially mindful of the young – teach them how to surrender, to not be anxious about difficulties in this passing world (St. Matthew 6: 25 et seq.). “O Jesus, I surrender myself (my family, etc.) to You completely, take care of everything!”



How to Create an Emergency Communications Plan Using GMRS Radios

The purpose of this document is to provide guidelines to create a plan for local emergency communications using General Mobile Radio Service (GMRS) radios. We recommend that you print this document and the webpages referenced, purchase your radios, and begin to practice with them as soon as possible. It is also wise to take notes on any videos you watch. An index is provided on page 6.



Figure 1: GMRS radios can help you stay in touch with family and friends during an emergency.

Important: We explain why GMRS is a good option for many people, however, learning to use radio technology is by nature a very self-directed effort. Unlike cell and landline phones, there are no technical support groups to call about programming or using your radios. Further, GMRS radios are not considered ham (amateur) radios because they operate on different frequencies and under different Federal Communications Commission (FCC) regulations; therefore, most ham radio clubs do not directly support GMRS. Please carefully consider these factors before you purchase radios.

Q: Why should I have an emergency communications plan that includes radios?

In the event of local or regional power, phone and/or Internet outages, you may find it impossible to reach your family and friends. An emergency radio communications plan that you have prepared in advance can help you reconnect with your loved ones to request assistance or check on their status. There are distance limitations that depend on many factors. (See sections J & M.)

A. How can I prepare an emergency communications plan? Review this entire document, then:

1. Create a list of the people you will want to contact when an emergency occurs. These people should be within a few miles of your location. (See section M.) Give each person a GMRS radio and a copy of your plan. People who are not covered by your family license should obtain their own license. (See sections E & F.)
2. Identify a channel for members to monitor, such as 16. You should also identify a secondary channel if the primary channel is busy with someone else's conversation.
3. Identify specific time(s) to monitor and transmit/talk (such as, every *X* hours starting at *Y* pm, monitor your (primary) channel *Z* for five minutes. Having prearranged call times enables you to turn off your handset and preserve the batteries.
4. Program the radios beforehand. For family members, you can place a sticker on each one with the FCC callsign you receive with your GMRS license.
5. Print out your plan, including contact names, primary and secondary channels, and timeslots to use in an emergency. Laminate the plan and give it to each contact. Ensure each person also has printed instructions on how to use the radio.
6. Assess your plan by trying it out. Tell your contacts to 'meet' you at a specific time on a specific channel. Take turns speaking into the radios. Make note of whom you can reach and where you are when you do so. Even using repeaters, some people will be beyond your radio's range.
7. Encourage everyone to continue practicing with their radio, and to place it where they can easily reach it in an emergency.

For more information on how to create an emergency communications plan, go to:

- *How To Make a Family And Group Emergency Radio Communications Plan – Livestream*
<https://youtu.be/T9J0VukHr6c?t=860> (Start at 14:20.)

- *Emergency Communication Preparedness - An Introduction*

<https://youtu.be/NGD7Mr7-2tg?t=19>

- *A Prepper's Guide to Communicating in an Emergency* <https://theprovidentprepper.org/a-preppers-guide-to-communicating-in-an-emergency/>

A note about privacy: Conversations on radio channels/frequencies are not private, so be cautious about sharing information because others may be listening in without your knowledge. Also, it is unlawful for unauthorized persons to use encryption.

B. What is General Mobile Radio Service (GMRS)?

GMRS is a licensed radio service for short-distance, two-way voice communications. If you walk into a department store and purchase a walkie-talkie, you purchased a GMRS or FRS radio. GMRS frequencies operate in the UHF range which perform better in wooded environments, around town, or any situation where there are obstructions. You are required to obtain a license to transmit on a GMRS radio. It is primarily for family members to communicate to each other, or other licensed users to talk to each other.

Source: <https://oregongmrs.com/gmrs-faq/>

The General Mobile Radio Service (GMRS) is a licensed radio service that uses channels around (the frequencies of) 462 MHz and 467 MHz. The most common use of GMRS channels is for short-distance, two-way voice communications using hand-held radios, mobile radios, and repeater systems. Each licensee manages a system consisting of one or more transmitting units (stations.) None of the GMRS channels are assigned for the exclusive use of any system. You must cooperate in the selection and use of the channels to make the most effective use of them and to reduce the possibility of interference. Normally, you and your family members would communicate between yourselves directly or through a repeater station. Source:

<https://www.fcc.gov/wireless/bureau-divisions/mobility-division/general-mobile-radio-service-gmrs>

You can find more information here: https://en.wikipedia.org/wiki/General_Mobile_Radio_Service

C. Why should I choose GMRS (General Mobile Radio Service) radios?

The CORAC Communications team recommends GMRS as an alternative technology to connect families when phones and the Internet are unavailable. GMRS radios:

- Are able to connect people within one to 25 or more miles of each other (see section M);
- Require no exam to obtain a license for the whole family, and the license is inexpensive (now only \$35);
- Have a shorter learning curve compared to UHF/VHF ham (amateur) radios and other options; and
- Operate at higher power and with a longer range compared to Family Radio Service (FRS) radios, while still being compatible with them.

Please review the chart on slide 11 of the CORAC Communications Team presentation on radio basics for an excellent overview of radio technologies and to make sure GMRS is right for you: <https://corac.co/wp-content/uploads/2021/06/Conference-Communications-Presentation.pdf>

Handheld GMRS radios are the smallest, most portable, and cost-effective among the GMRS model types, therefore you may want to start with handheld radios. However, if you are more than ten miles away from GMRS repeaters (see section J) you may want to purchase a base station GMRS radio and a better antenna, rather than a handheld model.

Most Powerful 10 Best GMRS Base Station Radio 2022 (includes handheld, mobile and base models)

<https://www.radio4all.org/best-gmrs-base-station/>

Mobile and Handheld radios <https://www.4wheelparts.com/the-dirt/rugged-gmrs-mobile-and-handheld-radios-solve-all-your-communication-issues/>

D. Why do I need a GMRS license, and how do I get one?

The FCC requires you to have a GMRS license to regulate the frequencies that are used by two-way radios. Before operating a GMRS radio, a consumer must have a valid license. Any radio using the shared FRS/GMRS frequencies that is able to transmit above 2 Watts of power was reclassified as GMRS only after the recent [FCC Changes](#) in September 2017. GMRS licenses are authorized to those 18 years and

older by the FCC. The cost was recently reduced to \$35. You can learn how to get your license here: <https://midlandusa.com/why-do-i-need-a-gmrs-license-how-do-i-get-it/>

E. With whom may I share my license?

Your family members may operate under your GMRS license. The family members are defined as spouse, children, grandchildren, stepchildren, parents, grandparents, stepparents, brothers, sisters, aunts, uncles, nieces, nephews, and in-laws.

F. What radio should I choose?

GMRS radios are available in handheld, mobile, base, and repeater models. Most people purchase handheld models when they start out due to their low cost, portability, and simplicity. Be sure to compare features and prices and check to **sure that the radio is certified by the FCC for use on GMRS frequencies.** (Most VHF/UHF amateur radios *cannot* legally be used for GMRS.) We recommend that you purchase at least two radios for yourself, plus additional units to share. Consider buying extra batteries, and a headset for comfort. Here’s a partial list of possible GMRS radio options:

- **BTech GMRS-V2** <https://baofengtech.com/new-release-btech-gmrs-v2/>
- **Midland GXT1000VP4** <https://midlandusa.com/products/gxt1000vp4>
- **Best GMRS Handheld Radio 2022 | GMRS Radios Compared** <https://www.youtube.com/watch?v=MOO6jL0duCk>



Figure 3: With the BTech GMRS-V2, you can quickly add or edit up to 200 GMRS or NOAA channels.

Most
make



Figure 2: Midland GXT1000VP4 GMRS radios are packaged with rechargeable batteries but can also use four AA batteries.

G. Can I use Baofeng UV-5R and Baofeng BF-F8HP radios on GMRS channels?

NO, the FCC prohibits the use Baofeng UV-5R and Baofeng BF-F8 HP radios on GMRS channels/ bands, even if you have a GMRS license or a ham radio license. These two VHF/UHF radios can only be used by licensed ham radio operators on the ham VHF/UHF bands, not the GMRS bands.

H. What channels are available on GMRS radios?

GMRS radios have twenty-two channels, which are pre-assigned and pre-programmed shortcuts to radio frequencies. Here’s a link to a list of the channels with their associated frequencies: <https://www.cert-la.com/downloads/radio/FRS-GMRS-Frequency-Chart.pdf>

You can also program frequencies associated with local repeaters and services such as the National Oceanic and Atmospheric Administration (NOAA) for weather. <https://midlandusa.com/blogs/blog/noaa-frequencies-use-your-radio-to-hear-weather-broadcasts>

Loc	Frequency	Name	Loc	Frequency	Name	Loc	Frequency	Name
0	462.562500	GMRS 1	7	462.550000	GMRS 15	15	462.550000	550 Rpt
1	462.587500	GMRS 2	8	462.575000	GMRS 16	16	462.575000	575 Rpt
2	462.612500	GMRS 3	9	462.600000	GMRS 17	17	462.600000	600 Rpt
3	462.637500	GMRS 4	10	462.625000	GMRS 18	18	462.625000	625 Rpt
4	462.662500	GMRS 5	11	462.650000	GMRS 19	19	462.650000	650 Rpt
5	462.687500	GMRS 6	12	462.675000	GMRS 20	20	462.675000	675 Rpt
6	462.712500	GMRS 7	13	462.700000	GMRS 21	21	462.700000	700 Rpt
			14	462.725000	GMRS 22	22	462.725000	725 Rpt

Figure 4: GMRS channels are assigned to specific frequencies.

I. What are repeaters and why do I need them?

A repeater is a radio system that receives a signal and re-transmits it at another frequency in real-time, enabling your signal to reach people at a greater distance. You can look up GMRS repeater lists on the Repeater Book website. A 10-mile radius is a good place to start when you are identifying which repeaters to program into your radio. Repeaters are privately owned and the FCC rules do not allow an owner to charge for services. However, service can be restricted to members who donate to the repeaters upkeep. Most are open with no fee for all licensed users. You can find GMRS repeaters here:

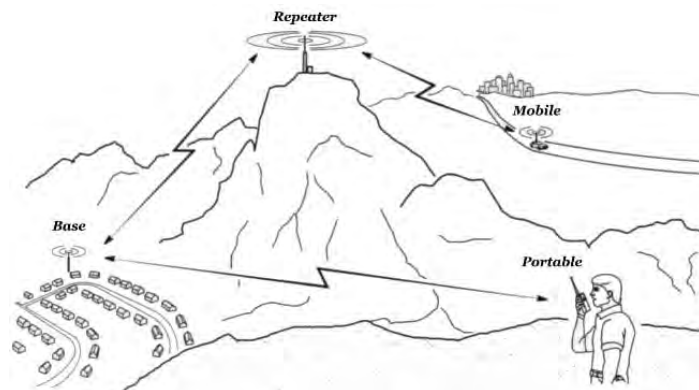


Figure 5: GMRS communications can include portable (handheld), base, repeater, and mobile stations. Using repeaters can help your radio signal travel farther. Image source: <https://www.onpointpreparedness.net/>

https://www.repeaterbook.com/gmrs/index.php?state_id=none

To learn more, please review this video: *How To Use A GMRS Repeater - How To Find A Repeater, AND GMRS Repeater Rules AND Etiquette* <https://www.youtube.com/watch?v=KLWxwwzXXcc>

J. How do I program repeaters on my radio?

Programming instructions are specific to your radio, so please refer to the user guide. This video may also be helpful: *How To Program A GMRS Repeater On Your GMRS Walkie-Talkie - Step by Step How To Connect A Repeater* <https://www.youtube.com/watch?v=kxbl2g4E7KU>

K. How can I learn how to use my radio?

We recommend that you refer to the user guide and any webpages or videos that apply to the radios you have selected to learn how to use them. Be sure to print out pages and take notes. If you have Midland radios, you can view this video: *How to Set Up Your Midland Walkies:* <https://www.youtube.com/watch?v=A-7ArQRKNcE>

L. How far can my radio signal reach?

The distance your radio signal will reach will depend on many factors, including the quality and specifications of the radio, the antenna, whether two radios are within line of sight of each other or if obstacles such as buildings or mountains are in between, and whether repeaters are used. In general, the range may be anywhere from one to twenty-five miles or more, but there are no guarantees. You will need to test the radios at the specific locations where they will be used to gain the best understanding of how far your signal will reach. See also *GMRS Radio Range Chart:* https://www.buywowayradios.com/blog/2016/12/gmrs_radio_range_chart.html



Figure 6: Your signal will reach farther if there are no hills or tall buildings between you and your contact.

M. What happens if the channel I have chosen is busy with someone else's conversation?

You can agree in advance that you and your contacts will move to a secondary channel if your primary channel is busy, as noted in your emergency communications plan.

O. Why do I need to practice with my radio?

Imagine what would happen if you did not practice with your radios before you find yourself suddenly in the dark after a major storm. The power is out for three days, and you do not know when it will be back on. Your cell and landline phones are not working, nor is the Internet. How are you going to find out what is going on with your family members? You can take your radio out of the box, but do you know how to reach someone, and when? How will you know if anyone is listening at that time? Your options will be extremely limited. Having an emergency communications plan, sharing it with your contacts, and practicing with your radios will give you much more confidence and peace of mind when other communications technologies fail.

P. How can I keep my radio batteries charged during a power outage?



Figure 7: A power station with a solar panel can provide backup power to recharge the batteries in handheld radios and other small electronic devices. Brand shown: Bluetti

Handheld devices are usually sold with a charging station and power cord to recharge the radio battery via an A/C outlet. When the power to your home goes out, you will need backup power, such as a power station containing a larger battery that you have kept fully charged. Many companies sell generators containing batteries that are charged via AC outlet, solar panel, or car port.

Q. What should I do if I need technical assistance with my radio?

Learning to use radios is by nature a very self-driven effort. Unlike cell and landline phones, there is no technical support group to call with questions about programming or using your phones. If a radio is broken and still under warranty, contact the manufacturer. If you purchased the radio from a radio outlet, you may be able to submit an inquiry at the outlet.

If you have specific questions that are not answered in this document, you can submit them to the CORAC Comms Helpline Signal group. If you do not already have access to Signal – Private Messenger on your phone and PC or Mac, go to: <https://www.signal.org/download/> Once Signal has been installed, you can access the CORAC Comms Helpline Signal group by clicking here: <https://signal.group/#CjQKIPmxm16iRQckmRDCr2nVnDjub--yKurb-W6waogOLW3FEhCIDyR6NIYOXmedIuUI3XIs>

Q. Where can I find more information?

The internet is your best resource to learn about GMRS radios and emergency communications planning. Seek out answers to your radio questions on www.duckduckgo.com or YouTube. We urge you to print what you can and take notes. The *Ham Radio Crash Course YouTube* channel is a great place to learn more: <https://www.youtube.com/c/HamRadioCrashCourse/search?query=gmr>
Communicating with radios requires patience, experimentation, and persistence. May God bless you as you as you prepare your family’s emergency communications plan!

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The Story of Our Lady of Guadalupe^{1,2}

Our Lady of Guadalupe appeared in Mexico as the pregnant Mother of God to Saint Juan Diego, an Chichimeca Indian, on December 9, 10, and 12, 1531. She left a Miraculous Image of Her appearance on his cactus fiber cloak, (Tilma) which still exists today for all to see in the Basilica of Our Lady of Guadalupe in Mexico City.

Our Lady came to offer faith, hope and consolation to the oppressed natives of Mexico and to reconcile them with their Spanish rulers. She put an end to the bloody human sacrifice of the Aztecs and converted them to the Catholic faith.

The Aztecs practiced human sacrifice as an offering to their false gods. Hernando Cortes and the Spanish conquered and evangelized them.

After the conquest, the Spanish rule of the natives was so severe that a bloody revolt was imminent. Bishop Zummaraga prayed for Our Lady to intervene to prevent an uprising, to reconcile the Spanish and the natives and to bring peace. (He asked that he receive roses native to his homeland of Castile Spain as a sign that his prayer would be answered.)

On December 9, 1531, Our Lady appeared to Saint Juan Diego who was a recently converted Catholic. She asked him to go to the Bishop and request him to build a church for Her on the barren hill of Tepeyac which is now near Mexico City. Our Lady wanted to manifest Her Son and show Her merciful love to all of Her children. The prudent Bishop asked Juan to ask the Lady for a sign. Juan did so and Our Lady promised to give him the sign.

On December 12, Our Lady again appeared to Juan on Tepeyac Hill and told him to pick the Castilian roses which miraculously appeared there and bring them to the Bishop as a sign for him to believe Her request.

Juan gathered the roses into his tilma and brought them to the Bishop.

He opened the tilma to show them and, to everyone's astonishment, the Image of Our Lady appeared on it. The Bishop then built the church as Our Lady had requested and nine million natives were converted and baptized to the one, true faith within the next nine years. Human sacrifice ended in Mexico forever. Our Lady of Guadalupe, (which means Crusher of the serpent's head), brought the light of the true faith, (crushed the false gods of Mexico,) and established an era of peace.

The Image as Pictograph²

The Image of Our Lady is actually an Aztec Pictograph which was read and understood quickly by the Aztec Indians.

1. THE LADY STOOD IN FRONT OF THE SUN - She was greater than their dreaded sun-god "Huitzilopochtli".
2. HER FOOT RESTED ON THE CRESCENT MOON - She had clearly vanquished their foremost deity, the feather serpent "Quetzalcoatl".
3. THE STARS STREWN ACROSS THE MANTLE - She was greater than the stars of heaven which they worshipped. She was a virgin and the Queen of the heavens for Virgo rests over Her womb and the northern crown upon Her head. She appeared on December 12, 1531, for the stars that she wore are the constellation of stars that appeared in the sky that day!
4. THE BLUE GREEN HUE OF HER MANTLE - She was a Queen for she wears the color of royalty.
5. THE BLACK CROSS ON THE BROOCH AT HER NECK - Her God was that of the Spanish Missionaries, Jesus Christ Her Son.
6. THE BLACK BELT - She was with child for She wore the Aztec Maternity Belt.
7. THE FOUR-PETAL FLOWER OVER THE WOMB - She was the "Mother of God." The flower was a special symbol of life, movement and deity - the center of the universe.
8. HER HANDS ARE JOINED IN PRAYER - She was not God but clearly there was one greater than Her and she pointed Her finger to the cross on Her brooch.
9. THE DESIGN ON HER ROSE-COLORED GARMENT - She is the "Queen of the Earth," for she

is wearing a map of Mexico telling the Indians exactly where the apparition took place.

The Image and Science²

1. The image to this date, cannot be explained by science.
2. The image shows no sign of deterioration after 490 years! The tilma or cloak of Juan Diego on which the image of Our Lady has been imprinted, is a coarse fabric made from the threads of the maguey cactus. This fiber disintegrates within 20-60 years!
3. There is no under-sketch, no sizing and no protective over-varnish on the image.
4. Microscopic examination revealed that there were no brush strokes.
5. The image seems to increase in size and change colors due to an unknown property of the surface and substance of which it is made.
6. According to Kodak of Mexico, the image is smooth and feels like a modern-day photograph. (It was produced 300 years before the invention of photography.)
7. The image has consistently defied exact reproduction, whether by brush or camera.
8. Several images can be seen reflected in the eyes of the Virgin. It is believed to be the images of Juan Diego, Bishop Juan de Zummaraga, Juan Gonzales, the interpreter, and others.
9. The distortion and place of the images are identical to what is produced in the normal eye which is impossible to obtain on a flat surface.
10. The stars on Our Lady's Mantle coincide with the constellation in the sky on December 12, 1531. All who have scientifically examined the image of Our Lady over the centuries confess that its properties are absolutely unique and so inexplicable in human terms that the image can only be supernatural!

Music in the mantle of the Virgin of Guadalupe³

Hidden Music was discovered in the mantle of the Virgin of Guadalupe. The symphonic work is entitled, "Music in the mantle of the Virgin of Guadalupe." The work is based on the musical notes and melody found by Ojeda Llanes after nearly 23 years of research carried out on the mantle, stars and flowers of the Virgin of Guadalupe. "...the stars of the mantle are the

constellations of the sky at the time of its impregnation, as well as the position of Jupiter that morning and the symmetry of the flowers of the Guadalupano mantle proportionally represent the main hills and volcanoes of the orography of Mexico; If the whole image is in the golden ratio, then it has perfect symmetry, therefore it has music," he said.

The musical notes already expressed in a ruled notebook were placed in a musical computer program and the surprise was great, to hear a beautiful musical harmony that is definitely heavenly sound. In the apparitions, Saint Juan Diego reported hearing a beautiful melody, he indicated.

The Visitations of The Missionary Image of Our Lady of Guadalupe¹

The Missionary Images are actual (5' x 6') replicas of the original Miraculous Image of Our Lady which she left on St Juan Diego's cloak (tilma). They were blessed at the Basilica of Our Lady of Guadalupe in Mexico by the Rector of the Basilica to bring conversions, reverence for life, sanctity of the family and solidarity of the Church America. They have journeyed on Visitations in the New Evangelization throughout the world. The Images have visited each state of the United States in over one thousand parishes and have received the veneration of hundreds of thousands. There have been thousands of Masses, Confessions, hours of adoration of the Blessed Sacrament and Rosaries in the presence of the Images. Many signs, wonders, conversions, healings, reconciliations, and graces are reported.

Many abortions are prevented and over twenty abortion centers have closed through Our Lady's intercession by Her Missionary Image after Visitations to them.

The Guardian of the Missionary Images is Dan Lynch of St Albans, Vermont. Mr. Lynch is the Director of a nonprofit tax-exempt apostolate that coordinates the journey of the Images. He is a retired Judge of the State of Vermont, an author, public speaker and audio and video producer.

Text copied from the following sources:

¹The Missionary Image of Our Lady of Guadalupe (leaflet)

²Dan Lynch. "The Amazing Truth of Our Lady of Guadalupe." *Catholic Exchange* (December, 2002) <https://www.catholiceducation.org/en/culture/catholic-contributions/the-amazing-truth-of-our-lady-of-guadalupe.html>

³"Wow LISTEN to the Beautiful Music Hidden in the Mantle of Our Lady of Guadalupe" <http://www.catholicnewsworld.com/2021/12/wow-listen-to-beautiful-music-hidden-in.html>

FOR MORE INFO ABOUT THE 2022 COLORADO TOUR FROM AUGUST 19 THROUGH OCTOBER 24th GO TO: www.TriumphOfMary.org

CORAC Newsletter

Our Lady of fair love, give me perfect confidence in Thy Son.

November 1, 2022



18208 Preston Road Ste D9-552
Dallas TX 75252

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

This will be a Newsletter Lite, as we are well into a critical time between now and November 8. Momentous things will be decided by the mid-terms. DO NOT VOTE EARLY, as it enables cheating (if you don't understand how, watch "2000 Mules," and catch up with True the Vote.) There are already murmurings of diesel shortages, and scarcity of some antibiotics. Evidence of US biolabs doing gain-of-function work is being presented internationally. Deaths are being reported after the bivalent booster shot that was not tested on humans before its release. The game is well and truly on.

If our country was running a 26-mile marathon, we would be around mile 19. Whatever we have done or not done to prepare, the race is now live. The finish will demand a brave, determined effort, and it could still be lost in the last seven miles, but we've come a long way. Now we remain stouthearted, and trust in the Lord.

Sheryl Collmer, editor
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.

Our Hope: Locally Prepared, Heavenly Sourced

An old political bromide advises candidates that, "all politics is local." This is something it is far too easy for candidates, particularly those running for legislative seats, to forget. People love to yammer on about big, abstract issues while neglecting the more mundane, basic ones. People want to know how you are going to improve their lives.

The first Congressman I ever worked for was the late [Robert McClory](#) of Illinois. I drove him around, wrote some speeches for him and did some legislative work. We would kick around policy and strategy as we drove the district every weekend. McClory was something of a moderate, non-ideological Republican, book-ended by conservative firebrand Phil Crane to the southeast and progressive firebrand John Anderson to the west. It was a fairly conservative district. He taught me something important about how to maintain a solid re-elect margin in a district where you are a slightly uncomfortable fit. It was constituent service.

McClory was not a particularly harsh taskmaster, but there was one thing he was deadly on. Every one of us who worked with him were expected to have notepads and pens with us wherever we went. If a constituent had a problem we were expected to get all the details on it – and he focused like a laser on solving it. Most of them were related to social security, but it didn't matter to him what it was, including things that were not at all within a Congressman's purview. He figured folks needed someone to listen, to care, and to navigate the bureaucracy for them. If it was a state issue, he would contact the appropriate authority and stay on top of it until they had it resolved. If you bobbed a couple of constituent requests, you could go do something else. It worked. People loved him, even if they didn't love all his positions.

The late Chicago Mayor Richard J. Daley (the original) had a similar ethos. He like to say that, "good government is good politics, and good politics is good government." Daley gave operatives in the Chicago machine a lot of latitude, but he was adamant that basic services – garbage pickup, snow removal – be attended to with dispatch. A precinct captain that wasn't getting that done soon found himself outside looking in. For all the mythos about the Chicago machine, folks who lived in Chicago in those days knew that if you called your local precinct captain, you were going to get results – and quick results, to

boot. That was the primary foundation of the Daley machine. Of course, those days are long gone and Chicagoans still vote reflexively Democrat even as the city sinks beneath a tide of violence and debris.

As we go forward with CORAC, I want more and more emphasis placed on local action. We have set forth our religious and philosophical aims with clarity. We have set up a LOT of committees helping people with health and wellness, sustainability, communications, prayer, emergency preparedness and such. Now we need CORAC members everywhere to see themselves as ambassadors – or old-style precinct captains; people who watch for problems and help their neighbors to solve them.

I want, in the coming year, for CORAC members across the land to make contact with your local priests, pastors and rabbis. Find out where the needs are. Get a team of volunteers together. If there is an elderly couple needing some help with a home repair, get people from the team out to do it. If someone needs a ride into town occasionally, get someone to help. Some folks are just lonely. It would be nice to have people who could visit and chat, say a little prayer, have a cup of tea.

When I was a kid in elementary school, I loved visiting the old folks around the neighborhood. I'd make my weekly rounds. I was amazed at how glad they always were to see me. The Luckels always had a fresh batch of Brach's soft candy in a bowl set out for me. Mrs. Thompson always had tea and cookies out for me...and on and on. I thought it was cool how welcoming they were to me, just a little kid. And they had the greatest stories. Mrs. Thompson told me how her family had come to Illinois from back east in a covered wagon in the late 1800's. Can you imagine that? I was fascinated by them...and they liked me. It was not until after I was grown that I understood that they were both kind – and lonely. It was nice to realize that the joy they gave me by their kindness also gave them joy by my interest and lively questions and conversation.

What we are about, more than anything else, is knitting together anew the fabric of a healthy society. That is accomplished by being there for a multitude of little things. It is a kind of pointillistic painting, a whole series of tiny encounters and kindnesses coming together to reveal a much larger pattern – the pattern of a healthy, loving society under God. It is not particularly glamorous and will not feed any delusions of grandeur. It is, however, incredibly joyful as the sphere of souls you love, and souls who love you back, continues to grow by leaps and bounds. It is the stuff that sustains people through whatever comes. Friends who care for each other are what makes the world go round.

So go forth. Let us be known far and wide as the people who do stuff...and may our tribe increase, under God, and with joyful resolve. Make friends who can count on you – and you will be able to count on them.

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>

A SIGN OF HOPE BLOG

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

CHARLIE'S UPCOMING MEETINGS

<https://corac.co/meetings/#dates-and-details>

Immediatum Operam
Do these things immediately

Do not vote early and certainly not by mail. Vote in person on November 8. It's our best hope to Defeat the Cheat.

VOTE IN PERSON ON ELECTION DAY

Action Items

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

- **Use cash.** Resist the digital economy that will make you manipulable. <https://globalwalkout.com/keepcashalive/>
- **Pray the rosary in a group publicly.** <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.** See the article at: <https://truthforsouls.com/2022/06/10/what-is-corac/>. Edit it for your own local area.

Health & Wellness

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

VAXXX

On October 20, when the CDC voted unanimously (over massive contrary public comments) to put the covid shot on the Childhood Vaccination Schedule, it was an obscenely indifferent move. Pfizer, Moderna and J&J required it, in order to hide behind the 1986 law that shields them from any legal liability. Now that their shots are listed on the schedule, they do not have to compensate anyone who is injured or killed by their product. It's a Get Out Of Jail Free card.

NATIONAL CHILDHOOD VACCINE INJURY ACT

Signed into law in 1986 in respect to the inherently risky nature of vaccines, this Act absolves manufacturers of legal liability for damage caused by vaccines.

No Vaccine manufacturer shall be liable in a civil action for damages arising from a vaccine-related injury or death associated with the administration of a vaccine after October 1, 1988, if the injury or death resulted from side effects that were unavoidable even though the vaccine was properly prepared and was accompanied by proper directions and warnings.

WHAT WE CAN DO ABOUT IT

To parents and grandparents all over this country, Dr. Robert Malone says, "Let's get planning!"
<https://rwmalonemd.substack.com/p/homeschooling-options-and-state-exemptions>

ANTIBIOTICS

A reminder about the mail-order antibiotics, as news goes out about the nationwide amoxicillin shortage. It is probably not the last Rx shortage; it might be wise to have some backup. See Jase Medical here: <https://jasemedical.com/home1>

Survival Skills and Sustainable Living

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

HOMEMADE FERTILIZERS

There are lots of nutrients for your garden in surprising places, like your wood fireplace, pasta water, and well, your urine. Now don't go right out and spray your garden; it must be dilute and you should be reasonably sure you have no infections, but it's interesting, in a Waterworld sort of way. Read about 13 different surprising fertilizers here:

https://thelostherbs.com/13-homemade-fertilizers-for-your-plants/?utm_source=newsletter&utm_medium=FGW&vgo_ee=amlU9qcaa4AZVrGdNpWkrg%3D%3D

Communications

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

Crisis Scenarios

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

Education

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

In states where the vaxxx mandates may go into effect again, more and more parents are going to choose to homeschool. Check out the homeschooling support resources on the website.

Prayer

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

Other Items Of Interest

THE VOTE

True the Vote is doing unprecedented work to restore election integrity. If the monumental task of fair elections is successful, it will be very much to the credit of Catherine Engelbrecht and Gregg Phillips. Keep up with their initiatives and news here:

<https://www.truethetvote.org/news/>

2000 MULES

“They thought we’d never find out. They were wrong.” If you missed “2000 Mules” when it was released earlier this year, watch it now. It’s an important film for every American. <https://dinesh.locals.com/post/2083099/2000-mules>

UNWANTED BOOSTERS

Dr. Peter McCullough: "The United States has bought enough boosters for nearly the entire country. We have drained our treasury dry; what are they going to do? They've bought all this product; it's going to be shipped to the pharmacies. Look at the data here. Nobody wants these. We are going to have the biggest tension. Are people going to be clobbered with mandates and pressure and coercion to take these untested products? Or is America going to have the wherewithal and the strength to say 'No more.'?"

US BIOWEAPONS LABS

The evidence is massive, historic and damning of the power elites of the West. <https://bioclandestine.substack.com/p/final-draft-on-us-biological-activity>

BIDEN LAPTOP

More massive, historic and damning evidence. *Marco Polo's Report* fully documents 459 crimes with evidence extending to 630 pages. It was sent last week to every US Senator and Representative, and every US Attorney in districts where the crimes were committed. You can read some summaries of it here, enough to get the gist. https://marcopolousa.substack.com/p/report-on-the-biden-laptop?utm_source=substack&utm_campaign=post_embed&utm_medium=web

J6'ERS

There is probably no one in America with greater hopes for the mid-terms than the J6 political prisoners. Keep up with their news here: <https://americangulag.org>

REGIONAL NEWS

In the last newsletter, **Ron Polomsky** wrote the beautiful article about the pilgrimage up Mount Meeker. My apologies for omitting the credit! If you have news particular to your region, please let me know. sherylc@coracusa.com

IT'S ABOUT THE CHILDREN

No one will talk about the horror that is child trafficking, but Lara Logan is putting it out there. I think she is on to something, no matter how many news organizations disavow her. If you get discouraged, just remember we are fighting a battle for children. <https://www.youtube.com/watch?v=SkWs9I1F4sM>

YOU WILL NOT WANT TO LIVE IN THE WORLD THEY WISH TO CREATE

This is an excerpt from a longer letter by Seth Keshel, Captain K, who has done yeoman's work on election integrity. There words are for every one of us:

When you reach the end (of your life,) it is too late to turn around and enter the fighting season and engage at the point in time in which you punted the proverbial football, hoping someone else would carry the banner.

Unless you are very old and very well off, *and* living in the right places, you will *not* be able to ride out this fight for our national survival. You will either commit to engagement and involvement as never before, or you will effectively surrender your terrain. You will be forced to care.

The enemies of liberty do not observe your holidays, your occasions, your need for "let's pick it back up in a month after holidays." They ram their beliefs and corrupt systems down your throat when you are enjoying milk and cookies by the fireplace.

If everyone with a heart for this nation and restoring her to her founding principles stands up, we will redeem this land. If we do not get maximum participation, we will fail and go the way of fallen empires written about for all time. Simply put, the cost of inaction is too great. *You* will not want to live in the world *they* wish to create.

Read the full letter here: https://skeshel.substack.com/p/you-will-not-want-to-live-in-the?utm_source=post-email-title&publication_id=798984&post_id=81709542&isFreemail=true&utm_medium=email

PRAYER INTENTIONS

*For all CORAC members, especially those going through tough trials

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

*For travel mercies for Charlie and blessings on his meetings and presentations

*That we embrace Charlie's CORAC Call to "Make Friends!" and that we fully put on the mindset that rejects any regimented schematics about what's going to happen and, instead, keep our eyes fixed on what actually does unfold, the better to focus on next right steps

*That each of us continues to carve out time for 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 all the intentions carried in the hearts of CORAC members

St. Gabriel, enlighten us.

St. Michael, defend us.

St. Raphael, protect us.

Ave Maria, Stella Maris!

CORAC Newsletter

"Do not let your hearts be troubled."

November 15, 2022



18208 Preston Road Ste D9-552
Dallas TX 75252

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

So much; there is so much going on. I hope everyone has found trustworthy sources of news (see Other Items section), which rules out all major networks, establishment print media and mainstream online platforms. Those who have held power for a long time, and incidentally grown obscenely rich while doing it, will say and do anything to keep us from taking it back. Be like the Church in your judgments: wait and see. Take it slowly. Many things are not what they first appear, because dedicated liars are managing the dissemination of news (propaganda.) If you haven't read George Orwell's *1984* as an adult, pick it up. It's a good roadmap to help you see what's coming if the powerful have their way. Be wise as serpents and innocent as doves.

Sheryl Collmer, editor
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.

Charlie's father, Charles Johnston, died on November 12. Please say a prayer for Charles Sr. and all his family. While the Johnston family is in mourning, I offer a reprise of a letter Charlie wrote earlier this year, **Proclaim the Kingdom**, originally published on July 25:

The only thing powerful enough to sustain a noble purpose until the end is love. Vanity won't do it: it withers when it is not noticed. Vengeance won't do it: it eats away at the heart until it has mutilated the soul. Greed won't do it: the more it gains the more it craves, until there is no room left for any purpose other than greed.

All the motivations encompassed by the seven deadly sins are focused inward: how can I satisfy myself? They eat away at the self even as they are exerted. Love looks outward: how can I care for those around me? This is the beginning of love.

St. Augustine said, "You Have made us for yourself, O Lord, and our hearts are restless until they rest in you." Some insightful men have paraphrased this to describe a hole in the heart that can only be filled by God. The deeper your love for God, the deeper your love for your fellows, and the more you will trust that God knows how to handle all things most efficiently.

Unlike the deadly sins then, which only make the hole in the heart bigger and more insatiable, when you fill that hole with God, you are both satiated and filled with purpose. You progressively lose that, 'what's in it for me' bug that the satan is always trying to inflame in you, and become consumed with keeping faith with God and, thus, your fellows - His people.

A noble parent will die eagerly to save his child. (And yes, I know to my sorrow, that some modern parents care little for their children except as fashion accessories). Expand the love you have for your children to as many of your fellows as you can and you tap into the unending source of fuel needed to endure all pains and surmount all obstacles in your quest for what is noble and what is true.

Everywhere I go, almost everyone I know is walking on eggshells, waiting for the bottom to fall out of the leaky tub we find ourselves in. Some get lost in the firehose of dysfunction that surrounds us, decrying each evil as if we could just end that one all would be well. It is like complaining that the faucet doesn't work when the house is ablaze: true as your outraged observation may be, it is not terribly relevant to the issue at hand.

Others get caught up in nostalgia, hoping that if we could just get back to some critical piece of the good old days, all would be well. That drives some of the enthusiasm for the Traditional Latin Mass, something I have a lot of sympathy for. The reality is that many of the most faithful Catholics adore the Latin Mass – and in growing numbers. But it is a self-selected group. People like to go to the Latin Mass because many of the most orthodox people go there – and as things get crazier, it is where a lot of orthodox people feel most safe.

But back in the day, it was not a self-selection of orthodox folks. It was everybody – and the very disorders that bedevil us now took root and sprouted in the culture where the Latin Mass was the only option. As Shakespeare said, the problem is not in our stars but in ourselves. The problem has become not that a particular element is out of whack and that, if we can fix that, all will be well. Everything is out of whack. The house is ablaze – and fixing the faucet is not going to change that.

We are at the very edge of some cataclysmic change. It may not be as dire as I think it will be, but it will be comprehensive. The ship of state is not in for a tune-up; it is about to undergo a complete overhaul.

Now is the time to truly trust God and do the little we can that is right in front of us. Obsessing over a fragment of the disorder or yearning for a better time is not a way of dealing with the problem. It is a form of escapism that creates an illusion of useful advocacy.

I operate from the assumption that things are too far gone and all is coming down for a time. So I deal with those dysfunctions I can that are right in front of me, but my focus is on the things we will need and can do together to rebuild and renew under God after all seems lost. Figure out where you will get your basics – water, food, shelter – and how you can band together to extend those necessities to those around you. That is what will put us in position to grow together whatever happens.

It is fearful because we do not know exactly how it will all happen. But that is a feature, not a bug. God wants us to rely on Him more without failing to do the little that we can with our neighbors, with love for each other. Trust me: when we give him that little fish of our trust with the tiny part we can do, He will use it to feed a multitude. Divine love grows to fill our lives. We will do what we can BECAUSE we love, trusting that whatever outcome God allows will forward the Kingdom.

If I am to live, may I live for Christ. If I am to die, may I die for Christ. However God disposes things, with this sort of love, the Kingdom is unstoppable. Let us all go forth and bear fruit that will last.

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>

A SIGN OF HOPE BLOG

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

CHARLIE'S UPCOMING MEETINGS

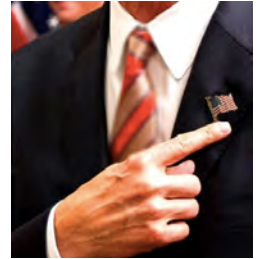
<https://corac.co/meetings/#dates-and-details>



Action Items

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

- **Use cash.** Resist the digital economy that will make you manipulable. <https://globalwalkout.com/keepcashalive/>
- **Pray the rosary in a group publicly.** <https://truthforsouls.com/2022/07/27/signs/>
- **Recruit locally.** See the article at: <https://truthforsouls.com/2022/06/10/what-is-corac/>. Edit it for your own local area.
- **Fly the American flag.** Hold it in a public place, fly it from your car, hang it from your house, wear it. The flag is a symbol that works at multiple levels to inspire, unite, and rally people to action. In the military, the flag represents a unit's morale and fighting spirit. The flag was the rally point for soldiers in the heat of battle. It may again unite and rally us.



<https://libertyflags.com/products/u-s-car-window-flag>
<https://gracealley.com>
<https://rushmoreroseusa.com>
<https://www.gettysburgflag.com/flags-banners/lapel-pins>

Health & Wellness

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

SUPPLEMENTS

I have tended to glug down all my vitamins last thing at night before bed, but that is wrong! You can reduce the effectiveness of some supplements when you take them too close together. Others must be taken together to be effective, like zinc and quercetin. See how to schedule your supplements properly.

<https://www.consumerlab.com/answers/which-vitamins-and-minerals-should-be-taken-together-or-separately/how-to-take-vitamins/>

THE SUGAR TRAP

It's no good for us, and it's addictive. Now seems like the perfect time to kick sugar out, as fewer medical resources may be available to rescue us downstream of our bad habits. Here's an educational and motivational spur to get it done:

<https://worldcouncilforhealth.org/multimedia/christof-plothe-sugar/>

Survival Skills and Sustainable Living

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

Communications

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

Crisis Scenarios

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

Education

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

Regional News

REGION 8 FIELD DAY

CORAC East Texas, geographically located around the center of Region 8 (Texas, Louisiana, Arkansas and Oklahoma) produced our Field Day on November 5. Members from all four states were present. Our “headliner speakers” were [Charlie Johnston](#), who opened and closed the day, [Mother Miriam](#) of the Lamb of God, and Doug Barry of the [US Grace Force](#) and [EWTN's Battle Ready](#). All three gave rousing talks. (Photo credits: Mark Tanner Photography)



We were fortunate to begin with Holy Mass, always the best way to start any event. One priest came to hear confessions, and the demand was great enough that two other priests set up impromptu confessionals on the lawn.



Our own local CORAC experts gave the topical presentations on:

- Radio communications
- Livestock butchering and dressing
- Raising chickens and ducks
- Water purification, from lake to table
- Home defense
- Emergency medicine
- Foraging and tincture-making
- Emergency sanitation
- Canning and food preservation
- Prudent gardening



The butchering, dressing and roasting of the goat generated much interest, and provided a treat for those who stayed late (and it was delicious!) The radio display was especially impressive, with National Comm team members Paul Allred and Scott Allred coming from Dallas to set up a multi-vehicle station with antennae high in the trees and a solar array to power it. One of our east Texas members, a 30-year physician, gave a demo on treating household emergencies if 9-1-1 were slow or non-responsive for a time. The chickens and ducks were co-presenters for a talk on raising poultry.

Local events bring out the expertise that may be hidden among your members. All the topical presenters were from Region 8. I had no idea the depth of knowledge in our region alone. They just needed a forum. I believe it's the same in every region. There is a depth of knowledge and experience that needs to be mined.

Other Items of Interest

TRUSTWORTHY SOURCES OF NEWS

You may think that there are still some trustworthy voices in the mainstream media, but bear in mind that all the major media is closely owned by a small number of people, and receives funding from highly suspect sources (Pfizer is a major determinant of mainstream "news," as well as Soros- and WEF-backed organizations).

Swim out of the mainstream; it could be critical to your survival.

My recommendations:

Brian Cates on Telegram
BioClandestine on Telegram and Substack
Jack Posobiec on Telegram
Kanekoa the Great on Telegram and Substack
Robin Monotti + Dr. Mike Yeadon on Telegram (British)
Vigilant Fox on Telegram and Substack
Uncoverdc.com

Charlie's recommendations:

American Spectator
American Thinker
American Greatness
The Federalist
Townhall
LifeSiteNews
Citizen Free Press

ANOTHER STOLEN ELECTION

Is anyone surprised? Things just don't add up. Paul Craig Roberts uses CNN's own data to show how the mid-terms elections were a massive cheat. <https://www.paulcraigroberts.org/2022/11/09/another-stolen-election/>

The very same playbook was used to steal Brazil's presidential election. The Brazilians aren't having it.

<https://www.breitbart.com/latin-america/2022/11/03/brazil-peaceful-protests-attract-tens-of-thousands-rejecting-corrupt-socialist-president-elect/>

The Brazilian military stepped in to audit the election. There's an idea. <https://www.breitbart.com/latin-america/2022/11/11/brazil-military-says-possible-security-risk-existed-presidential-election/>

And what is it about Kari Lake? Why has the Left specifically targeted her in the Arizona governor's race? Seems like a vastly disproportionate share of assets went to support Lake's opposition, Katie Hobbs, who never even showed up to her own campaign. In an ethical breach that a child could have spotted, election integrity in Arizona is being overseen by the very person who stands to benefit, Katie Hobbs. Stinks like a wet dog rolling in its own poop.

This all tells me that Kari Lake is a substantial threat to the propagandists. In the most obvious election cheater, the votes in Arizona are not being finally counted until enough props can be brought in to change the outcome for Hobbs.

However, there are election integrity assets in Arizona who may be able to expose the whole thing. Pray for them.

CRYPTO

Any investments in crypto should have been made with the understanding that you could lose it all. And world financial powers are certainly trying to kill crypto, as they ramp up to introduce the Central Bank Digital Currency around the world. Crypto and CBDC are opposites, but most people will not discern the difference. CBDC will be centrally controlled, meaning that the government can cut off your access to your own money, whereas crypto, by its very nature, is de-centralized. Right now, it's like Godzilla vs. King Kong; who will win?

For example, Bitcoin price has always been volatile, but right now, it's being driven down the toilet. Just at a time when people are desperately looking for alternatives to the rapidly-deteriorating US Dollar, Bitcoin loses 75% value from its historic high? It's like the mid-terms: it doesn't make any sense. There are huge powers at play.

At the very least, protect your crypto investment by getting offline, using a hardware (cold) wallet. A hardware wallet takes your investment off the online exchanges, and stores it on your own hardware device. Hard wallets range from \$69-\$150, depending on how much you want to store, and how easy you want the dashboard to be.

Best crypto hard wallets: <https://techreport.com/cryptocurrency/top-6-crypto-hard-wallets-for-2022/>

BEWARE PAXLOVID

At this point, why would any sane person trust Pfizer? They've hidden covid vaxx trial data, given zero help to those injured, lied about transmission, severity and mortality, and refused to release trial data until forced by a court. Now they want us to fall for the same schtick about Paxlovid. Where's the safety data? Where's the efficacy data?

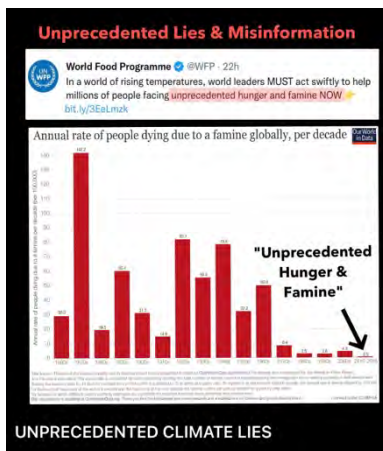
- The expensive new drug is widely associated with rebound infection. <https://stateofthenation.co/?p=143891>
- It's a fraud. <https://childrenshealthdefense.org/defender/pfizer-paxlovid-covid-drug-fraud-cola/>

CLIMATE CHANGE: BE INFORMED

Manmade global warming is the latest scheme to separate ordinary people from their money, the fruit of their labor. But humans are not causing the earth to warm up catastrophically. In fact, the earth is cooling, and it has nothing to do with human activity. The sun is the driver of climate change, and always has been. Valentina Zharkova is perhaps the world's leading solar physicist, and gives an illuminating (see what I did there?) presentation on climate change.

<https://jermwarfare.com/podcast/valentina-zharkova-on-the-sun-driving-climate-change>

Whitney Webb on the same topic, the war on humans: <https://www.onenewspage.com/video/20221107/15081301/War-on-the-Human-Whitney-Webb-Breaks-Down.htm>



From Craig Kelly, Leader of United Australia Party & Member of Parliament:

These globalist bodies spewing their climate lies & propaganda do immeasurable harm. Although there are many in the world today that still suffer from hunger, to claim there is 'unprecedented hunger & famine now' is a complete lie.

The truth is, today what is 'unprecedented' is the risk of dying of famine is the lowest in human history. But that fact doesn't fit with the climate alarmist narrative so they lie. And these lies cause harm.

Firstly, they brainwash gullible young minds into negativity, depression and self-destructive behaviours. Secondly, lying about "unprecedented hunger & famine" ignores history, and by ignoring history, we fail to learn from it and are more likely to repeat the mistakes of past. Thirdly, although the world has enjoyed a declining risk of famine over recent decades (thank you, fossil fuels & increased CO2 levels) those gains are at risk from an insane drive to Net Zero which will simply make the costs of producing & distributing food more expensive.

EXCESS MORTALITY

Excess deaths in the age group 18-44 rose 36% in the month of August, according to the Society of Actuaries in the UK. That age demographic in the US is around 100 million people, so we are talking about a huge number of affected people. The vaxx uptake in England is around 66%, and in the US, 68% (if you can believe the official numbers) so the data is comparable.

<https://ussanews.com/2022/11/10/alarming-trends-in-excess-deaths-its-an-epidemic-of-sudden-death-ed-dowl/>

Overall reports of excess mortality among working age adults are even higher:

<https://www.theburningplatform.com/2022/03/15/ed-dowd-millennial-age-group-25-to-44-experienced-an-84-increase-in-excess-mortality/>

Prayer

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

NOVEMBER PRAYER INTENTIONS

*For all CORAC members, especially those going through tough trials

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

*For travel mercies for Charlie and blessings on his meetings and presentations

*That we embrace Charlie's CORAC Call to "Make Friends!" and that we fully put on the mindset that rejects any regimented schematics about what's going to happen and, instead, keep our eyes fixed on what actually does unfold, the better to focus on next right steps

*That each of us continues to carve out time for 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 all the intentions carried in the hearts of CORAC members

St. Gabriel, enlighten us.

St. Michael, defend us.

St. Raphael, protect us.

Ave Maria, Stella Maris!

CORAC Newsletter

"It is the hour now for you to awake from sleep."

November 29, 2022



18208 Preston Road Ste D9-552
Dallas TX 75252

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

An army rarely wins a two-front war, having to divide resources and manpower between geographically distant places. And here we are, engaged in a hundred-front war: vaxxes and blood clots, apostasy, destruction of children, stolen elections, global unrest, digital passports, social credit, and the end of farming. Satan must think he's nailed us.

And indeed, if we slumber on, or deliberately choose to ignore the war on humans, the casualties could be massive. But if we circle up, like Frodo and the hobbits on Weathertop, each one facing whatever enemy is right in front of him, trusting in the friends at our backs, we can hold. God can work victory through small people who won't give up on each other.



Sheryl Collmer, editor
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.

To Accomplish a Lot, Do a Little

Back when I was doing serious politics I had a reputation for taking a lightly known candidate and making him into a winner – or at least a serious contender. Some thought there was some magic or genius involved. Certainly, I was a competent strategist and tactician. But the heart of the matter was much simpler, something anyone could do, but few would actually try. It was simply to do something tangible right from the start.

Candidates going into statewide or even Congressional races spend an inordinate amount of time planning – and doing nothing else while they are planning. That seemed stupid and inefficient to me. If you are planning this big, grand design on something you are building from the ground up, you are likely to add a whole bunch of things that sound good but don't accomplish much. Gambits that are time-consuming with little return are the most inefficient things you can do. Doing and planning work best when yoked in tandem.

It seemed to me that if you start off doing the little you can, even if you are fuzzy on the big picture, the things that are really needful will make themselves obvious organically. You will not end up with a lot of useless whistles and bells attached to your organization. Each level of growth will reveal the organic needs for the next level.

Most people were very uncomfortable with this seemingly helter-skelter method. Even with great results, only a handful realized that it was incredibly efficient and lean - even after the fact. We have been brainwashed to believe that heavily regimented, bureaucratic systems are the most efficient when, in reality, they are among the least efficient methods of operation. Obviously, there was a LOT more involved, but without this simple first principle, putting together big, come-from-nowhere, or come-from-behind campaigns would have been impossible, no matter how well we did the other things. I had my share of flubs and fumbles, but it was never for failing to do anything.

The world is in a lot of trouble. The crises are overwhelming. It is hard not to be shaken or even paralyzed right now. Do NOT fall into the trap of thinking things are too big. I think one of the dumbest, seemingly pious statements people make is that, "God never gives you more than you can handle." Seriously?! He does it all the time. The truth is God never gives you more than HE can handle. Often, He does this to try to prod you into actually turning to Him. Right now, He is doing it on a global scale.

Remember who our God is. He revealed Himself in the person of Jesus Christ. Jesus is the Man/God who, faced with a hungry multitude, took a few little fish and a crust of bread that some brought to Him and then fed the multitude their fill. Ours is a generous God when we give Him even a tiny bit of our trust. He knows very well that we will never have more to offer him than a fish or a crust of bread – but with that humble offering, He can and will feed the world.

So don't worry about all the things you can't do. Instead, do the little you can that is right in front of you. Spend time with your family and spread a little simple happiness. Pay attention to who around you might be struggling. Don't take them on as a project – just make a casserole and spend a little time with them. Every time you do a little thing to brighten what is right around you, to give a little joy, you are offering a little fish to the Lord. And Our Lord takes it and, in His generosity, incorporates it into His plan to renew the face and faith of the earth.

I reckon I don't have to tell anyone here that you should not deceive yourself that you can save our bleeding world. Neither should you be like the fellow who buried his talent in the ground for fear of losing it. Just do the little you can. We are called to be the people who live Matthew 25:37-40:

Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly I say to you, as you did it to one of the least of these my brothers, you did it to me.'

The Lord tells us clearly what He expects from us. Just do the little you can and you will accomplish a lot. Never be unwilling to do the little you can.

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.

LATEST CORAC PODCAST

"Seven Questions"

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

A SIGN OF HOPE BLOG

"Thanks Be To God"

"Continuance Denied"

"The Mystic River Rolls On"

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

CHARLIE'S UPCOMING MEETINGS

Upcoming meetings have been rescheduled due to the death of Charlie's father

<https://corac.co/meetings/#dates-and-details>



Action Items

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

- **Use cash.** Resist the digital economy that will make you easy to control. <https://globalwalkout.com/keepcashalive/>
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<https://gracealley.com>

<https://www.gettysburgflag.com/flags-banners/lapel-pins>

Health & Wellness

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

Several videos in the Homeopathy series have been recently added to the website:

- “CV, RSV, Flu, Typhus, Cholera” <https://corac.co/2022/11/22/cv-rsv-seasonal-flu-thyphus-thyphoid-cholera-virtual-class/>
- “Pregnancy, Labor and Delivery” <https://corac.co/2022/11/22/pregnancy-labor-and-delivery-update-post-covid-virtual-class/>
- “Homeopathy’s Catholic Roots” <https://corac.co/2022/11/22/homeopathys-catholic-roots-virtual-class/>

NASAL RINSE

This simple procedure was first publicized in late 2020, and it's still incredibly effective. Respiratory viruses enter and propagate in your nose, and that's the place to combat it, before it gets to your lungs. This is such a basic idea: get the virus out of your body before it forms an army. You can buy a prepared solution at the drug store, like Xlear <https://www.walmart.com/ip/Xlear-Sinus-Care-Rinse-System-With-Xylitol-Kit-1-Ct/901144578> or you can mix your own solution with distilled water, salt and baking soda <https://www.wikihow.com/Make-a-Nasal-Rinse> or with Betadine. To deliver a homemade solution, use a [Neti pot](#) or [nasal wash bottle](#). (Be sure to wash the tip after every use!)



VITAMIN D

One good thing that came out of covid is that we realized how essential it is to supplement Vitamin D3, for protection against *all* colds and flu. The reason we even *have* a cold and flu season is because, in the wintertime, our exposure to sunlight, which the body uses to synthesize natural Vitamin D, is decreased. It's not enough to take a measly little 1000 IU or trust your multi to deliver the proper dosage. You should be taking 4000 IU *minimum*, and many of our trustworthy doctors say to double that, especially in the wintertime. <https://www.drweil.com/health-wellness/body-mind-spirit/colds-flu/does-vitamin-d-prevent-colds-and-flu/>

BEWARE THE SWABS

Do all you can to avoid the nasal swabbing that employers and educators are forcing on you; it's not worth risking your long-term health. On this video, a registered nurse explains the dangers of ethylene oxide on the mass-produced testing swabs: <https://www.brighteon.com/c8dbaa72-d79f-405f-b1b4-eb74dd89036b>

HOMEMADE “PENICILLIN”

Penicillin is typically used against bacterial infections. If you're allergic to penicillin, or anticipate that it might become scarce, this recipe could be worth a try. It uses citrus (always good for your immune system), plus garlic (the wonder drug of Italian mamas) and ginger (the queen of herbs and spices.) Once you brew it up, it will last 5 days in the refrigerator or 3 months in the freezer. This is one of those remedies that can't do you any harm, and might do you a lot of good!

<https://deeprootsathome.com/natures-penicillin-for-pneumonia-earache-flu-bronchitis-more/>

REMEDIES FOR RESPIRATORY ILLNESSES

In the Appendix to this issue, I have included a rather detailed list of possible home remedies for colds, coronaviruses and other respiratory ailments. It was sent to me without attribution, so do your due diligence. Many of the remedies are things I recognize and would happily use. A primary strategy, which we certainly learned with covid, is to take action *immediately*. No waiting around, hoping it's just allergies, or thinking you'll tough it out. Even if you wind up under a doctor's care, the home remedies can be a helpful supplement. See Appendix.

Survival Skills and Sustainable Living

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

The latest on the website:

- “Water Emergency Solutions” <https://corac.co/2022/10/28/what-to-do-in-a-water-emergency/>
- “The Stay-In Bin” <https://corac.co/2022/10/11/the-stay-in-bin/>

Before refrigeration, dairy farmers had the problem of preserving loads of fresh milk from spoilage... thus the origins of butter and cheese. Here are some methods to try:

MAKING BUTTER

It's really not difficult. <https://www.thepioneerwoman.com/food-cooking/recipes/a91036/how-to-make-butter/>

MAKING CHEESE

There are lots of ways; here's an easy one: <https://rawfarmusa.com/recipes/how-to-make-raw-milk-cheese-at-home>

Communications

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

Latest articles on the website:

- “Emergency Communications with GMRS” <https://corac.co/2022/10/09/how-to-create-an-emergency-plan-using-gmrs-radios/>
- “Winlink: Email over HAM radio” <https://corac.co/2022/09/13/part-3-sample-winlink-video/>

Crisis Scenarios

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

Great video from Region 3 coordinator Kirby:

“Self-Care in Turbulent Times” <https://corac.co/2022/09/23/taking-care-of-yourself-in-turbulent-times/>

Education

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

New articles on the website:

“A Home Education Framework” <https://corac.co/2022/11/17/a-home-education-framework/>

“Help for Reading Difficulties” <https://corac.co/2022/11/17/help-for-reading-difficulties/>

Other Items of Interest

THE EPIDEMIC OF SUDDEN DEATHS

A new book by the three powerhouses Edward Dowd, Robert Kennedy, Jr and Gavin de Becker is due out in two weeks. What is the phenomenon that is racking up millions of deaths with no stated cause? Why did it begin in 2021 and get worse in 2022? People are literally disappearing from the human landscape at a frightful rate. You can pre-order *Cause Unknown* at Amazon: https://www.amazon.com/Cause-Epidemic-Sudden-Childrens-Defense/dp/1510776397/ref=sr_1_1?keywords=9781510776395&qid=1669596006&sr=8-1

SPIKES IN EXCESS MORTALTY

Another early truth-teller, Dr. Ryan Cole is a pathologist whose laboratory sees thousands of tissue samples every week. Because of the large numbers that come across his microscope, he is especially well-positioned to see the big picture. From wildfire cancers to foot-long blood clots, Dr. Cole is seeing alarming trends since the vaxx rollout. “Cells don’t lie.” https://www.theepochtimes.com/from-wildfire-cancers-to-foot-long-clots-dr-ryan-cole-explains-the-dangers-of-the-spike-protein_4813813.html

DIED SUDDENLY

This documentary features morticians and funeral directors stating what they have seen in the last two years. It is being reviewed positively by many people I trust, and has tens of millions of views in just the first few days. LifeSiteNews calls it “incredibly powerful.” <https://rumble.com/v1wac7i-world-premier-died-suddenly.html>

KEEP TALKING

“If you’re persuaded that something awful is happening, then you must persuade others. The mainstream media will never tell them the truth. Keep trying, I am imploring you, I think it is the single most important thing you can do.” -Dr. Mike Yeadon, former Pfizer VP. Dr. Yeadon was one of the first scientists to speak out in 2020, and his whole life has become about waking people up to the danger. Watch the full video here: <https://rumble.com/v1wjapm-dr-mike-yeadon-why-the-depopulation-agenda-is-real-and-what-we-can-do-about.html>

ARCHBISHOP VIGANÓ’S LATEST

Our dear archbishop spoke to a conference of medical doctors last week. We are in the middle of a great battle against evil, if we only have eyes to see it. “Those who choose not to fight are also making a choice that affects the outcome of the battle.” Viganó has a rallying cry, and we must heed it: <https://www.globalresearch.ca/abp-vigano-covid-pandemic-farce-served-trial-balloon-new-world-order/5800281>

STATE OF CONTROL

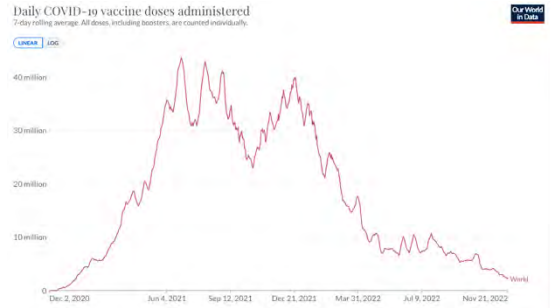
Where are CBDCs (Central Bank Digital Currency) and digital passports taking us? In this documentary, international experts such as Edward Snowden and Catherine Austin Fitts express their serious concerns and criticisms. We must pay attention and be informed before these digital instruments go into force, because there may be no coming back from them. <https://www.globalresearch.ca/shocking-revealing-documentary-state-control/5800261>

DIGITAL PASSPORTS (“Danger, danger, Will Robinson”)

Two weeks ago, leaders of the world’s wealthiest countries (G20) met in Bali. One of the outcomes was an agreement to push forward international vaccine passports. It appears that most people now know that the covid vaccine was ineffective and harmful, but plenty of new vaccines are in the pipeline and ready to be forced on us. And the CDC has just knocked down protocols for safety testing of new vaccines. Do you want to go to Spain, or France, or Australia? Nope, not if you haven’t had all the shots that unelected tyrants have decreed. The vaccine passport is, additionally, the door to digital ID, which puts us all under the total control of those in power. Our travel and purchasing power can be turned off with a keystroke. The vaccine passports are rightly called, “the fight of our lives.” Read more here: <https://deeproofsathome.com/fight-of-our-lives/>

INJECTION REJECTION

Despite the free availability of the noxious covid vaxx, more and more people are not having anything to do with it. The government hasn't suddenly started telling the truth, and the media certainly hasn't, but people around the world are simply opting out. Huge numbers are waking up from whatever trance they've been in. Every person who has risked a friendship to tell someone the truth about the vaxxes, take heart! Here are the stats: <https://www.hartgroup.org/the-injection-rejection/>



BRAZIL: A LAST STAND

The recent presidential election in Brazil declared a victory for an convicted criminal (Lula), over a wildly popular incumbent (Bolsonaro). The Brazilian people have been out in the streets by the millions ever since. The military seems poised to step in. Is it a blueprint for America? Will Brazil be the first to defeat the blatant worldwide election fraud? NTD Brazil and Epoch Times collaborated on this one-hour documentary: https://www.ntd.com/brazil-a-last-stand-in-the-americas_883350.html

REMEMBER THE J6ERS

Some prisoners are going on two years of unlawful detainment, with no trial, in conditions that are beyond our imagining. Please keep them in your prayers, and mention them whenever you have a chance. One of the PPPs (patriot political prisoners) Jake Lang has begun a podcast, sponsored by Gateway Pundit. He talks about his faith, and has had some excellent guests, like Dinesh D'Souza and Micki Witthoef, who is Ashli Babbitt's mother. You can listen here: <https://anchor.fm/jake-lang36>

KEEP CASH ALIVE

If you go to a restaurant and pay your check with \$50 cash, the owner takes that \$50 to pay the vegetable man, who takes that \$50 to buy his kids some shoes, and the shoe store buys \$50 worth of new inventory, and on and on. That \$50 in cash is always worth the same \$50 in cash.



Now. If you pay your dinner check with a credit card, a service fee (usually 3-1/2%) is deducted, so the owner has \$48.25 to pay the vegetable man with a credit card leaving \$46.50 for the shoe store, who then has \$45 to restock shoelaces. You get the picture. After thirty transactions, the initial \$50 is only \$5, and the other \$45 belongs to the credit card banks.

One more reason to USE CASH. <https://globalwalkout.com/keepcashalive/>

THE ULTIMATE LEGAL STEALTH TOOL

From Mike Yeadon on Telegram:

“Cash is the ultimate legal stealth tool. After you pull it from a cash point / ATM, the authorities have not a clue who used it where and for what, or whether it was spent at all. Think of it as a handful of sand thrown into the face of the illegitimate perpetrators. I can't think of an innocent activity of greater undermining potential than massed use of cash. Please forgo the conveniences of electronic payment as often as you can, and share this concept as widely as possible.”

THE SHAME OF THE LOCKDOWN STATES

Naomi Wolf recently published a terribly poignant essay about the violation of human relationships perpetrated by the covid theater. There are subconscious effects that Dr. Wolf puts into words, things I only recognized once she said them. Those of us in free states have advantages that we probably don't even realize. As always, Naomi Wolf is a delight to read, no matter her subject... and this is a really excellent topic. <https://naomiwolf.substack.com/p/thanksgiving-in-a-victim-world>



www.notourfuture.org

Prayer

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

NOVEMBER PRAYER INTENTIONS

- *For all CORAC members, especially those going through tough trials
- *For a strong, ongoing response to the current CORAC fundraising campaign
- *For travel mercies for Charlie and blessings on his meetings and presentations
- *That we embrace Charlie's CORAC Call to "Make Friends!" and that we fully put on the mindset that rejects any regimented schematics about what's going to happen and, instead, keep our eyes fixed on what actually does unfold, the better to focus on next right steps
- *That each of us continues to carve out time for 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 all the intentions carried in the hearts of CORAC members

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

Appendix

Respiratory Issues - Day One (head it off before it develops)

Don't ignore the whispers of your body, or you won't be able to ignore its screams...

1) Sweat out the toxins/boil it off - very little can survive heat so wrap your neck with scarves, cover your chest, grab a hot water bottle on your chest and back, get snuggly under lots of blankets, and really sweat it out. Try this early to avoid having to get a fever to achieve similar result. To support a fever (which is healing you), try diaphoretic herbs (promotes perspiration and facilitates the elimination of toxins via the skin): Yarrow, Elder, Peppermint, Boneset, Ginger, Cayenne.

2) Have a herbal bath and go to bed! Prop the bed up, so head is slightly raised. Sleep if you can, so your body can use all its power to detox and heal you. **For little children: catnip, lemon balm or chamomile (make a strong tea from dried herbs, pop it in their bath)** Hypnotics (herbs promote sleep): valerian, Californian poppy, hops, wild lettuce, kava.

3) Quercetin (the natural version of hydroxychloroquine)

Take 500mg (according to Zelenko protocol) in capsules or make your own from simmering organic grapefruit skins.

Or ideally use onions (packed with quercetin and other goodness). Pop half an onion by your bed. Chop up an onion and pop it in your socks. Make an onion and garlic chest poultice (see videos online). Chop up onion, pop in jar and add honey, leave it overnight for a cough syrup. The possibilities for how to get the amazing healing properties of onions into you are endless...

Quercetin is a natural antihistamine and anti-inflammatory plant pigment that boosts your immune system and helps clear mucus. Other foods high in quercetin: berries, cherries, kale, tomatoes, broccoli, asparagus, red wine, citrus fruits. Vladimir Zelenko likened zinc to the bullet and quercetin to the gun that gets the zinc into your cells (so quercetin is vital if you lose your taste/smell).

4) Herbal hand/foot bath or a mustard hand/foot bath.

Make a tea to pop your feet in (have a look at the herbs listed at the beginning), or pop some drops of essential oil in (one drop carrier per one drop essential oil). Ideally longer, but could just do 8 mins in morn, 8 in eve.

5) Use steam (towel over head and bowl of hot water, shower, sauna!) to help unclog everything. Try inhaling nasturtium, peppermint and thyme tea.

6) Essential oils - pop some in the diffuser, pop in a bath (1 drop carrier for 1 oil), on pillow/blankets or diluted on your chest, neck, stomach, pulse point or feet.

Thieves Blend: 40 drops clove bud, 35 drops lemon, 20 drops cinnamon bark, 15 drops eucalyptus, 10 drops rosemary.

Eucalyptus - eucalyptol has an antimicrobial effect, might off bacteria, reduces inflammation, relieves pain, and eases muscle tension that can result from a cold or flu.

Rosemary - like eucalyptus, it contains the compound cineole, which may help break up mucus and reduce inflammation.

Cinnamon – may provide relief from a cough and may protect against germs that may cause respiratory problems.

Peppermint – can help relax the muscles of the windpipe. Menthol is an extract of peppermint. When inhaled, it creates a cooling sensation that can soothe or numb a scratchy throat.

Frankincense – traditionally used to treat coughs, catarrh, bronchitis and asthma.

Oregano and Thyme – contain high levels of carvacrol which can be helpful in eliminating or protecting against viruses, microbes, germs and bacteria. Could help viral or bacterial causes of a cough.

Bergamot, nutmeg and cypress - all contain camphene, a compound similar to camphor. Can have a cooling, refreshing effect, with antioxidant properties.

Geranium – an extract called *Pelargonium sidoides* which is an effective cough treatment.

Tea tree – can inhibit growth of bacteria that may cause sinus infections and respiratory issues. May help to ease the effects of a cough.

Headache blend: lavender and peppermint on temples and base of neck. *NB: If its due to congestion, you may need an expectorant to get the mucous out.*

7. Home-made nasal inhaler (very cheap to make and reusable - 15 drops of organic essential oils rather than £2.50 for a one-time, pharma mass-produced one).
8. Try a herbal chest plaster or mustard plaster (easy via online videos – but always mix with a flour and don't put mustard in contact with skin).
9. Constant hot drinks, nourishing soups (with lots of colorful veg), bone broth. Try to avoid solids if you can, so your body can spend the time healing rather than digesting. A constant supply of hot drinks to stop anything to get down into your cold damp lower lungs, where it is harder to shift.

Chai tea spice mix, - 4 tsps each of ginger, cinnamon, cardamom, 2 tsps each cloves, fennel seeds, 1/2 tsp black pepper. Mix with 40tsps black tea. Half a teaspoon of mix will make a teapot. Leave to infuse, but make sure there is a lid on, so that the precious compounds don't dissipate in the steam (put a saucer on top of your mug). Add milk and sweeten (as desired). This is antiviral and has all the spices in that are high in volatile oils.

Native American Bronchitis Tea: 1 teaspoon elecampane root, 2 tbsps nettle leaves, 1 cup boiling water. Or 1 teaspoon marshmallow leaves/flowers, 1 teaspoon coltsfoot leaves, 1 teaspoon mullein leaves/flowers, 1/2 cup boiling water and honey.

Heat up your body from the inside with chili, ginger, horseradish. Grate into a teapot or mug with hot water over the top and drink that. It is vital that you don't let the steam escape, most of the goodness is in the vapor. Errhine: herb that stimulates nasal discharge. Herbs: Iceland moss powder, cayenne, horseradish.

Horseradish cough syrup – grate root into bowl, cover with sugar, stir well, leave for a few hours. Strain off liquid and pour into bottle. No more than 3 Tbsps per day. Coughs, colds, fevers, sinus congestion. **Horseradish sauce** – chop root, put in blender with apple cider vinegar, store in fridge, can strain off in week or two. Chew on teaspoonful to clear blocked sinuses.

Throat Soother Tea: 2 parts licorice root, 1 part cinnamon, 1 part Echinacea, 1 part marshmallow root, 1/8 part ginger. Decoction: simmer in pan of water for 20-45 mins (longer the better). Strain and drink throughout day

Ground Ivy: Elizabethan '**gill tea**' for coughs - steep in boiling water and sweeten with sugar, honey or licorice. As a snuff for congestive headache.

10) NAC to help with detox and glutathione production. If you aren't getting better – prioritize bed and try this!

11) Antioxidants (lots of dark berries, diff colors of veg) or multivitamin such as Intramax (£3 a day but contains 415 ingredients and I have seen it fix so many things). It's a lot easier to stay well than to get well.

12) Vitamin D (with K2) supplement if you haven't been taking it every day Oct-March and so are deficient. Zelenko protocol suggests 5000 IU/day or 50,000 a week for high-risk. Very cheap and well worth it in the morning to avoid all sorts of mental and physical breakdown. Also, you can't lose weight if you're vitamin D deficient, as a protective winter mechanism.

13) Huge amounts of vitamin C, every hour. It gets used up quickly, so you need to take it spaced out until you reach bowel tolerance (e.g. until you get diarrhea). Now you know the ideal dose to take tomorrow, again spaced out.

Hedgerow Vitamin C: rosehip, blackberry or hawthorn in apple cider vinegar for a few weeks. If you want to turn it into a delicious oxymel after you have strained it, pour it in a jar with 50% raw honey.

Using rosehips (unheated so you don't lose vitamin c) – pick them in the next fortnight and dry out. Use them whole as tea, or: **Rosehip vinegar** – 20-30 rose hips in jar and cover with apple cider vinegar (at least 4cm of vinegar above berries), can slit

skins to speed up, leave on sunny window sill for a month, strain and bottle. Can freeze overnight before you use. Add at least two tablespoons of raw local honey if you want to turn your rosehip vinegar into an oxymel. Can add your choice of finely ground spices or grated ginger or turmeric.

Rosehip tincture – as with vinegar but cover with spirit, leave for six weeks in dark place.

Raw rosehip syrup – slit skins, layer in wide mouth jar, with enough sugar to fill all gaps, leave on sunny window sill for a couple of months. Can add lemon, star anise, cinnamon, ginger. Strain off liquid, 1/2 tsp per day to prevent colds. Always strain well to get out hairs of opened rosehips (or cut out seeds/glass hairs before) (or squeeze out pulp) to avoid itchy bum and sore throat.

14) Fire Cider Vinegar: 1 chopped onion, 1 chopped head garlic, 1/4 cup grated horseradish and pinch chili (plus perhaps ginger, licorice, turmeric, bay, cardamom, cinnamon, orange peel, star anise). Half fill a glass jar with dry or wilted ingredients. Add cider vinegar and podge to remove air bubbles. Place jar in a warm dark place for 2-4 weeks (cover with grease proof paper or cling film if using metal lid). Strain and use (shelf life: two years with 5% vinegar, if stored correctly). Use as a vinaigrette or as a gargle. Or dilute before use as a hot drink in water.

Take some apple cider vinegar and add blackberry leaves, ground ivy, sage, thyme, rosemary or pine needles to make a herbal vinegar.

15) Garlic - try a garlic chest poultice, chew a raw bulb, have some garlic honey, rub it on your feet or look up great cough recipes. Garlic is also a vasodilator: a herb that widens the blood vessels, lowering blood pressure (see heart info overleaf).

16) Minerals (esp. zinc and selenium): make your own mineral mixes: young nettle, plantain, chickweed, dandelions or horsetail (apple cider vinegar extracts minerals brilliantly and makes them very bioavailable). Or get a *chelated* multi-mineral such as Intramin (£3 a day), so your body can take exactly what it needs in a form it understands.

Zelenko protocol suggests 25-50mg zinc (lozenges or zinc rich food although this is expensive), *Loss of taste/smell means that zinc has been used up*. 200mcg selenium and poss 500mg magnesium (https://irp.cdn-website.com/9bb879df/files/uploaded/Dr_Ardis_C-19_Prevention_Cocktail_zenagewellness.pdf)

17) Raw honey

Consider making your own herb infused honey (perhaps use pectoral herbs: **elecampane**, Licorice, Red Clover, Marshmallow, Horehound, Hyssop, Sundew, Mullein). 2/5 fill a jar with dried herb, leave to macerate for at least a month, then remove herb, store in cool dark place. Take a teaspoon of herbal infused honey 3-6 times in hot water daily if needed (once as a preventative). *Make a tea with used herb*.

Combine honey with apple cider vinegar for a **cough syrup**.

Amish Cough Syrup: 3/4 cup honey, 1/4 cup olive oil, 3 juiced lemons.

Fiery gargle or throat spray: 2 tablespoons honey, 2 tablespoons apple cider vinegar, pinch chili powder and salt, 2 teaspoons sage, 200ml water

Other herbal honeys particularly good for respiratory: thyme, holy basil, oregano, garlic, whole cloves, ginger, sage, peppermint, cinnamon, star anise). Other common herbal honeys: lavender, unsprayed rose petals, lemon balm, basil, vanilla, organic orange peel, rosemary.

If you've got a lot of mucus, you want to liquefy it with **expectorants** which lower the viscosity and promotes the expulsion of mucus from the respiratory tract (bronchial and lung congestion, coughs, asthma). Others not mentioned so far are licorice root, fenugreek, horehound, grindelia, lobelia (small amounts), bloodroot (small amounts), poplar buds, coltsfoot, yerba santa, heartsease.

Mucolytics (dissolves mucus, or thins mucus so the body can move it out of the body. For instance, herbs can have resins that speed up the secretion of fluids from the mucous membranes, or saponins, which are soap-like compounds that thin mucus. When the mucus is thinner, the cilia, or tiny hairs in the bronchial area, can "beat" or move the mucus up to the throat): polygala, lemon, elecampane, pine bark, yerba santa.

Bronchodilator (dilates the bronchi, the large air passages leading into the lungs, allowing freer movement of air in and out): ephedra (ma huang), green tea, lobelia, cannabis.

Lymphatics (stimulates the flow of lymph in the lymph vessels): echinacea, poke root, red clover, and red root. The lymphatic system is largely involved with purifying the blood system, helping to remove wastes from the tissues. The lymphatic fluid is rich in immune cells, such as phagocytes, cell eaters that remove wastes, old body cells, and toxins from body tissues and systems. Look online for lovely blends recipes (I don't heat the honey because it kills much of goodness).

Not supermarket-bought unfortunately - contact local beekeepers association to find local pure raw honey, within walking distance. It is £5-6 a jar, but the amount of work needed to produce it is extraordinary – be nice to your local bee keeper - no one makes a genuine profit out of keeping bees – and ask them for wax so you can make creams. Next summer we hopefully will have medicines made from our own honey produced from native black bees at the PHA. **If you would like to help with bee-keeping or to learn to keep your own, just let us know.**

18) Kick start your immune system immediately with Echinacea tincture (15 drops x 3 daily), boneset tincture (2ml x 3 daily) or elderberries. Consider having just a little of these in your cupboard ready – they are much less useful later in illness.

Elderberry elixir (medicine): To make a 2-litre jar • fill the jar to half-full with fresh destalked elderberries (quarter if dried) • add 4 sticks of good-quality cinnamon quill, broken into big pieces • grated peel and zest of 2/3 large oranges • a large handful of rosehips (uncut fresh or dried) • 1 oz or a large knob of grated root ginger • 5/10 cloves • add a handful of star anise pods • 3-4 jars of raw honey • enough brandy to half-fill the jar. Add the ingredients to the jar, pouring the honey over the top whilst stirring all the time to get out any air bubbles. The ingredients should just be covered with the honey. Fill the remaining space in the jar all the way to the top with brandy. Steep for 4-6 weeks, stirring daily. Strain and bottle. Use 1/2 to 1 tablespoon every 3 to 4 hours, starting at the onset of symptoms. **WARNING** – As this contains uncooked elderberry, please do not use this as a drink or take it at higher doses, as this could result in unwanted effects.

Elderberry syrup: half elderberries volume of water in pan, simmer and stir for 20 mins, allow to cool, squeeze out juice using a jelly bag. For every 500ml of juice add 250g sugar, a stick cinnamon, a few cloves, few slices of lemon, simmer for 20 mins, then strain and pour into warmed, sterilised bottles. Use as a hot cordial or take 1sp neat every few hours for colds/flu.

Elderberry glycerite: fill large jar with elderberries, pour in veg glycerine, place in sunny spot for 2 weeks, squeeze out juice, bottle in cool dark place.

Boneset – very bitter!!! The immune-stimulating and fever-reducing properties of Boneset make this herb perfect to alleviate the symptoms of colds and flu. Boneset is also an excellent expectorant, able to loosen phlegm and reduce inflammation in the respiratory tract. Boneset contains; polysaccharides, flavonoids (including quercetin), diterpenes, sterols, volatile oil, sesquiterpene lactones (including eupafolin), vitamins and minerals (especially magnesium, calcium, niacin, and phosphorus). Takes its name from a particularly virulent strain of flu that was known as "Breakbone Fever" now known as "Dengue Fever", the pain in the bones was so intense it was likened to that of a broken bone, and Boneset was used to bring considerable relief. Not for those with liver damage or pregnant.

Echinacea - phenolic compounds are powerful immune system stimulator, reduces a cold's duration by 1 – 2 days and stimulate cells whose primary function is to fight invading particles and organisms. Two pronged attack: white blood cells and spleen cells increase after ingestion of Echinacea and the core body temperature rises, accelerating the internal workings of cells meaning disease fighting cells respond faster and immune responses increase. Contains echinacin, which can help against bacterial and 'viral' infections. Antimicrobial properties and is effective against 15 different pathogenic bacteria and two pathogenic fungi. The way Echinacea combats inflammation is twofold – it stimulates hyaluronic acid production in the body (the glue that holds the cells together), and it contains compounds (alkamides) that are known inhibit the production of

cyclooxygenase - a key enzyme in the metabolism of arachidonic acid, which is involved in the inflammatory cascade. The highest concentration of alkaloids is found within the plants roots.

Immune stimulants are often contraindicated for use with people who have severely compromised immunity. This is because they might overstimulate an immune system that has no reserves, actually leading to immune suppression. Herbs: Echinacea, wild ginger (caution), thuja, osha, arnica (caution), boneset, mistletoe, castor oil, poke root, medicinal mushrooms.

Postural Drainage to help the lungs and air passages get rid of excessive mucus. The procedure is quite simple; apply some kind of heat, e.g. a wheat bag or hot water bottle, to the particular part of the chest for a few minutes, then perform postural drainage. The position should be maintained for as long as it takes to cough any now-loosened phlegm into something like a basin.

On your back Your chest should be lower than your hips, which you can achieve by lying on a slanted surface or propping your hips up about 18 to 20 inches with pillows or another item. This position is best for draining the bottom front parts of your lungs.

On your sides

With pillows under your hips, lie on one side so that your chest is lower than your hips. To clear congestion from the bottom part of the right lung, lie on your left side. To clear congestion from the bottom part of your left lung, lie on your right side.

On your stomach

Drape your body over a stack of pillows or other object, such as a beanbag, and rest your arms by your head, with your chest lower than your hips.

This position is best for clearing mucus in the lower back area of the lungs.



Take **hawthorn** if heart needs a boost. The lungs and heart work together, so each one supports /puts pressure on the other, so hawthorn (or chili) is a good idea since the heart is vital to keeping the lungs working and lots of pressure can be put on a weakened heart by a respiratory disease.

Hawthorn Brandy Daily Heart Tonic - raises or lowers blood pressure as needed, strengthens endothelial lining of heart, improves heart muscle contractions, dilates blood vessels. Berries, leaves and flowers can be used to treat angina, enlargements of heart from overwork or excessive exercise, heart damage from alcohol, can help pain from walking if blood vessels of legs aren't supplying enough oxygen. Always combine with hawthorn flower tincture if poss. (helps dissolve cholesterol and calcium deposits, hardening of arteries, plaquing).

Chili tincture – Normal dose – a couple of drops in food or as a vinaigrette raises or lowers blood pressure as needed (fill third of a jar with organic cayenne chili flakes/fresh chilis). Can stop a heart-attack or stroke (5 drops every 5 mins in cheek) and busts (normal non-jab) blood clots.

Convalescence – if you've got a fever, you need to stay in bed for the same length of time as your fever once you feel well again, or you will relapse or get another illness. If you have weird lingering symptoms, it is because you didn't finish your body's healing process.

For a dry cough you need demulcent, mucilaginous herbs which soothe irritated or inflamed tissue or mucous membranes (sore throat, tonsillitis, inflammation or heat in the upper respiratory tract). Herbs: Marshmallow root, slippery elm, flaxseed, plantain, Irish moss, comfrey.

Antitussive (relieves or reduces the urge to cough): Coltsfoot, Mullein, Licorice, Loquat leaf.

Making **plantain succus**: juice leaves, mix with equal amount honey - store in bottles in cool place. Coughs, sore throat, IBS, stomach ulcers. Dry leaves for tea.

Plantain Tincture: put in blender with enough vodka to cover them, blend up, pour into jar for a few days, strain and bottle. Stings, coughs, haemorrhoids, hayfever, allergies, IBS.

COPD – smoking, environmental or asthma – strengthen the lungs by cooking with astragalus all winter and pop in soups, stews etc. Elecampane tincture and mullein leaf tincture – lung tonic, helpful for stuck phlegm. Get off steroids very slowly, but as a priority. A great herbalist will help replace with better herbs.

Internal counterirritants are sometimes used similarly, especially to dilate the air passages and remove mucus (expectoration). Lobelia is a classic example of an herb that is very irritating to the mucous membranes when it is taken orally, which ultimately leads to relaxation of the bronchi and other internal organs after its irritation has ceased to act. Thus **lobelia** is a well-known herb for relieving **asthma** attacks.

Sage tincture: sore throats as a gargle (memory enhancing, antiviral, antibacterial).

Nasturtium tincture: for respiratory infections (expectorant, decongestant, antibiotic, antiseptic, antifungal)

Pneumonia Tincture Blend: 50ml Echinacea, 50ml boneset, 50ml osha, 50ml red root, 25ml licorice, 30ml ginger, 20ml chili. 5-10ml (3-4x daily)

Ear Ache: put salt in a sock, tie ankle of sock, warm in pan, place on ear to draw out nasties. Drip in warm garlic oil or onion juice.

Garlic – Mullein Flower Oil for Ear Infections: 2-3 Tbsps chopped garlic, 2-3tbsps mullein flowers, olive oil, heat in a double boiler on low simmer for an hour(!) and strain. Can add 2-3 Tbsps of St John's Wort oil.

Cough Syrup: 4 parts fennel seeds, 2 parts licorice root, 2 parts marshmallow root, 2 parts valerian, 2 parts wild cherry bark, 1 part cinnamon bark, 1/2 part ginger root, 1/8 part orange peel. 2 ounces of herbs per quart of water. Reduce to thick tea over low heat, strain, add 1 cup honey per pint. Warm slightly to mix and then bottle. 1-2 teaspoons every hour or two (or per bout of coughing). Brandy will preserve it.

Throat Balls: 1 part liquorice root powder, 1 part marshmallow powder, 1 part carob powder, 1/2 part Echinacea powder, 1/4 part goldenseal powder (must be organic!), drop peppermint oil. Powdered herbs in bowl, add honey to make paste, add essential oil drop, thicken with carob powder. Knead until bread dough texture. Roll into balls.

CORAC Newsletter

"Be strong, fear not; your God is coming to save you."

December 13, 2022



18208 Preston Road Ste D9-552
Dallas TX 75252

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

With Christmas coming, it's harder to focus on the vicious fight before us. I don't really want to think about controlled food shortages, artificial wombs, child trafficking on social media sites or the treason of our "leaders." On the other hand, I'm wary that those evil ones will take advantage of our holiday inattention. Nevertheless it's a matter of priorities: my Jesus trumps your central bank digital currency, so to speak. Therefore, this newsletter will be "lite," and another won't come out until the New Year. May we all find a holy balance this Christmas. God bless us, every one!

Sheryl Collmer, editor
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.

All in the Family

I have always loved Christmas. My Dad said I was the most frustrating of his kids in that respect. He liked to find what a kid wanted most for Christmas, then give everything out except that one gift (which he had conveniently hidden in another room). After the kid's face fell, thinking he just wasn't going to get it, Dad would "remember" one more gift. He just LOVED the delight on the child's face when what they thought was lost was there all along.

One year I wanted a bicycle. So Dad carefully hid it. With both irritation and pride, he would tell people how my face never fell because I was too busy gleefully organizing the rest of the kids into playing board games after presents were opened. He finally gave up on getting my face to fall and went to get my bike. Bringing it out, he said I looked back, said, "Thanks, Dad," and went right back to the game with my brothers. Of course, Dad illustrated the story with a lot of wild hand gyrations and facial mugs. He concluded by telling people that what I seemed most to love was Christmas, itself.

That was true. I loved the music, the food, the lights, the enthusiasm – and all the trappings more than anything else. Most of all, that God, Himself, came as a little baby to make common cause with us mesmerized me. I mean, how cool is that?!

Even as a little boy I would get mad at people who made it out as if Jesus were just God in a Halloween mask – and never really suffered or felt the pains and pangs, sufferings and longings that all of us did. For a time, I thought that the eternal son became man so He could see what it was like. Then I realized that He already knew, as He knows all things. Rather, He became one with us – and the lowliest of us – to make common cause with us. He did not come to rule us (that was already beyond dispute as the Eternal Son), but to be with us, to live in solidarity with us.

I have come to understand in a very deep way that, from the moment of His Divine Conception, the Eternal Son emptied Himself for a time and became fully part of the family of man. That is incredible – and brings incredible consequences. From the moment of creation, the satan had waged unrelenting war on man. With the Divine Conception, for the satan to continue this war was to make war on God, Himself, for God had made Himself one with the family of man.

It came full circle on the first Easter Sunday when Our Lord was resurrected. In overcoming death itself as a man, Jesus gave us the means - and an invitation - to become part of the family of God. The Angels are part of the Household of God – and

highly favored members of that Household. But we are invited to be members of the family in that Household, full heirs of the Kingdom.

Most of us have family members who suffer from some disorder or dysfunction, often self-imposed. We do not pray for the destruction of that family member, but for their reclamation into the circle around the hearthstone. Neither do we willingly allow them to hurt other members of the family, but protect those innocently vulnerable members. We know the little foibles of our kin and make allowances for such. In fact, some of those little foibles are what bind them even deeper in our affections.

I hate pious-sounding but trite – and often errant – sentimentality. One of the phrases which irritates me to no end is when someone says we are all “children of God.” That is not what the Bible says. Oh, we are all created by God...and we can all become children of God. But we have a choice. We can follow God (or the good implanted in us if we lack sufficient knowledge of Him – for no one is bereft of the knowledge of the good implanted in him) or we can become slave of our own appetites. As it is written in John 1:12, “...to all who received him, who believed in his name, he gave **power** to become children of God.” Before Christ, all could be followers of God. With Christ, all can become children of God. (Nothing is lost in God’s economy. All are alive to God – and all those who walked this earth before Christ came gained power to become children of God when He came.)

But you can become a child of the satan by rejecting God, either overtly or through your actions. Contrary to popular belief, the only kingdom the satan will ever have is this world – which is part of why he wars so relentlessly against those who embrace God. Choose to lie, cheat, steal and oppress others for advancement in this transient kingdom, and you have chosen a dark father, indeed. I sometimes think the major difference between the satan and those who make themselves his acolytes in this world (either consciously or implicitly) is that he knows that all this is ultimately doomed – and those who choose it above all else are doomed with it. Where your treasure is, there your heart will be. How sorrowful to choose doom because it gives transient advantage!

Christmas is, first and foremost, a family celebration. It is a time of epiphany when the family of God and the family of man become one. But we are only given power to choose our place at the family table, not forced to sit there. Let us reflect this Christmas on the magnitude of the dignity and joy our Lord has won for us – and resolve to bring more people joyfully to the family table, without ever enabling the evil that assaults them. Let us pray that the Lord will make of each of us a divine spark, carrying the light of Christ far and wide throughout the world, giving new hope, new joy, new resolve, new love to all who encounter us. Let us resolve to bring more out of the cold into the warmth of the family of God. For He has given us power to become heirs in His Household.

Merry Christmas, everyone!

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 BRIEFS

Take a “short course” with Charlie on specific subjects:

“A Lot To Do In The New Year” (12 minutes)

https://vimeo.com/779755368?embedded=true&source=vimeo_logo&owner=144927933

“What’s Required Now” (4 minutes)

https://vimeo.com/767082529?embedded=true&source=vimeo_logo&owner=144927933

“Build The Right Mindset” (6 minutes)

https://vimeo.com/765015843?embedded=true&source=vimeo_logo&owner=144927933



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

“The Pivot of Civilization”

“Milk Bottles”

“A Redux Brimming With Insight and Wisdom”

Action Items

The perfect action for Christmas is to USE CASH. Everyone can do it, and in the “season of spending,” it’s a powerful step. The CBDC is slated for 2023; once it’s upon us, your spending, and thus your life choices, will be surveilled and controllable.

~ ~ ~ **USE CASH** ~ ~ ~

Here’s what’s happening in Nigeria right now: the Central Bank has applied limits to bank withdrawals and the government is limiting cash transactions to \$45/day. This is to force citizens to accept the CBDC. If you adopt the e-Naira, their CBDC, you’ll be able to spend more. One thing COVID should have taught us is that there are worldwide powers at work, so if this happens in Nigeria, you can bet it’s in the works for the rest of the world too.

<https://www.nakedcapitalism.com/2022/12/the-central-bank-of-nigeria-just-gave-a-whole-new-meaning-to-the-term-financial-repression.html>

The more of the country’s economy is already cash-based, the harder it will be to shut down. Resist the digital economy that will make you easy to control. <https://globalwalkout.com/keepcashalive/>

On The Website

Look for the latest additions to the team pages

Health & Wellness	https://corac.co/health-and-wellness-teams/
Sustainable Living	https://corac.co/sustainable-living-teams/
Communications	https://corac.co/communications-teams/
Prayer	https://corac.co/category/prayer-teams/
Crisis Scenarios	https://corac.co/crisis-scenarios-team/
Education	https://corac.co/education-team/

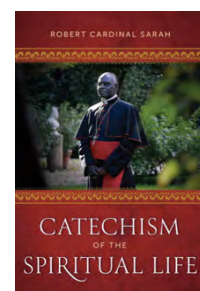
Christmas Reading

For yourself or someone you love

The holidays are the perfect time to catch up with great books, and they make welcome presents, too. Check these out:

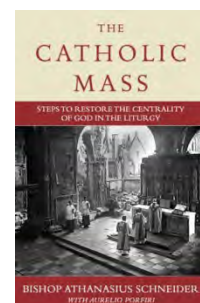
The Catechism of the Spiritual Life, the newest book by **Cardinal Robert Sarah**, shows us how to enter into and progress through the spiritual life. He notes that the goal of this book is "to accompany all those who have set their hearts on responding to God’s love with a full, happy, fruitful life that will culminate in the eternal happiness of contemplating Him." Cardinal Sarah has also given us *God or Nothing*, *The Power of Silence*, and *The Day Is Now Far Spent*, all classics of spiritual reading available from Ignatius.

<https://www.sophiainstitute.com/products/item/catechism-of-the-spiritual-life>



The Catholic Mass, published this year by **Bishop Athanasius Schneider**, is a testament to the centrality of the Mass in the Catholic life. He writes, “The Mass is the greatest and most important work of the Church.” We’ve lost that sense in the last fifty years, and no one is better than Bishop Schneider at presenting the simple profound truths of the Faith in a way we all recognize when we read them, like waking up from a troubling dream.

<https://www.sophiainstitute.com/products/item/the-catholic-mass>



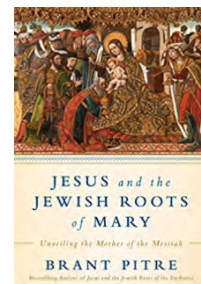
The World of Marian Apparitions is a stunningly illustrated and detailed account of some of the apparitions of the last century: Fatima, Akita, Banneux, Tre Fontane, and a bunch you probably hadn't heard of before. Maps, photos, eyewitness accounts, and the finest classical art. This is a treasure, and something you'll enjoy paging through at Christmas time.

<https://www.sophiainstitute.com/products/item/the-world-of-marian-apparitions>



Jesus and the Jewish Roots of Mary, by **Brant Pitre**, one of the best theologians on Old Testament sources of Catholic faith. This book was commended by Cardinal George Pell of Australia when he was suffering through his unjust imprisonment. Dr. Pitre uses the Old Testament and ancient Judaism to unlock how the Bible itself teaches that Mary is in fact the new Eve, the Mother of God, the Queen of Heaven and Earth, and the new Ark of the Covenant. Autographed by author.

<https://catholicproductions.com/collections/brant-pitre/products/jesus-and-the-jewish-roots-of-mary-signed-by-dr-pitre>



For Love Of My People I Will Not Keep Silent: on the situation of the Church in China.

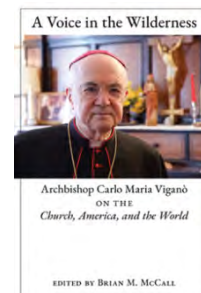
With his recent trial and conviction in China, **Cardinal Joseph Zen** is in the news. He is a credible witness to what is happening in China, especially in the relationship between the underground Church and the government-controlled "Patriotic Church." This book is very timely.

<https://ignatius.com/for-love-of-my-people-i-will-not-remain-silent-lprsp/>



A Voice in the Wilderness, the collected essays of **Archbishop Carlo Maria Viganó** since his bombshell McCarrick exposé in 2018. Viganó has been one of the few voices in the hierarchy over the past few years who can always be trusted to speak his mind openly. He told the truth about covid, the vaxxes, the global network of criminals who are intent on the demise of free people and the Church. He is "that rarest of mortal men: one who speaks the truth whatever the cost to his career or his standing with his fellow bishops."

<https://angelicopress.org/a-voice-in-the-wilderness-vigano>



Other Catholic Christmas gifts...



Catholic socks come in Adult, Adult XL and kid sizes. Holy Spirit, Miraculous Medal, St. Thérèse, Sacred Heart and more. Adult \$16; kids \$12.

<https://catholic.store>



Viva Christo Rey! scarf. Acrylic knit, 60" long. One size, \$25

<https://shop.saintbenedict.com>



1000-piece Mysteries of the Rosary jigsaw puzzles. \$19 each or \$90 for all five Joyful mysteries. Great family activity!

<https://www.catholiccompany.com/puzzles-games-c6378/>



Catholic coffee that is a joy to wake up to! Many saints available, like St. Thérèse French Roast, St. Michael Dark Roast, St. Patrick Irish Cream and Sleeping St. Joseph Decaf. \$15 each, or variety packs of 4 for \$63.

<https://www.catholiccompany.com/coffee-brands-locally-roasted-c6530/>

Other Items of Interest

THE TWITTER FILES

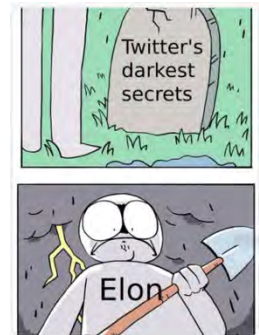
It's better than a James Bond movie. Elon Musk is systematically exposing what's been going on at Twitter for the last few years. It doesn't matter if you've never been on Twitter before, or what you think of Musk; this is big and it concerns everyone. The evidence has so far proven collusion between Democrat elites and Twitter to manipulate elections, block information and users that don't fit the masquerade, ban a sitting President with millions of followers, lie about January 6, and provide a forum for child sex predators. And there is more coming. Musk has promised to show the conspiracy between government and Twitter to deceive the public about covid, its origins, Fauci the Detestable, and early treatment.

- Drop 1 - Suppression of the Hunter Biden laptop story
- Drop 2 - Twitter's Secret Blacklists
- Drop 3 - The Removal of Donald Trump, part 1
- Drop 4 - Removal of Trump, part 2
- Drop 5 - Removal of Trump, part 3

Read them all here: <https://unga.substack.com/p/twitter-files-release-5-the-removal>
(Link to Drop 5 includes links to the prior 4 drops.)

Stay tuned to sites like those below for latest news:
BioClandestine <https://bioclandestine.substack.com>
The Gateway Pundit <https://www.thegatewaypundit.com>
Rise of the New Media <https://riseofthenewmedia.com>

It's going to get even wilder when the covid drops occur.



VACCINE ROUNDTABLE

You may remember that Senator Ron Johnson (R-Wisconsin) was the only member of Congress who would talk to vaxx-injured people in 2021, and give them a forum. He recently held another roundtable on vaccines, and many of the doctors we have come to trust were in attendance: Dr. Robert Malone, Dr. Peter McCullough, Dr. Ryan Cole, Lt. Col. Theresa Long. The full 3-hour discussion is here: <https://rumble.com/v1ze4d0-covid-19-vaccines-what-they-are-how-they-work-and-possible-causes-of-injuri.html>

Ten minute summary: <https://rumble.com/v200qsq-10-minute-summary-of-u.s.-senator-ron-johnsons-3-hour-washington-d.c.-covid.html>

THE VAXX IS A MILITARY PROJECT

<https://rwmalonemd.substack.com/p/mrna-vaccines-the-cia-and-national>

THEY'RE DOING IT AGAIN

Two months ago, the same bad players who staged a simulation game in October 2019 for a coronavirus outbreak, staged *another* simulation, this one for an enterovirus. They gamed the virus as one targeting children particularly, with a higher fatality rate than covid, and originating in Brazil. The players, who seem to think the world is their private playset, are the WHO, the Gates Foundation and the Johns Hopkins Center for Health Security.

So... that's interesting. Brazil was recently delivered into the hands of a convicted criminal through a stolen election; Brazil was one of the countries calling for investigation into the US biolabs in Ukraine; and Brazil happens to host one of six US military biolabs conducting infectious disease research.

<https://www.centerforhealthsecurity.org/our-work/exercises/event201/>

<https://www.eutimes.net/2022/03/russia-china-india-brazil-launch-urgent-investigation-into-illegal-us-bioloabs-in-ukraine/>

<https://pubmed.ncbi.nlm.nih.gov/8961715/>

ENTEROVIRUSES

Mild enteroviruses cause flu-like symptoms: runny nose, cough, sneezing, body aches. Ten to fifteen million Americans per year get infected, with the majority having no symptoms. Children and immunocompromised people are at risk for more severe symptoms. Unlike the virus believed to cause covid, enteroviruses can survive on surfaces, and the virus has a long incubation period: symptoms may occur 3 days to 3 weeks after initial exposure. If an enterovirus has been enhanced by gain-of-function, it could be a something-burger.

As with covid, your best defense is probably to have a robust immune system: good sleep, nutritious diet, daily exercise. And do something about anxiety. For us, the rosary is perfect for tuning out fears and resting in Divine Providence. Spiritual reading, Lectio Divina, adoration... the Church has given us a portfolio of means to rest calmly with God.

<https://www.verywellhealth.com/enterovirus-strains-and-facts-1958863>

<https://health.clevelandclinic.org/strengthen-your-immune-system-with-simple-strategies/>

December Prayer Intentions

*That CORAC members throughout the world demonstrate the Fruit of the Holy Spirit: "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control" (Galatians 5:22-23), that we might be a sign of hope to those around us in frightening and confusing times

*For all CORAC members to be guided by the Holy Spirit in discerning "the next right step" in our daily lives as we live the Prayer of Doing

*For traveling graces for Charlie and for all CORAC members as we enter winter-weather months

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

*That each of us, daily, “rest awhile” with the Lord and receive spiritual encouragement and strength

*For all intentions carried in the hearts of CORAC members

St. Gabriel, enlighten us.

St. Michael, defend us.

St. Raphael, protect us.

Ave Maria, Stella Maris!

Newsletter 2023-21

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

How long, O sovereign Lord, holy and true, until you avenge our blood?



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

Please consider becoming a monthly donor to support the work of CORAC, which is offered free of charge:

<https://corps-of-renewal-and-charity.myshopify.com/collections/donation>



This week is the very definition of distraction. I feel like the Houck family... innocents who love their father, and have to watch modern-day stormtroopers take him away. The hearts of Tyler Catholics (and a lot of Protestants, too) are bleeding after the removal of Bishop Strickland. The fact that we had advance warning back in June when the Visitators came to town has not seemed to cushion the shock. We knew it was coming, but hoped it would never arrive. Now it has. The whole Catholic world is trying to figure out what to do, how to respond, and what God intends for us to draw out of this disaster. Following Bishop Strickland's lead, we stay on our knees.

Take heart from Charlie's latest blog post: "I think the hour of darkness in the Church is almost over." It's one of his best posts:

<https://corac.co/2023/11/15/the-strickland-saga/>

Sheryl Gollmer, editor

November 16, 2023

sherylc@coracusa.com

From the cockpit of the Subaru



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



Organizing Principles

I am a big believer in the concept of 'organizing principles,' a core around which people and things will gather to form organizations and communities. An effective organizing principle will attract people to gather around itself organically and organize themselves into effective teams.

A good metaphor for an organizing principle is rock candy. Rock candy is made by suspending a stick or a piece of string in saturated sugar water. As the water evaporates, the sugar crystallizes around the string or the stick. If you just have a glass of saturated sugar water, when it evaporates, all you will have is a glass that is crusty inside. The string or the stick do nothing – and are not even really part of the candy, just a form of support for it. But when they are suspended in the water, the candy can form and organize itself around them.

I used this principle frequently in large campaigns. Any campaign is a time-limited sprint to a particular goal. In a large one, you could not possibly reach everyone you need to on your own. Even if you could, you still could not direct all the people who have to get involved and vote to make it a success. So you have to have some principles that will cause them to self-organize, while providing the structure that will allow them to easily organize around. Control freaks can mount successful large campaigns, but they rarely are efficient – and are always vulnerable to the primordial power of an organizing principle.

Since I specialized in helping good candidates who started far behind or deep in minority territory, finding the proper organizing principle was what gave my guys the greatest chance of beating the odds. Once set in motion, it can be painfully slow developing, but when a certain critical mass is achieved, it will sweep all in its path.

The keys are to capture people's imagination, give them the freedom to engage their own creative capacity in taking the initiative locally, support them with the larger skeletal structure of a coherent philosophical framework, then turn them loose. Like that rock candy, they start crystallizing of their own accord around that humble little string and you have something magnificent.

We are in the process of drilling down much more deeply to the local level in CORAC with our Go Forth initiative and enhancement of our regional structures. It is all built around [our core mission statement](#), which is as simple and plain as a piece of string.

CORAC is a grassroots organization dedicated to the traditional values of faith, family and freedom

Using that, people around the country – and the world, for that matter – can take the initiative to start building strong communities that work together to support and defend each other.

In our global ZOOM meeting two weeks ago, someone asked what the plan for CORAC is if something should happen to me. The simple answer is that, while it is best if I am around to express publicly what CORAC is about, once we have reached a critical mass of folks taking local initiative, it won't stop anything if the primary string – the original organizing principle – is snapped. Once the crystals start forming, even if the string somehow dissolves, new crystals form along already existing crystals. You just have to get to the point where the crystals have started forming.

You will be hearing a lot more about the Go Forth initiative – and how you can and should organize the little community in your own neighborhood under the Godly principles of faith, family, and freedom. Engage people, give them something to do, rejoice when they take the initiative in small things right in front of them, and you will have a movement and community that will grow joyfully with strength even as the corrupted old institutions fall away.

What I seek then – and what all CORAC seeks – is to spark a thousand little initiatives to crystallize into communities around the nation and the world that will honor God and care for each other. In short, I ask each of you to become an organizing principle in your own neighborhood.

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>

The Strickland Saga (Charlie has been on fire lately, and this is one of the best of the best)
American Politics Isn't Broke – It's Fixed
When Disorder Metastasized
The New Backup Plan

BRIEF UPDATES – short snippets from Charlie

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

A Game of Baseball (10 mins)
Blessing of the Lost Girls (10 mins)

CHATTING WITH CHARLIE

Latest edition of Q&A with Charlie Johnston

<https://corac.co/2023/10/24/7-questions-no-6/>

CORAC GLOBAL MEETING

If you missed it, you can watch or re-listen here:

<https://corac.co/2023/11/06/corac-global-zoom-session-5-video/>

News

BISHOP STRICKLAND

No shortage of commentary on Bishop Strickland this week. The best thing I've read so far is Kevin Wells' piece for Crisis which was published on Monday: <https://crisismagazine.com/opinion/bishop-strickland-becomes-a-victim-for-the-church-he-loves>. In that poignant article, he indirectly alludes to what may be at the heart of Strickland's removal: the homosexual agenda. Then this morning, Crisis published another article from Wells, which directly addresses the problem of homosexual clergy, and the vindictive retaliation they direct at anyone who crosses them. In the latest article, he doesn't mention Strickland at all, but the reader can connect the dots: <https://crisismagazine.com/opinion/silence-in-the-face-of-the-homosexual-infestation-of-the-clergy>

It's clear to most careful observers that the Pope has taken a gigantic misstep in removing Bishop Strickland. I've read in several places that the Texas bishops cautioned him not to do it. Chronically misunderstanding and underestimating American Catholics, he doesn't seem to have understood that we know our faith (thank you, EWTN and the catechetical revolution you began) and we are not going to abandon it, nor anyone who stands firm in it.



MORE ON STRICKLAND

Dr. Robert Moynihan and Fr. Charles Murr, two very astute "insiders" in the Vatican, have a hopeful conversation about the good bishop: <https://www.youtube.com/watch?v=uSU76Ulwgs>

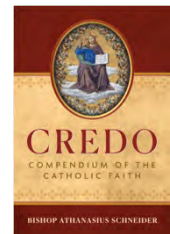
Raymond Arroyo and his "papal posse" will interview Bishop Strickland on Thursday evening, 8:00 Eastern. You can view it later on EWTN website if you miss the live tv show. <https://www.ewtn.com/tv/shows/world-over>



CREDO IS HOT

Ever since Sophia Institute launched Bishop Schneider's new catechism on October 26, it's hard to get your hands on the book! Sophia Press was sold out after the launch, but they should be catching up with demand by now. On Amazon, you can only get the Kindle version, or higher-priced copies from third parties. It's a hot item! Put your order in now at Sophia and get it for Christmas gifts:

<https://sophiainstitute.com/product/credo/>



THE 10 NEWS STORIES YOU DIDN'T HEAR THIS WEEK

From the Vigilant Fox. Always interesting to read what the ruling powers don't want you to pay attention to:

[#10 - Lawyers call for criminal charges against Dr. Anthony Fauci.](#)

[#9 - Black Lives Matter leader stands behind January 6 prisoners and endorses Trump.](#)

[#8 - A new preprint study finds billions of residual DNA fragments in COVID-19 mRNA vaccine vials.](#)

[#7 - Vivek Ramaswamy calls Joe Biden a 'puppet' live on national TV.](#)

[#6 - Demand for 'unvaxxed' sperm soars as birth rates continue to decline.](#)

[#5 - Popular natural health product becomes the latest victim of Trudeau's Canada.](#)

[#4 - Seven carcinogenic and genotoxic food additives banned in Europe are commonly used in the U.S.](#)

[#3 - Schools start conducting "sudden cardiac arrest screenings" as heart attacks surge among children.](#)

[#2 - A Nobel Prize-winning drug with anti-cancer effects is now quietly under attack.](#)

[#1 - EU Parliament and Member States reach an agreement to introduce CCP-like control measures to Europe. DO NOT COMPLY.](#)

<https://vigilantfox.substack.com/p/media-blackout-10-news-stories-they-c22>

UNVAXXED WILL BE VINDICATED

Don't forget what they tried to do. The number of people who resisted the vaxx foiled a program that would have been an even bigger disaster than the one we have now. Everything else that has happened since the vaxx rollout (Ukraine, Israel, Nordstream, Chinese balloons, etc) may have been allowed, in order to take our eyes off the massive deadly toll of the vaxx. Yes, I really do think they are that inhuman. Here's the video to remind you: <https://vigilantfox.substack.com/p/the-unvaccinated-will-be-vindicated> Stay strong, you Unvaxxed!

SWING AND A MISS



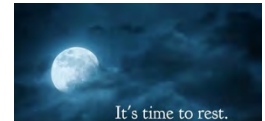
I had high hopes for this new Christmas movie, but it failed to deliver. Full review here, which is more a reflection on the Immaculate Conception than a straight review. <https://crisismagazine.com/opinion/the-protestant-mary-isnt-the-true-mary>

WANTED: SELF STARTERS

If our various systems and institutions go bust, workarounds will not be easy or obvious. We will have had to do some homework beforehand. We can't all be experts on every subject, but that's why we have CORAC. There is a treasury of information on the CORAC website, but you have to commit the time to delve into it. Be a self-starter, and go exploring the website. Start with one topic, print out one resource, and complete one small step. Then go on to the next. Don't overwhelm yourself, and don't put off the first step.

A GOOD NIGHT'S SLEEP

Just reading those words makes me feel happy. A good night's sleep is golden! Health & Wellness has posted a thorough review of the subject, both in video and outline format. If you're not getting good sleep, everything in life is a challenge. Check it out and improve your sleep and your life: <https://corac.co/2023/11/01/a-good-nights-sleep/>



RADIO

If you're interested in getting started with shortwave, HAM or GMRS, head on over to the Communications page on the CORAC website. There is a wealth of information. <https://corac.co/category/specialty-teams/communications/classes-comm/> It's a complex subject, so if you have specific questions once you get started, go to Signal and search "CORAC Comms Hotline." We have many radio gurus on that chat who can help.

FUNCTIONAL HOMEOPATHY

Many CORAC members are interested in finding alternatives to the pharmaceutical model that is so prevalent, and that failed us in the covid era. Homeopathic remedies have been used for hundreds of years, and shown some amazing results. If you'd like to introduce yourself to this subject, our Health & Wellness team has put up a five-part series of introductory videos, with accompanying notes and references. Start here with Class 1: <https://corac.co/2023/06/27/functional-homeopathy-introduction-video-class-1/>

NIXTAMALIZATION

I'm sure you were just thinking about how you could optimize the nixtamalization in your life. It's actually quite interesting, the process that native Mexicans developed over ages to make corn more nutritious. In the South, we call it hominy. Here is the discussion thread with instructions and references: <https://corac.co/2023/11/14/corn-nixtamalization-discussion/>

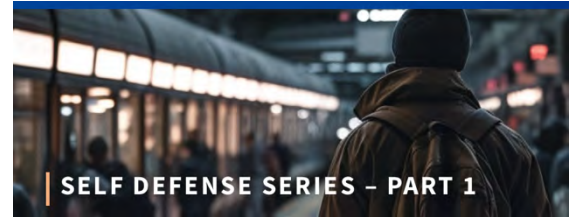
HOW TO START HOMESCHOOLING

Schooling decisions have mostly been made by this time of year, but if you want to know more about your options, try this video from the veteran homeschoolers on our Education Team. <https://corac.co/2023/01/18/how-to-start-homeschooling-video/> It will give you some ideas you may not have considered.

PRINCIPLES OF SELF-DEFENSE

The first episode of this new CORAC series is up on the website! Todd Heaton, a Catholic self-defense professional, leads this series. To approach this subject from a truly Catholic perspective, is invaluable.

<https://corac.co/2023/10/23/principles-of-self-defense-series-part-1/>



CORAC Website

Items are being added all the time. Keep exploring!

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

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

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

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

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

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

Prayer

NOVEMBER PRAYER INTENTIONS

*As we move through what Charlie has identified as Armageddon ~ the long-foretold decisive battle between good and evil, happening now ~ that CORAC members will acknowledge God, take the next right step, and be a sign of hope to those around us

*For the spiritual gift of discernment, that we be able to distinguish truth from falsehood or error and act accordingly

* For continual trust in God's Divine Providence and his infinite mercy in these times of uncertainty

* That through Our Lady's Rosary, the Flame of Love, other Christian devotions, and Jewish prayer forms, all of our loved ones will return (or come to) the fervent and joyful practice of our Judeo-Christian faith as quickly as possible

* For healings and restoration to occur for all who are sick and battling disease in the body or mind, healing that will defy medical rationale and can only be explained by the healing power of our Lord, the Divine Healer

*That our daily spiritual journeys to holiness be nourished by God's abundant grace: for more focused meditations, more pointed fasting, and more selfless charity to others ~ all to honor God's great love for us!

*That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

*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.

Newsletter 2023-1

18208 Preston Rd Suite D9-552
Dallas, TX 75252



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



With sadness, I dedicate this newsletter to Cardinal George Pell, who went to his eternal reward on Tuesday this week. He was a stalwart son of the Church, having accomplished great work in the area of financial reform, and having endured unjust imprisonment for a crime that had to have offended his heart to the very core. I encountered the Cardinal in Madrid at World Youth Day, where he ministered to the kids like a parish priest. Heaven just became even more appealing, with the prospect of Cardinal Pell and Pope Benedict waiting for us. Rest in joy, dear Brothers in Christ.

Sheryl Collmer, editor
January 10, 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.

Be The Benefit – Fruit That Will Last

In the last two and a half years, CORAC has cobbled together a host of benefits for our members to help all thrive in good, bad or even terrible times by working together to develop key skills with each other and sharing them. CORAC has put together a host of videos and seminars highlighting home and frontier skills, such as foraging, butchering and preparing game animals, safe food preparation, basic self-defense, strategies for simple but effective heat stoves, canning, and safe storage of dried foods.

While government and public health authorities were busy suppressing effective Covid medications, CORAC was helping people obtain Ivermectin and offering effective protocols. Meantime, hundreds have taken – and taught – free courses on homeopathy, a medical system that has been used by St. John Paul II, St. Teresa of Calcutta and was predominant in this country for many years.

As the government was colluding with big tech and big media to shut down dissent from preferred official narratives, even canceling people who had done no wrong, CORAC was working with others throughout the country to build a nationwide network of ham radio operators so that people could get reliable information in the event of a crisis.

In the different regions, CORAC has set up shelters and crisis centers – stocking them with food and medicine – in case of emergencies. They came in handy during the big hurricane that hit Florida last year.

CORAC's Education Team has been building curricula and plans for Home School Co-ops that help people get out of failing public schools, and see that their kids get a real education whether we hobble along in this country or the bottom falls out of a failing governmental system.

Under the leadership of the Prayer Team, people of all stripes are being brought together to live their preferred devotions with each other or take Catechism Classes directed by eschatologist, Desmond Birch.

As things get darker, while we do occasionally curse the darkness, we are far too busy lighting candles to make the former our focus. We are about the business of knitting the frayed social fabric back anew, among those who are willing to work voluntarily together. We get the side benefit of making good, reliable friends throughout the country with our efforts. (I personally think that is the main benefit, but I prefer that people figure that out at their own pace.)

Anyone can join without charge and access all the materials CORAC has to offer. This year, I want to take it to a deeper level: you be the prime benefit to your neighbors.

When you join CORAC, recruit a God Squad in your own neighborhood or town. Look for things that need doing and then...do them. Find the elderly shut-ins who need some help with home repairs – and get a crew to help them. Maybe there is someone who needs help getting to the store once or twice a week. Recruit a crew of the willing and help them. Maybe a single mother or the caregiver of an invalid needs a break now and then. So help them. Check in with your local churches and synagogues and find out what the needs in the community are – and then help meet those needs. It can be as simple as reading to a child or as complex as building a new porch.

You will get the joy of camaraderie with your fellows as you share accomplishments – and build new friendships and community groups who will form a great bulwark against the ongoing decay of the social fabric. Truth be told, while the media shows a hugely divided public and the Federal government tries to inflame animosities between people, most folks are pretty nice. I travel the country and talk to strangers all the time – and they like to laugh and talk and help each other. Shoot, the other day I replaced the headlights in my car. Actually, I bought the headlights in an AutoZone. By chance, the manager of the store helped me – and then insisted on coming out to install them for me. When I tried to offer him a little extra after he was finished, he refused – and said he had enjoyed talking with me too much to take extra money from me. Let your soul, with Mary, magnify the Lord, that all may see and rejoice in the light.

Get your crew together – and let it multiply...right in your neighborhood. Hold meetings and barbecues. But for goodness sakes, don't let it be the sort of bureaucratic meetings that have been the bane of modern existence for decades. I once suggested to a group that we just set a tape recording of our next meeting, then run the tape in an empty room every two weeks without any more meetings...because they were all the same blah, blah, blah anyway so why waste valuable time with such dead-end nonsense? Do rotating social events. Figure out what needs you are going to work on, who is in charge of each project, and then play some cards and chow down. The business part should take all of, maybe, 45 minutes.

Things are not holding together in our society anymore. But we can build anew, one brick at a time. Do not worry about all the things you can't do. Just do the little you can that you find in front of you. If you do that with enthusiasm, trust me, your crew will grow and the territory of what you can do will grow with it. Just take the next right step, and many more will follow.

The finest mansion in town was built by putting one brick on top of another. I walked 3,200 miles on my pilgrimage across the country a decade ago by putting one foot in front of the other...doing 10-15 miles a day while relentlessly enjoying the day and the people I met during that day without fretting about the fullness of the journey, nor getting bent out of shape during the occasional detours that arose. We are neither building a mansion nor taking a long hike: we are building that shining city on a hill with each other to offer Christ. But the technique is the same. Focus on the next brick and the next step – and we will produce fruit that will last, even as the stilted, formal avenues collapse around us.

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.

CHARLIE'S QUICK UPDATES

Charlie has begun posting quick little topical briefs, all around 6 minutes so that you can listen on the fly.

“Keep Steady” 8 minutes <https://corac.co/2022/12/26/keep-steady/>

“God's Ways Are Not Men's Ways” 6 minutes <https://corac.co/2022/12/15/gods-ways-are-not-mans-ways/>
<https://corac.co/newsroom/#regular-podcasts>

A SIGN OF HOPE BLOG

“The Changing of the Guard”

“A Pivotal Year”

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

CHARLIE'S UPCOMING MEETINGS

<https://corac.co/meetings/#dates-and-details>

Action

- **Use cash.** Resist the digital economy that will make you easy to control. <https://globalwalkout.com/keepcashalive/>
- **Pray the rosary in a group publicly.** <https://truthforsouls.com/2022/07/27/signs/>
- **Sustainability Challenges.** The national team has been issuing weekly challenges to help us gain skills and practice. If you haven't known about them, now is the time to catch up before the end of January!
 - #1 Power Out simulation.** Live entirely OFF electricity/gas for a day. What do you discover? What backups do you need to put in place? (alternate heating, spare batteries, alternate cooking, written phone numbers and addresses, etc)
 - #2 Water Out simulation.** What are your alternate water sources? Do you have a purification system? How are you handling sewage? Be aware that if you live on low ground, you may need to address sewage backflow in the house.
 - #3 Physical Fitness.** Living with conveniences less widely available requires more physical work. Begin slowly, but incorporate exercise into each day. What is your plan? What's your rainy-day alternative?
 - #4 Inventory.** Take stock of your emergency preps. Do you know what you have, and can you access it? Are you rotating goods with an expiration date? Do you have a good balance of carbs, fats and protein, and not just a mish-mash of energy bars and canned meat?

Website

- Health & Wellness
- Sustainable Living
- Communications
- Education
- Crisis Scenarios
- Prayer

<https://corac.co/health-and-wellness-teams/>
<https://corac.co/sustainable-living-teams/>
<https://corac.co/communications-teams/>
<https://corac.co/education-team/>
<https://corac.co/crisis-scenarios-team/>
<https://corac.co/category/prayer-teams/>

News

UNDENIABLE DAMAGE

The damage done by the C19 vaxx is becoming visibly tragic and undeniable. Deaths reported in VAERS are at 43,052, and VAERS is believed to be 1-10% of the total number (multiply VAERS times 10-100). If you do the math, it's staggering. Life-threatening, permanently disabling, ER or hospital admission required and birth defects total 615,187. It begins to make sense why there are staffing shortages in so many businesses, as the working age public were mostly forced into taking the shot.

<https://www.vaersaware.com>

<https://rumble.com/user/welcometheeagle>

<https://www.americaoutloud.com>

“Together we will expose the fraud”

Podcasts from a top VAERS auditor

All things covid from people who aren't getting rich off you

STATE OF EVIL IN THE WORLD

Fr. Ripperger is an exorcist, now residing in the Diocese of Denver as the founder of the Doloran Fathers. In this 40-minute presentation, Fr. Ripperger gives reason for hope despite the profound activity of evil in the present world.

<https://www.youtube.com/watch?v=-yxCn5P2F-4>

MEDICAL WAKEUP

Data from the CDC shows that only 13% of Americans are taking boosters of any kind. People have lost trust in the medical institutions of our country, and certainly in the government. All the propaganda in the world is not moving the vaxx into arms. See the presentation of Dr. Peter McCullough on InfoWars: <https://www.truthforhealth.org/2022/01/dr-peter-mcculloughs-presentation-on-infowars-with-alex-jones/>

TRUE HISTORY OF ANTIFA

Catholic podcaster Jack Posobiec begins a new series, “The True History of Antifa.” We always knew Antifa was not what the media sold; Poso does a deep dive. <https://humanevents.com/2023/01/06/posobiec-antifa-only-exists-to-be-a-destabilizing-force-and-gets-their-own-history-exactly-wrong>

EVIDENCE-BASED DOCTORS REGISTRY

Steve Kirsch, one of the first public figures to “come out” against the dangerous vaxx, has begun a registry of evidence-based doctors. It’s a work in progress, but it’s already substantial. Click on the link in the Burning Platform article. You’ll come to a filter-able spreadsheet that you can search by state, zip code and specialty. Bookmark the page to have handy if a family member needs medical help.

<https://www.theburningplatform.com/2023/01/08/new-evidence-based-doctor-registry/>

TRUE MOTIVES OF COVID CAMPAIGN

Another early danger signaler was podcaster Bret Weinstein, an evolutionary biologist who hosts the Dark Horse podcast. In June 2021, Weinstein hosted Dr. Robert Malone and Steve Kirsch in one of the first public revelations of the dangers of the vaxx. That podcast was my introduction to the renowned Dr. Malone. It’s a long interview, but it will go down in history:

<https://open.spotify.com/episode/2GkYPouJqLMnMqDzMsdaeh>

Skipping ahead to the present, here is Bret Weinstein talking to Joe Rogan on January 4. It’s another long one, but Weinstein is an honest scientist, talking about the true motives of the covid campaign:

<https://open.spotify.com/episode/1fCp0jGnwvxHJVpIXTfOzA>

THE PLAN IS NO-GENDER HUMAN 2.0

David Icke, a British author and speaker, talks about “AI, Drag Queens, Sperm Counts & mRNA Vaccines. I wasn’t familiar with Icke, but Wikipedia describes him as a “conspiracy theorist” which is now a badge of honor and shorthand for “tells the truth.” I hadn’t previously thought of a no-gender agenda. <https://www.youtube.com/watch?v=AWmdgFcyDYY>

Why are we seeing drag queens everywhere? It’s not just library story hours anymore, though that’s bad enough. Antifa bad actors are protecting “family-friendly” drag shows. What the heck?!? Ru Paul’s Drag Race,” a “reality” show (that’s rich) that has been going on for 15 or so seasons. There may be something to the Gender Bender Agenda.

CAUSE UNKNOWN

Edward Dowd, a former portfolio manager (a profession that requires statistical analysis) has co-authored a book with Robert Kennedy, Jr. and Gavin deBecker, detailing the epidemic of sudden unexplained deaths since 2021, especially in the young. There is even a novel acronym since the shots rolled out: SADS, sudden adult death syndrome. Here is a short interview with Ed Dowd: <https://rumble.com/v20t3l0-edward-dowd-cause-unknown-or-is-it.html>

The book is here:

<https://childrenshealthdefense.org/defender/cause-unknown-edward-dowd-sudden-deaths-covid-vaccines/>



CIRCULATING SPIKE

The journal of the American Heart Association published a study last week showing that elevated levels of full-length spike protein, unbound by any antibodies, were circulating in the plasma of individuals with post-vaccine myocarditis.

<https://www.ahajournals.org/doi/epdf/10.1161/CIRCULATIONAHA.122.061025>

Dr. Glenn Rapsinski at the University of Pittsburgh School of Medicine (the same med school tied to Planned Parenthood for its supply of fetuses to scalp for making “humanized mice”) wrote the following in August 2021:

It's important to know that even though your cells have made their own spike proteins, they don't have enough information to make copies of the full virus. But the spike proteins can trigger the body's immune system to amp up its defense so it is ready if the whole coronavirus invades.

The AHA study seems to say that Rapsinski is wrong, but I wasn't able to find a retraction from the good doctor.

REAL INFLATION

When you hear Biden say that inflation is 7% and easing, yet you know you are spending twice or three times as much at the grocery store... is he just lying? No, he's using the “core CPI” which does *not* include food or energy

(<https://www.forbes.com/advisor/investing/how-to-calculate-inflation/>) Those costs are considered “too volatile” to count, so truth-twisters prefer to use the rate that ignores them. Anyone who's gone grocery shopping in the last year knows that 7% inflation doesn't come close to describing what we are enduring. Here's a more realistic picture:



From: Zero Hedge at: <https://www.zerohedge.com/personal-finance/us-inflation-how-much-have-prices-increased-2022>

TWITTER FILES

These releases are a very big deal. They show how the news we've received is tainted, manipulated, choked and disguised. We have been living in a false universe, like Truman in *The Truman Show*, because what we've gotten as news has been corrupted. Garbage in, garbage out. We have a lot of re-learning to do. (If you haven't seen *The Truman Show*, rent it.)

1 thru 11: Unga Wayfinding has formatted the Twitter Files 1-11 into a PDF for easier reading. Download here: <https://unga.substack.com/p/twitter-files-1-11-downloads-pdf>

12: And here's release #12, in which I learned about the GEC, the "intelligence" arm of the US State Department created by Hilary Clinton during the Obama regime. <https://unga.substack.com/p/pdf-twitter-files-release-12-why>

13: The FBI "belly button" <https://unga.substack.com/p/pdf-twitter-and-the-fbi-belly-button>

14: The first release of the revelations regarding suppression of information about the vaccine. <https://unga.substack.com/p/pdf-twitter-files-release-14-top>

The promised release of the so-called "Fauci Files" showing the collusion between Twitter and the corrupt Federal government over covid and the mRNA vaccines has just begun. There is *much* more to come. Because of the number of people who have been killed or maimed by the vaxx, the Fauci Files are going to cause a tidal wave. I expect the release is being carefully timed.

Prayer

JANUARY PRAYER INTENTIONS

*That CORAC members "keep steady" as "serious and sober," "deliberate" people, "doing things that make a difference . . . faithfully, with great love" (CJ) as the storm deepens

*For all CORAC members to seek and to receive spiritual gifts (1 Corinthians 12:4-11) empowering the Prayer of Doing, because "When people are scared, they turn to where the character is strongest" (CJ)

*For traveling graces for Charlie and for all CORAC members during winter-weather months

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

*For Charlie's discernment and for any special prayer intentions that he holds close to his heart while making critical decisions in guiding CORAC through this year

*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!

Newsletter 2023-2

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

Here comes with power the Lord God



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

The last eight years have seen the rise of the citizen journalist, keyboard warriors not employed by corporate media, who pursue the truth at all costs, like James O’Keefe and Project Veritas, BioClandestine, LifeSiteNews, Charlie Johnston, Robert F. Kennedy Jr. and Jack Posobiec. They are up against the media and pharma behemoths, not to mention a vengeful government. Thank God for brave, brilliant, bold, belligerent journalists, who are winning the culture war, one skirmish at a time. Most of the big news this week is thanks to them. Please pray for them and support them financially, if you are able; details in this newsletter.

Sheryl Collmer, editor

January 31, 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.

Make Your Life a Command Performance

I knew a very honorable man a few years ago who was caught in a predicament. His father had deeded over his real property to him in preparation for a time of possible diminished capacity of the older man and to facilitate the younger man handling the estate. All in the family had concurred with, or at least accepted, the decision as a wise one.

The time came when this young man called me. His dad wanted to make a move requiring the son’s acquiescence that might have possibly severe negative consequences, including leaving the old man ultimately homeless. So I told my friend he should make like Nancy Reagan and just say no. And there was the rub.

My friend had already tried to change his father’s mind without success. Now the decision was his, and he was afraid his family might think he was just greedy to keep the property whole for his own inheritance if he refused. Now I understood. I told him that this was exactly the sort of temptation the devil tries to contrive especially for honorable men. They are focused on doing the most right thing they can – but what happens when the most right thing they can think of appears to many to be a wrong or selfish thing? Will they do the wrong thing that looks right in order to appease men, or will they stand firm even if they look bad to the world for a time? (Of course, this presumes they have done a serious self-examination first – and have concluded that the decision they would make is truly the best for those in their care and is part of their own legitimate authority.)

This is where so many get tripped up. What do you do when the most right thing you can think of looks wrong – or when a great wrong looks right? That is when you find who you truly are. Will you voluntarily accept the slings that will surely come your way in order to do right, or will you take the cheap applause that comes from doing what you know to be wrong but looks okay?

It is fitting and proper that we should show due respect to the opinions of those around us. If not, there would be no need to be as “wise as serpents and as gentle as doves” as Christ commanded us. Popular approbation is necessary to mount any great public endeavor – and at times, that is needful. But sometimes we stand at the edge of a decision that, however tempting, might put those we have taken responsibility for (either formally or morally) in far too much risk. In those situations we need to make sure that we are exercising only the legitimate authority we have been given. If God refuses to impose His will on us, who are we to impose it on others?

There are times when we must decide who our primary audience is. In a moral crisis do we act to please men or to please God? If we choose God, we must act knowing that He does not approve of us squandering our credibility with self-righteous posturing. He does not approve of us setting ourselves up as gurus to direct the consciences of other men on matters where He

has given them moral agency. But on matters where we have been given authority over other men's affairs, He expects us to exercise that legitimate authority for their benefit. We must choose to make our whole lives a command performance before God – for that is what it is. This is our audition for heaven. Don't blow it by hamming it up for the crowd, nor by treating those given into your care for a time with contempt or indifference.

I walked through the details with my friend and became convinced that what he thought was the right decision was, in fact, the most right decision he could make. So he made the decision, disappointing and angering his father. He did, indeed, suffer some withering criticism from a few others in the family. But after about a year, his father was deeply grateful to him for protecting him from what would have been a terrible error. While his critics in the family had little to say, all saw, in this realm, the wisdom of his father in originally appointing him steward over the father's affairs and the son's wisdom in administering that stewardship. In this case, he aced his audition for heaven by living his command performance seriously and with moral fidelity.

It is not an easy thing being a serious Christian, but it is our calling. Always remember who your primary audience is and you will find it easier to make hard decisions. God is watching with interest.

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.

LATEST PODCAST

Charlie interviews Tom Brejcha, Chief Counsel for the Thomas More Society, who is handling the defense of Mark Houck and David Daleiden.

"That Voice For The Voiceless," 58 minutes: <https://corac.co/newsroom/#regular-podcasts>

CHARLIE'S QUICK UPDATES

"Two Trains Crashing," 5 minutes <https://corac.co/2023/01/29/two-trains-crashing/>

"The Quiet Girding," 3 minutes <https://corac.co/2023/01/25/the-quiet-girding/>

A SIGN OF HOPE BLOG

"Tremors," January 24 <https://corac.co/2023/01/24/tremors/>

"Shedding Spiritual Ballast," January 19 <https://corac.co/2023/01/19/shedding-spiritual-ballast/>

CHARLIE'S UPCOMING MEETINGS

Charlie is on the move again after the holidays. He is now in the eastern part of the country. Check for locations near you.

<https://corac.co/meetings/#dates-and-details>

Action

- **Use cash.** Resist the digital economy that will make you easy to control.
- **Pray the rosary in a group publicly.**
- **Check in with your neighbors.** Take note of who may be a shut-in or single mom, and what their needs are.
- **Recruit a God Squad.** Have a team willing to mobilize to help neighbors in need. Host a barbeque or block party.
- **Spend time in Adoration.** You can pray with a live cam if you can't physically get to an Adoration chapel. There are several listed here: <https://virtualadoration.home.blog>

CORAC Website

- **Health & Wellness** <https://corac.co/health-and-wellness-teams/>
New topics include grief support, 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

THE PFIZER BOMB

By now, you've surely seen the high-level Pfizer exec out on his gay date, spilling the beans about his employer's illegal gain-of-function activity. Hard to believe that the giggling, smirking young man is actually one of Pfizer's most prominent scientists ... but he is. Within hours of the Project Veritas video surfacing, the internet footprint of Dr. Jordan Walker was erased, but a cagey journalist, Brian O'Shea (husband of Naomi Wolf) grabbed screen captures of various profiles and entries before they were taken down. It was amazing how quickly Dr. Jordan Walker was "disappeared" by the friendly folks at Pfizer.

The original date video was taken down from YouTube, but here is an annotated version from Rumble:

<https://rumble.com/v275hqk-pfizer-wants-to-mutate-the-covid-virus-to-sell-you-more-vaccines-project-ve.html>

The embarrassing meltdown of the loose-lipped executive when confronted by James O'Keefe of Project Veritas:

<https://rumble.com/v279p1s-jordan-trishton-walker-project-veritas.-the-reveal..html>

The cache of biographical items about Jordan Walked secured by Brian O'Shea before they were taken down:

https://brianoshea.substack.com/p/who-is-jordon-trishton-walker?utm_source=profile&utm_medium=reader2

Tucker Carlson, one of the only newscasters to cover it in the media:

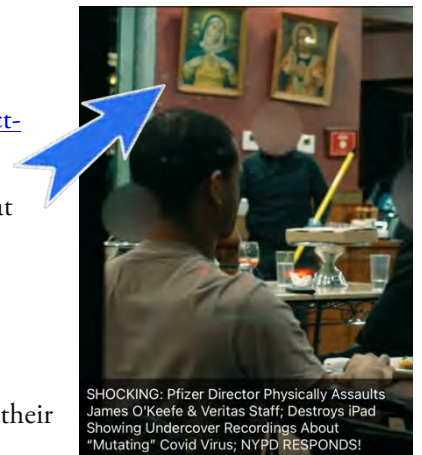
<https://rumble.com/v27a6kk-tucker-covers-the-pfizer-executive-caught-on-tape-by-project-veritas.html>

Some detailed observers have noted the pictures on the wall of the restaurant. It seems that the Sacred Heart of Jesus and the Immaculate Heart of Mary were reigning above the confrontation between the mad scientist and James O'Keefe.

Support the courageous work of Project Veritas: <https://www.projectveritas.com/donate/>

or mail a check to: Project Veritas PO Box 8933 Topeka KS 66608-9974.

James O'Keefe and his team are striking HUGE blows for freedom and truth. Check out their other undercover reporting: <https://www.projectveritas.com>



MARK HOUCK ACQUITTED

On Monday, a jury acquitted pro-life father Mark Houck of charges of violating the FACE Act (Freedom of Access to Clinic Entrances). The charges were completely without merit, but the jury deliberated much longer than anyone would have thought for such a spurious case. Pro-lifers across America were praying for Mark, and Mark Jr., who had been verbally abused by a Planned Parenthood “escort,” and testified at trial.



The Houcks have seven young children, and could hardly have afforded the quality legal defense that they received *gratis* from the legal heroes at the Thomas More Society. These excellent attorneys are also representing David Daleiden.

Hear more about their good works on Charlie’s latest podcast with Tom Brejcha, President and Chief Counsel of the Thomas More Society here: https://vimeo.com/792067624?embedded=true&source=vimeo_logo&owner=144927933

Support the Thomas More Society here: <https://secure.anedot.com/thomasmoresociety/donatenow> or mail a check to: Thomas More Society, 309 W. Washington St., Suite 1250, Chicago, IL 60606



NEVER AGAIN IS NOW GLOBAL



Vera Sharav, a Holocaust survivor, has teamed with Children’s Health Defense to produce a 5-part documentary series. We have all wondered how the Nazi holocaust could have occurred (Why didn’t people stand up? Why did they go to the gas chambers without a fight?) and now we know. The Holocaust required lies and propaganda, exactly what our government and global elites are using to make us cooperative guinea pigs. The message of this series is: RESIST.

Watch here: <https://live.childrenshealthdefense.org/chd-tv/events/never-again-is-now-global/Never-Again-Is-Now-Global-Trailer/>

Part 1 “Here We Go Again, On Steroids” releases Monday, Jan. 30 at 6:00 pm Central Time

Part 2 “Anyone Who Starts A War Has To Lie” releases Tuesday

Part 3 “Breaking The Veil Of The Real Conspirators” releases Wednesday

Part 4 “This Time Around, We’re All Jews” releases Thursday

Part 5 “Never Give In / Never Give Up” releases Friday

On Friday, Feb. 3, the whole series will be available at the above website.



THINKING FOR YOURSELF

A reader poll on Telegram asked: “What was the most important lesson you learned from covid?” By far, the most common answer was: “Thinking for myself.” Doing homework, learning to evaluate resources, accepting nothing without background checking, learning to research shrewdly, declining to believe stories just because “experts” told you so.

When someone has something to gain, I downgrade their credibility factor, but if they suffer for speaking out, their credibility goes way up. Albert Bourla, CEO of Pfizer... zero cred on drug safety; Dr. Robert Malone... stellar cred. One is selling something for billions of dollars; the other would prefer to be living a quiet, undisturbed life in the country.



THE TIDE IS TURNING

The awakening is happening; the tide is turning. We are winning. It’s slow and, like conversion, proceeds one person at a time, but it’s happening, all right. Read here: <https://www.crisismagazine.com/opinion/the-covid-narrative-tide-is-turning>

HELP WANTED

Why is nearly every industry hurting for employees? Why are stores closing earlier, flights being cancelled, restaurants no longer serving tables? Edward Dowd explains the disability data related to the working-age demographic, those who were under the most pressure to get the shot. There are approximately 3 million more disabled people now than in 2020, before the shot was rolled out. What that means for us: we have to try to find and help these people. Bear in mind that they have been called crazy, hysterical liars with genuine physical symptoms that doctors say are a product of anxiety or disinformation. So in addition to being wounded, they are now more or less invisible. <https://dailyclout.io/smoking-gun-disability-data-reveals-alarming-health-crisis-of-the-employed/>

HOW TO STOP THE CENTRAL BANK DIGITAL CURRENCY

The Wall Street Journal says that CBDCs are coming, whether we want them or not. That is not necessarily true, unless we allow it. Take concrete steps to protect your financial independence! <https://www.coreysdigs.com/solutions/i-want-to-stop-cbdcs-what-can-i-do/>

- Use cash (or checks)
- Choose analog over digital (ditch WiFi, QR codes, etc)
- Bank locally
- Transact only with organizations of integrity
- Finance friends, not enemies

More ideas from economist Catherine Austin Fitts here: <https://live.childrenshealthdefense.org/chd-tv/shows/financial-rebellion-with-catherine-austin-fitts/i-want-to-stop-cbdcs--what-can-i-do/?eType=EmailBlastContent&eId=02a1cd5a-432b-4be0-b563-3916dc20e6ea>

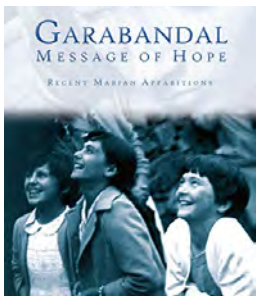
TWITTER FILES

In the last newsletter, we were up to drop #14. Here's drop #15: <https://unga.substack.com/p/pdf-twitter-files-15-move-over-jayson>, in which a manipulative program dubbed "**Hamilton 68**" is shown to have been used to falsely label people and events as "Russian disinformation." Names are named.

If you haven't read the prior Twitter Files, be aware that this effort is changing the landscape of American media and culture. It's big. When, in our later years, we describe to the youth what happened to save the United States, the Twitter Files will be prominent. The information being disclosed is quietly taking the hood off the hidden criminals in our midst.

Read all the Twitter Files drops here: <https://unga.substack.com> where they have been put in PDF format for easier reading.

GARABANDAL



John-Henry Westen recently featured the Marian apparition at Garabandal, which occurred between 1961 and 1965 in Spain. It's especially intriguing now, as the visionaries said that four popes would die before the end of 'the times,' with one of them reigning only for a very short time. When Pope Benedict died, he was the last of four. LifeSiteNews' interview with Glenn Hudson about the private revelation here: <https://www.lifesitenews.com/episodes/we-were-warned-pope-benedicts-death-marks-the-end-of-the-times/>

Book referred to in the interview here: https://www.amazon.com/Garabandal-Message-Hope-Recent-Apparitions-ebook/dp/B07N5J4BGC/ref=sr_1_1?crid=3KB1JUH7LAWBF&keywords=garabandal&qid=1675034828&s=digital-text&srefix=garabandal%2Cdigital-text%2C178&sr=1-1

IT'S ALL COMING TOGETHER

On Feb. 24, 2022, shortly after the first Russian missiles fell near Kyiv, Ukrainian president Zelensky ordered the destruction of all state documents related to Hunter Biden's biolab company METABIOTA. What does this have to do with CORAC and sur-thriving the Storm? It is essential to see through the deceptive media accounts of world events, and properly discern the character of those causing the turmoil.



Locations of US military biolabs in Ukraine



Locations of first strikes by Russian army

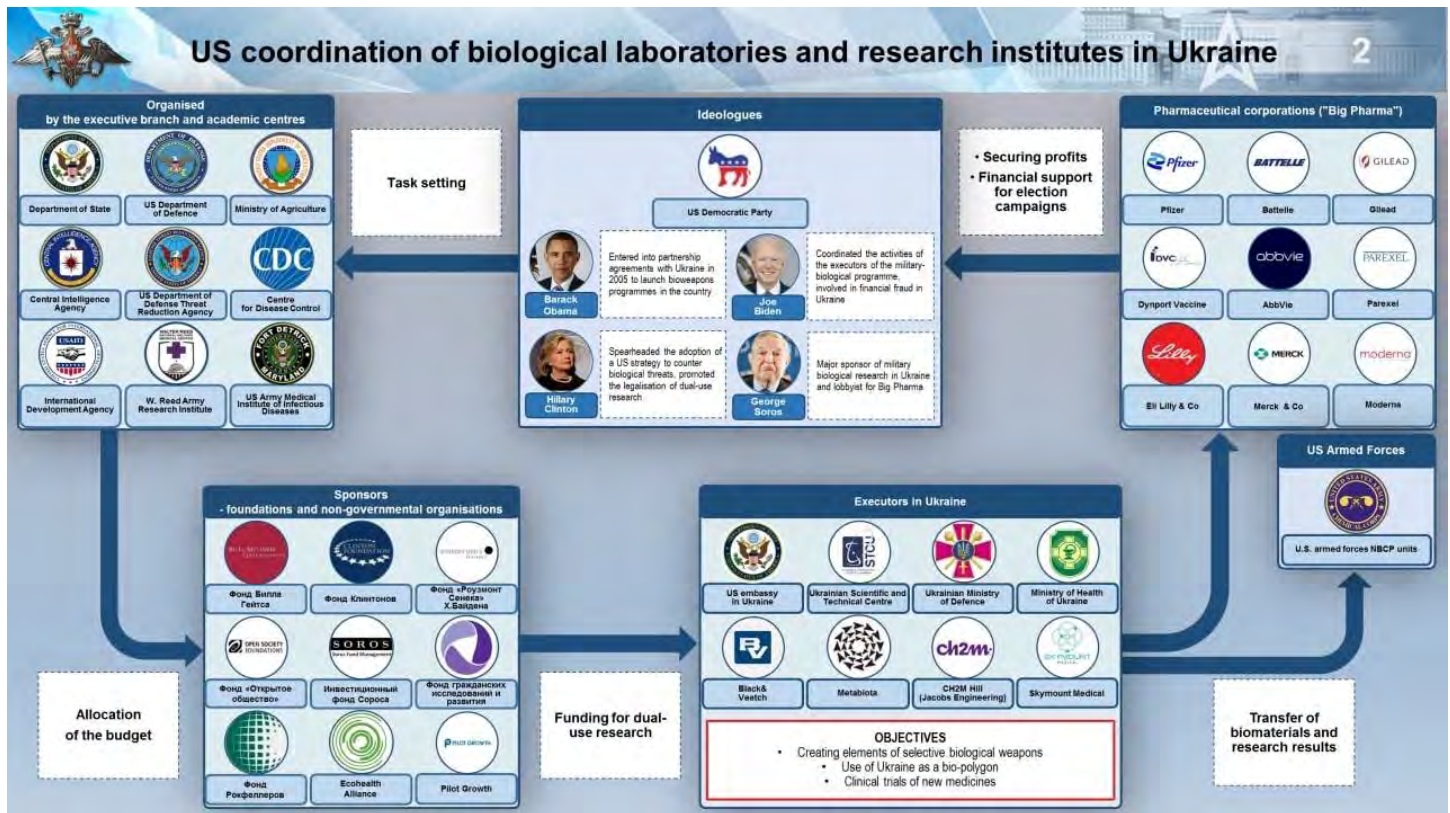
This story is being broken and followed by BioClandestine, who's been "on it" for months now:

<https://bioclandestine.substack.com/p/zelensky-ordered-destruction-of-all>. You can support Clandestine by subscribing to his Substack for \$5 per month or \$50 per year. Subscriptions keep our citizen journalists working.

<https://bioclandestine.substack.com>

Incidentally, the US Embassy removed all Ukrainian bioweapon labs data from their website, including the map above.

The flowchart below courtesy of BioClandestine.



COMBATING THE SPIKE

Whether you got the spike protein through covid illness or through the vaxx, you may be able to fight its effects on the body. One strategy involves bromelain, which may disable the spike from entering cells. When bromelain is taken with NAC, it appears the spike protein may be dissolved. About a year ago, Amazon stopped selling NAC, suspiciously close to the time when it was identified as being helpful to the vaxx-injured, but it appears to be back in their store. I prefer to order supplements through Swanson Vitamins rather than Amazon anyway. <https://www.swansonvitamins.com>



See the full research here: <https://wmcresearch.substack.com/p/friday-hope-bromelain-nac-and-spike>

Always do your own research before starting a new health strategy.



CORAC INTERNATIONAL

Did you know that CORAC has members in Australia, Canada, Germany, Mexico, Denmark, Sweden, Ireland, Northern Ireland, Spain, Austria, UK and France? Most of these members came to CORAC through Charlie's blog, *A Sign of Hope*. They often don't have like-minded people close by, with whom to share their concerns. This need is met by semi-monthly Zoom meetings and an international CORAC Signal chat group.



Our international members are more cautious that we are, as they live under (even) more heavy-handed governments than Americans do. The "smart cities" we've been reading about are already a reality in Australia, making surveillance of citizens easier. Those who remain unvaxxed have been severely limited. CBDs have already been rolled out in some countries.

The CORAC international coordinator says what these international members need most is hope. What we can give them is our prayers, and a share in the hope we all hold, in Divine Providence and the Triumph of the Immaculate Heart.



PUBLIC SQUARE



This newsletter took a look at the Public Square app last spring, and concluded that it was mostly useful for people who live in the larger cities. It's time to take another look, because this app promises what we all want: an alternative marketplace where we do not have to spend our money with organizations supporting the immoral things we abhor. They require businesses to agree to a code that specifically supports medical freedom, religious freedom, and the protection of the family, including the unborn.

At this point, there are even a few businesses listed in my small city of Tyler (pop. 105K) and many more when I search the largest nearby city (Dallas).

Download the app, or use the online page at <https://www.publicsq.com>. The more people join, the greater force we can be.

Endorsement by Seth Keshel "Captain K," an Army intelligence veteran and election integrity activist here: <https://skeshel.substack.com/p/public-square-is-the-vehicle-for>



GARDENING FORKS

Plastic forks can be a multi-tool in your garden: stability, protection and identification. I like the idea of forks being a deterrent to animals, rather than having to fence my garden in. More clever ideas at: https://www.askaprepper.com/why-you-should-put-plastic-forks-in-your-vegetable-garden/?utm_source=newsletter&utm_medium=AAP



GINGER SYRUP FOR DIGESTION

Ginger can be effective for calming nausea, or simply improving digestion. Here's a recipe:

https://thelostherbs.com/how-to-make-ginger-syrup-for-digestive-issues/?utm_source=newsletter&utm_medium=FGW&vgo_ee=amlU9qcaa4AZVrGdNpWkrg%3D%3D

Other benefits of ginger: <https://www.healthline.com/nutrition/11-proven-benefits-of-ginger#3.-May-help-with-weight-loss>

ADDICTION RECOVERY

A member of the Sustainability Team has recommended the Calix Society for families who deal with addiction. Calix is a Catholic organization, "substituting the cup that stupefies for the cup that sanctifies." The program for addicted persons and their families is founded on prayer. There are local chapters in large cities, and [online meetings](#) for everyone else.

<https://www.calixsociety.org>

ANXIETY



Despite Jesus's admonition about worrying, and the indisputable common sense of refusing to worry about things you can't possibly change... if there was ever a time to worry, it's now! But even with all the toxic situations coming in from all sides, we can't give in to anxiety. I would buy this book for the cover alone, but the reputation of author Dr. Gregory Popcak, a popular Catholic counselor well-versed in the theology of the body, would sell it as well. Maybe now is the perfect time to become "unworried."

<https://catholiccounselors.com/product/unworried-a-life-without-anxiety/>

Prayer

CORAC PRAYER INTENTIONS

*That CORAC members "keep steady" as "serious and sober," "deliberate" people, "doing things that make a difference . . . faithfully, with great love" (CJ) as the storm deepens

*For all CORAC members to seek and to receive spiritual gifts (1 Corinthians 12:4-11) empowering the Prayer of Doing, because "When people are scared, they turn to where the character is strongest" (CJ)

*For traveling graces for Charlie and for all CORAC members during winter-weather months

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

*For Charlie's discernment and for any special prayer intentions that he holds close to his heart while making critical decisions in guiding CORAC through this year

*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!

Newsletter 2023-3

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

Blessed is the man who remains steadfast under trial.



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

There will come a time, I believe, when the words “covid-nineteen” will have the same chilling effect on people that the word “Auschwitz” does now. And in fact, there are many similarities between the authoritarian clampdown we have allowed in the last three years, and the situation of the Jews in the late 1930s and 40s. If that sounds hair-on-fire to you, check out the documentary, “Never Again Is Now Global.” It’s a significant investment of time to watch the entire thing, but it will open your eyes to the true nature of the situation we’re in. <https://live.childrenshealthdefense.org/chd-tv/events/never-again-is-now-global/>

Sheryl Collmer, editor

February 14, 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.

Making the Lame to Walk

I sometimes ask the Lord why He did not allow things to come to a head for this storm while I was younger and all my moving parts worked the way they are supposed to. It sure would have been a lot easier on me. But then it occurs to me that persisting through my struggles is a sign of hope to many. I mask my frailty and my chronic pain pretty well, but people can see how I often struggle with simple physical tasks. And then it becomes both a sign of hope and a prod to them. After all, they figure, if old Charlie can persist, so can they. I was thinking last week that sometimes what cripples us is simple fear over how big and hard the challenges before us are. So if I inspire someone to action by my persistence, aren't I participating with the Lord in helping the lame to walk?

None are so deaf as those who will not hear. Yet if we ask questions that force ideologues to confront the internal contradictions of their narrative, aren't we participating with the Lord in helping them to hear? First they hear themselves. If they have any decency, they are embarrassed – and then they can begin to hear others in their effort to cast off the shame of their constant cant.

None are so blind as those who will not see. Yet as the ideologues in media, big tech and social media are losing their jobs in massive numbers because of the depredations they have forced on all of us, doesn't it force them to see beyond their sloganeering to the actual effects of their ideology?

It is a funny thing about a great train locomotive. When it is stopped, it takes an enormous amount of effort and persistence to get it going. But once it is going, it takes an enormous effort and great persistence to stop it.

Leftist ideologues have been expending enormous effort for generations to put a stop to the policies, faith and shared values that made America a great nation under God. Heaven knows that we are not just stopped right now; we are being pushed backwards into a dystopian medieval nightmare. It will take a lot of sustained effort to get this locomotive back on track and moving forward. So what is our call?

With persistent fortitude we are called to get those shouting silly platitudes to hear; to get those blinded by ideology to see the world as it is and as it can be under God; to inspire those frozen by lassitude to new hope and new action, doing the little right

in front of them. We are called to go forth and participate with the Lord in giving new sight to the blind, new hearing to the deaf, and making the lame to walk – all in service to Our Lord and to each other.

We ask the Lord for a miracle. Now He whispers to us, “You be the miracle.”

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.

LATEST PODCAST

Charlie and Joe answer seven listener questions (50 minutes)

https://vimeo.com/797434399?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/>

“Get Back In Your Lane” (5 minutes): <https://corac.co/2023/02/06/get-back-in-your-lanes/>

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

A SIGN OF HOPE BLOG

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

“Temporal Provincialism” Feb 8 <https://corac.co/2023/02/08/cast-off-temporal-provincialism/>

“Through the Valley of Death” Feb 3 <https://corac.co/2023/02/03/a-walk-through-the-valley-of-death/>

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, in Kentucky and Tennessee. Check for future locations near you.

<https://corac.co/meetings/#dates-and-details>

Actions To Take

- **Use cash.** The big banks are offering rewards to businesses that stop taking cash. Hold strong. Pay cash and don't patronize businesses that don't accept cash.
- **Pray the rosary in a group publicly.**
- **Check in with your neighbors.** Take note of who may be a shut-in or single mom, and what their needs are.
- **Recruit a team.** Have others willing to mobilize to help neighbors in need. Host a barbeque or block party.
- **Spend time in Adoration.** You can pray with a live cam if you can't physically get to an Adoration chapel. There are several listed here: <https://virtualadoration.home.blog>

CORAC Website

- **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

CLIMATE CHANGE

It's being used to manipulate the public already, and is waiting in the wings to usher in digital passports, carbon allowances, 15-minute cities and all sorts of things that will relieve us of our freedoms. You notice they're no longer calling it "global warming." It was getting to be uncomfortably difficult to shoot down all the evidence that the globe is indeed *not* warming at all, so they changed terms (just like the term "vaccine" was changed to incorporate drugs that did not, in fact, prevent disease.) Now we are meant to be frightened by "climate change." What?? The climate has always and forever changed. Get informed about climate change because it's the Next Thing that will be used to restrict our liberties. More info at Beginner's Guide to Climate Change: <https://jermwarfare.com/conversations/ron-barmby-climate-change>

GO EAT BUGS – IT'S NOT A JOKE



The World Economic Forum is pushing the consumption of bugs rather than meat as a protein source. To most people, this still sounds like a joke. I assure you, it's not. Cricket flour has already been introduced into school snacks in many countries, including Australia and Canada. The European Union has just approved the use of insects in baked goods and pasta, without specific labelling required, though the same people who react to shellfish are likely to be allergic to insects. Be aware of the term, *acheta domesticus* on ingredient lists; it's house crickets. Crickets are the most common insects in food currently, followed by grasshoppers and mealworms.

Like the plan for vaccine uptake, the WEF would prefer that we conform voluntarily. And people do seem to be rushing to be the first person in their circle to embrace the novelty of eating bugs. School programs are introducing cricket snacks to children in what looks suspiciously like dietary grooming.



I tried Exo cricket protein bars years ago. After the first one, I put the rest in my Apocalypse Box, for consumption if there was literally nothing else to eat. There is a greasiness to cricket flour that is not pleasant. I don't have a knee-jerk reaction to eating bugs, *per se*, but why are they being sold so hard as a planet-saving device? That's when my antennae start quivering.



It is certainly true that the land and water needed to supply one pound of cricket flour is much less than the land needed to produce one pound of beef. But as a staple food source, there are several problems with insects: chitin and parasites. And if you were to be afflicted by parasites after eating insects, what would be the go-to drug to treat that illness? Bonus points to those tin-hats who answered Ivermectin, which is now prohibited in many places.

Do your insect research now because soon the internet will soon be purged of valid scientific information about the possibly harmful effect of insects in the human diet. Mainstream news sources already argue *for* the safety of chitin, or at least they “debunk” those who say insects aren't safe for human consumption. I distrust most opinions of the mainstream, so now what?

Fortunately for CORAC members, we have our own resident rocket scientist, Steve Baker, to consult. Steve is an excellent science researcher. He authored the “Anti-Covid Cookbook” that many of us used in 2020-21. I consulted him for some hard common sense and basic science around eating bugs. Here's his response:

I'm definitely not an expert on the subject, but what I've read by people I think are trustworthy on the subject is that there are two problems with eating insects.

First, we humans can apparently get parasites from insects. It's why, until recently, food regulators have limited insects and worms as content in things like ketchup, or catsup, or whatever it's called. Years ago a friend of mine in California told me that ketchup can't qualify as a salable food unless it has “less than 1% worm parts.” I would assume that was because more than that is not healthy and less than that is technologically prohibitive, so a compromise was struck. So if Dioxin has to be less than 1 ppb to be safe, and ketchup has to be less than 1% worm parts, and insects have parasites, why is 100% insect parts supposed to be good for you, let alone better for you and the planet than meat from herbivores that when properly managed, help wide-scale ecological areas become more fruitful?

It is true that some tribes occasionally eat insects. However, no tribe has ever been vegan, all eat some form of animal meat and only trace amounts of insects from a very narrow group of insects, and the tribes that eat more meat are healthier than the tribes that eat less meat.

But I guess eating no meat and eating insects instead will save the planet from us, so there is that, I guess. Which of course demonstrates immediately that this push to make us eat insects is anti-human on its face.

Second, chitin is a foreign protein that appears in a number of foods, like mushrooms, so it's not like we aren't otherwise exposed to it. Our bodies have ways of handling chitin, and like other foreign irritants (anthocyanins and so on) small amounts can even be good for the body by exercising the body's immune system. However, chitin can also trigger a lot of allergic reactions, and a heavy diet of chitin would probably overload the subsystems of the body that either digest (with chitinase enzymes) or bind and remove chitin.

Tribes throughout history have tried every substance under the sun to see if it is good for humans to eat, because the wider the diet and the deeper the pool of potential food, the easier it is to stay alive and get needed calories so that you can do other things with your day. No tribe EVER has chosen insects to raise and eat in any quantity but small snacks. That alone should tell you what you need to know about insects as a large part of the human diet.

Besides, it's gross. 🤢

The Evils are only doing this to enslave and kill us, so debates over whether insects in large amount are good for us seem to me to be beside the point entirely, as these murderers need to be brought to justice, not catered to by changing human dietary experience for literally a million years or more for us and not for them. Why are we supposed to eat a gross food in large amounts and stay in 15-minute cities to save the world while they fly around in private jets, consume as much electricity as they want, obtain the services of prostitutes (or worse), and consume steak and eggs every day?

It doesn't matter whether insects are good for you or not. Forcing us to eat insects is just rubbing our faces in our own slavery. Do not comply. In fact, do not even *think* about complying. Just laugh.



BIBLICAL PREPPING

If someone in your circle is giving you grief about prepping, here are some examples from the Bible. A point will come when they'll stop making fun of you and ask for a seat on your ark, but in the meantime, take comfort from these stories:

Noah, the epic prepper. *Genesis 6*

Joseph, stockpiling grain in Egypt that would supply everyone during a worldwide famine. *Genesis 41*

Moses, bugging out of Egypt in a day. *Exodus 14*

Solomon, redundant processes to survive disaster. *Ecclesiastes 11*

James, acting on faith is necessary. *James 2:26*

Read more here:

https://www.askaprepper.com/prepping-projects-from-the-bible/?utm_source=newsletter&utm_medium=AAP



FEBRUARY FORAGING

The trails around here look a little bleak, brown and bare... but there are still things to forage! February is a good time to develop foraging skills because what's there is visible in high relief. Some of the good things available in this part of winter are: stinging nettle, rose hips, gorse and dock. Read more here: https://thelostherbs.com/foraging-calendar-what-to-forage-in-february/?utm_source=newsletter&utm_medium=FGW&vgo_ee=amlU9qcaa4AZVrGdNpWkrq%3D%3D



TWITTER FILES

If you haven't been reading the Twitter Files, it's time to catch up. Read all the Twitter Files drops here:

<https://unga.substack.com> where they have been put in PDF format for easier reading.



TRACKING THE UNVAXXED

New CDC guidelines have assigned billing codes that identify the un- or under-vaccinated. Code Z28.310 is not a code for an illness or diagnosis, but rather for non-compliance with a medical procedure. There's even a sub-code for failure to vaccinate because of "belief." Once these codes are entered in medical databases, they can be accessed by the government. See Dr.

Malone's explanation of the new codes here: https://rwmalonemd.substack.com/p/new-diagnosis-codes-for-covid-19?utm_source=%2Fsearch%2Ffid-10%2520codes%2520for%2520vaccination&utm_medium=reader2

If you must visit a doctor, you might try answering their vaccine queries with something that is neither a yes nor a no, such as "I decline to answer."



TRADITIONAL LATIN MASS

Dr. Janet Smith is putting out a series of defenses of the TLM in Crisis Magazine. The first appears here:

<https://www.crisismagazine.com/opinion/sacrificing-beauty-and-other-errors> It's well-footnoted, makes good sense and is a pleasure to read, like all Dr. Smith's ponderings. Part Two here: <https://www.crisismagazine.com/opinion/misrepresentation-of-mediator-dei-sacrosanctum-concilium-and-ratzinger-pope-benedict-xvi>. Stay tuned to Crisis Magazine; there will be more.

IF YOU'RE A RAD TRAD AND GET A KNOCK ON YOUR DOOR

This video is an interview with Kyle Seraphin, a former FBI special agent and federal whistleblower, who obtained the “Radical Traditionalist Catholic” document from the bureau's field office in Richmond, Virginia, and published it here:

<https://www.uncoverdc.com/2023/02/08/the-fbi-doubles-down-on-christians-and-white-supremacy-in-2023/>

According to Seraphin, this targeting of Rad Trad is meant to be an opening through which all Christians can be persecuted for opposing abortion and LGBTQIA+ agendas. This social engineering is way beyond the FBI's mandate.

The video is 1 hour, 21 minutes, but if you ever actually need this information, you'll be glad you invested the time.

<https://www.youtube.com/watch?v=4Sz8-9dHuuY>

OHIO CHEMICAL DISASTER

One more thing that affects lives but is hidden by the government and mainstream media. The derailling and subsequent burning of chemicals near East Palestine, Ohio seems to already be killing fish and amphibians. The water of the Ohio River is affected, and the Ohio flows into the Mississippi, so this is a concern for a huge number of people. Experts have been telling us for some time to purify all water, and this situation puts the exclamation point on it. More here:

<https://scottdegroat.substack.com/p/a-domestic-chernobyl-in-east-palestine>

Some ideas for water purification: <https://waterfilterguru.com/best-water-filters/>

Many members already have the [Big Berkey](#) or the [Katadyn](#) equivalent. Compare and see what works for you. A newcomer on the market that was featured at our Region 8 Field Day was the [Lifesaver Jerry Can](#).



ALL AHEAD FULL!

If you get discouraged that evil is too big, there are too many fronts to fight, the bad guys are winning, remember that, together, we *are* accomplishing things! This is motivation for when you think we're not going anywhere:

https://badlands.substack.com/p/we-are-the-plan?utm_source=substack&utm_medium=email

From the Regions

REGION 3 CO-ORDINATOR KIRBY BOWLING

(Region 3 is the Eastern Seaboard: Virginia, West Virginia, North & South Carolina, Maryland and Delaware.)

Kirby: “I met Charlie doing a Jericho march around the US Capitol and joined CORAC shortly after then became the Region 3 coordinator about a year later during the pandemic. As a combat veteran, fighting for freedom is part of my fabric. CORAC fights for freedom through prayer and creating more self-reliant small, virtuous local communities; communities that are resistant to and defend against the problems that are plaguing our society. The pandemic and stripping of our freedoms was a call for me to actively assist in resisting the tyranny, defending our freedoms and promoting virtuous people and businesses.

“We have one small community called Pelayo in Virginia which is doing amazing things to build and sustain its members in normal and crisis situations and we are working on a second. My goal is to have at least one community in each state

“Region 3 has been having workshops in different states centered around building sustainability/self-protection and access to secure and reliable communications in both normal and crisis circumstances. We are looking to expand that offering to include homeopathy and foraging/gardening.”

REGION 6: A CAUTIONARY TALE

This story is from one of our most savvy members, which goes to show that we *all* need to practice situational awareness. I don't want to embarrass the author so I'm not going to mention the name of our Health & Wellness team leader and a regional coordinator for the Great Lakes region...

"Last week, the Sustainability Signal thread had a conversation about finding local sources of animal feed. Around the corner from us, 2.2 miles to be exact, there is an Amish family that sells organic feeds and supplements. I decided that I was going to drive over, introduce myself, and get the lay of the land. It was 4:00, and I wanted to get there before they might close. So I threw on a black skirt (they're Amish, so I didn't want to show up looking weird), some knee socks, my hikers, a turtleneck and sweatshirt, and a bandanna. On the way out the door, I grabbed a stocking cap and my husband's hunting jacket. I was only going to be gone for maybe 15 minutes, so I didn't bother taking my phone.

In two minutes, I'm at their driveway. We had recently gotten 8 inches of snow (Michigan) and my little Ford Focus only made it 100 yards up the driveway before it simply gave up. Better call my husband... whoops, I have no phone. I walk up to the store and see a handwritten sign: "We will be closed on Friday due to a funeral." Uh oh. I look toward the house, wondering if maybe someone is home and might let me use their telepho... oh, wait; they're Amish and won't have a telephone. Turns out there was nobody home anyway. Looks like I'd be walking home. I didn't bring any mittens, so I got back in the car and rummaged around in my husband's gym bag until I found a pair of socks. I put them on my hands, and started walking.

By the end of the first half-mile, I was pretty cold; I was wearing a skirt, for Pete's sake. I was also walking straight into a 15 mph wind; and since it was only 27°, the wind chill was a problem. My torso and my head were warm enough, but my face was freezing. I started worrying about whether my face might get frostbitten; but I knew that if I turned around and walked backwards, I would never get home before dark. I kept trudging forward.

Then it started to snow. And as I'm walking straight into that cold, cold wind, I hear Marilyn's voice in my head, asking a question that she has often asked those of us who serve under her leadership on the Sustainability team: "If you had to walk a mile carrying a gallon of water, could you do it?" I was really glad that I wasn't carrying a gallon of water.

Thanks be to God, I eventually made it home. I asked my son to make me a cup of hot tea while I went upstairs to change into warm, dry clothing. But even before changing, I grabbed my homeopathic kit and took a dose of Aconitum 200 (which is prophylactic against ill effects from exposure to cold temperature and winds). The hot tea, the Aconite, and a couple of warm blankets did the trick; and I eventually thawed out and didn't get sick.

So, what's the point of this story? Marilyn (national Sustainability lead) trying to be kind, told me that I had done a good FAIL project. (meaning "First Attempt In Learning.") I look at it more as a FAIL(ure) project. I did so many things wrong: no phone, no pants, no mittens, no scarf, and no clue that the Yoders' driveway would be a mess because of the snow. On the other hand I did a few things right: I had on warm, sturdy shoes, a warm coat, hat, and hood; I improvised some mittens; I was in good enough shape that I was able to walk the 2.2 miles home, notwithstanding that I don't exercise as much as I should; and I remembered to take advantage of a homeopathic remedy for the cold-weather exposure.

This experience convinced me that it is incredibly important to exercise, so I am now making that a top priority. It also convinced me that I should never leave home without a means of communication, even if I'm only going around the corner."

Learn from other people's FAILs!



REGION 9 EUCHARISTIC REVIVAL

CORAC members from Region 9 have been actively involved in organizing activities for the Eucharistic Revival that is meant to be a nationwide revival for the whole Church. Check out what they have done, including BREADTalks at local breweries, novenas, holy hours and other Eucharistic events. It only takes a handful of laypeople to make the Eucharist the focal point of this year of revival, by planning events in their local areas. This is an excellent way to change lives around you.

<https://stcdio.org/eucharistic-revival/>



Prayer

FEBRUARY PRAYER INTENTIONS

*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

*That powerful healing graces be poured upon all in need in response to the artistic Brazen Serpent Prayer Rosary PowerPoint currently being developed by the CORAC National Prayer Teams Committee

*For travelling graces and good health for Charlie and for all CORAC members as we meet the challenges that arise right in front of us

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

*In thanksgiving to the Lord and all of the angels and saints for the little and big “God wins” signs of the times that are appearing every day even in the darkness

*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!

Newsletter 2023-4

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

Blessed is the man who remains steadfast under trial.



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/>

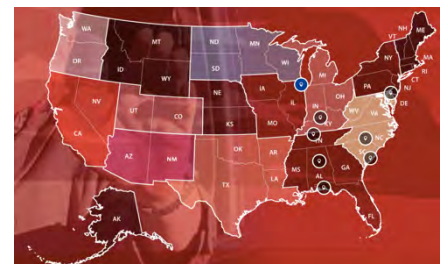
“End of Empire” Feb 13: <https://corac.co/2023/02/13/end-of-empire/>

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=WF9f0%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:

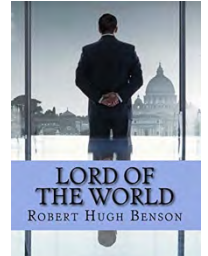
<https://corac.co/2023/02/20/water-treatment-for-toxins/>

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-razinger-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_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.

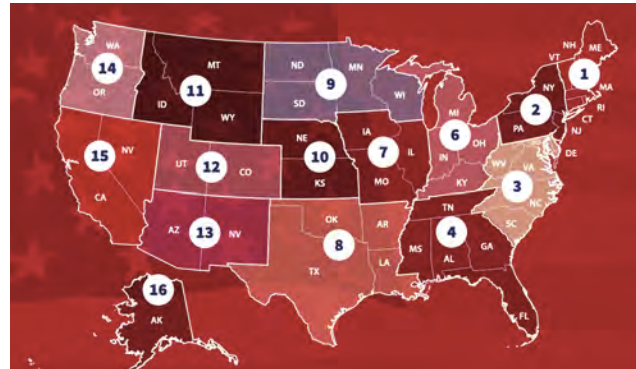
The national reach of CORAC has allowed members to find trustworthy doctors in other parts of the country for our family members who live far away. For example, a family in Texas had a relative in Illinois who was seriously ill with covid. The hospital in that area would not treat him. The regional coordinator 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.

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

We've been talking about the danger of the shot, the malfeasance of our government and the necessity of alternative news sources, for a long, long time. The time for warnings has passed; anyone who hasn't recognized these things by now is not going to be convinced. It's time to spend our resources on solutions and workarounds, alliances and triumphs.

Sheryl Collmer, editor
March 15, 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.

Fulfilling All Righteousness

The Gospel of Matthew records that when Jesus came to the Jordan to be baptized by John, the startled Baptist told Him, "I need to be baptized by you, and do you come to me?" Jesus responded, "Let it be so now; for thus it is fitting for us to fulfill all righteousness."

God, when He took on our humanity in the person of the Son, did not exempt Himself from the most humble requirements. From these poured great graces. In the case of the Baptism at the Jordan, after it was accomplished, the heavens opened up and the voice of the Father said, "This is my beloved Son, with whom I am well pleased."

So it was with Christ from the start. As an infant, He was taken to be purified according to the law of Moses. Imagine that! The Eternal Son, through whom all things are purified was, Himself, taken to be purified according to temporal (though divinely appointed) ritual. When He taught at the Temple as a 12-year-old, Scripture records that he went down to Nazareth afterwards with Mary and Joseph, and was obedient to them. It does not say that the Man/God pretended to be obedient to them, but that He WAS obedient to them.

It is easy to fall into the devil's trap of believing, when you have accomplished a few things, that you are too important to worry about the little things. But doing the little things well is where grace most abundantly manifests itself. It is a common, but errant, assumption that obedience is the submission of the lesser to the greater. In Christianity, obedience to properly appointed authority in its proper exercise is a means of channeling grace, of clearing out the obstacles that clog it.

God, Himself, was obedient to the created humans He, Himself, had appointed to exercise authority over Him in His Incarnation. At the wedding at Cana, when Mary told Jesus they had run out of wine, He knew that to solve it, He would have to reveal Himself. He told her His hour had not yet come. Knowing Her Divine Son so well, Mary did not even argue with Him, but told the servants to do whatever He told them – assuming His obedience to her maternal authority and His charity for their friends. It has been a constant marvel to me that when Jesus said His hour had not yet come, and Mary said help them anyway, He deferred to her. His great heart opened up as a fountain of charity to their friends. There is a universe of startling wisdom in this episode, alone.

The Lord's tender attention to the little things is mirrored in the behavior of those to whom He entrusted Himself. When Mary heard of her cousin Elizabeth's dangerous, late-in-life pregnancy, she could have easily just assumed the Lord would take care of it directly. What concern was it to her? After all, she was to be mother of the Messiah. Instead, she went off on an arduous journey through the hill country to offer what help she could. Because of this, besides the first meeting between Jesus and John, both still in their mothers' wombs, we have what I consider the most beautiful prayer ever composed by a created being: the Magnificat.

Again, what a universe of startling wisdom in this one episode! In this age where Herod reigns supreme, slaughtering innocents with unprecedented abandon, God makes clear that we are fully human and fully His from the very beginning.

When the angel who had confided to Joseph the truth about Mary's unorthodox pregnancy – and God's call to him in raising this Divine Child – now warned him of the danger Herod presented to the child, Joseph did not wring his hands in worry over whether he should take it seriously or not. He uprooted their lives and fled to Egypt with them until the danger was passed.

I have had the good fortune to accomplish a few good things. It can sometimes overwhelm me with busyness and distraction. I do not worry that I am going to fail at the bigger things before me. I do the little I can and entrust God with the rest. What fills me with fear is that, distracted by all the details of my work, I will miss giving the encouraging word to one God has sent to me or has crossed my path unobtrusively when they most need it. For I know that in the little things, God's most abundant cornucopia of grace is to be found.

When I am given a legitimate directive that contradicts my will by one legitimately set in authority over me, I chafe a little because of the low concupiscence that is endemic to our state here. But the better part of me finds my security in living well within the order that God, Himself, has set up for us all and which He, Himself, lived well while physically walking this earth. If we would live well, our souls must not magnify ourselves, but the Lord. It is in attention to the little things and docility to the order He established that we participate in fulfilling all righteousness.

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

“Seven Stages of Renewal,” Mar 11 <https://corac.co/2023/03/11/the-seven-stages-of-renewal/>

“Some Hard Truths About Russia and Ukraine,” Mar 1 <https://corac.co/2023/03/01/some-hard-truths-about-russia-and-ukraine/>

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

LATEST PODCASTS

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

CORAC ONLINE WORLD MEETING

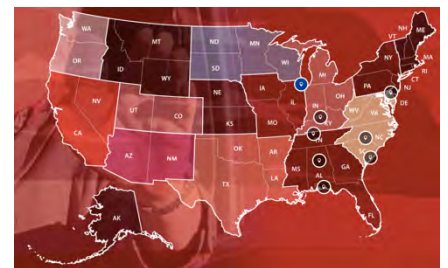
Watch replay here: <https://vimeo.com/802939063>

CHARLIE'S QUICK BRIEFS

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

CHARLIE'S UPCOMING MEETINGS

Charlie is now in the eastern part of the country, headed for Kansas City this week. Check for future locations near you. <https://corac.co/meetings/#dates-and-details>



Actions To Take Now

CASH

The easiest and most powerful thing you can do to forestall digital control over your life: USE CASH. More resources here: <https://globalwalkout.com/keepcashalive/>

TEAM

Who are your trusted allies? They need to be physically nearby. Build community with things like a block party. See: How to Host a Block Party <https://recipes.howstuffworks.com/how-to-host-a-block-party.htm>

ROSARY

A partial indulgence is granted every time we say the rosary. When we pray in a group in public, graces multiply. Get one or two friends and start now. Wednesday evenings are a common time for public rosaries on city squares, pedestrian bridges, etc. More info: <https://truthforsouls.com/2023/02/27/prayer-on-the-square-one-year-anniversary/>

ADORE

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 this live adoration online in Niepokalanow, Poland at the chapel originally built by St. Maximilian Kolbe: <https://www.youtube.com/watch?v=2W-KSOPWBY>

PRINT

Identify critical information you'd want to have in a crisis, and PRINT IT OUT. We go straight to our phones to get information right now, but suppose our phones weren't functional? I would want to know things like water purification techniques, radio frequencies for specific things, poison control instructions, the Brazen Serpent Rosary, etc.

Start a binder with topic tabs and start printing!

- Communications
- Health & Wellness
- Survival & Sustainability
- Crisis Scenarios
- Education
- Prayer



CORAC Website

There is an absolute wealth of information on our website, and it is growing all the time. Explore here:

○ **Health & Wellness**

New stuff: Simple Preventative Healthcare

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

○ **Sustainable Living**

New stuff: Book review of "One Second After" (an EMP scenario), plus "Survival in the Home" parts 1 and 2.

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

- **Communications** <https://corac.co/communications-teams/>
New stuff: Video about multiple strategies for keeping members in communication when normal channels fail. You can access the CORAC Comms hotline for help by asking your Regional Coordinator for the link.
- **Education** <https://corac.co/education-team/>
New stuff: download and print the Math card for teaching mathematics
- **Crisis Scenarios** <https://corac.co/crisis-scenarios-team/>
Download and print emergency checklists for power outages and civil unrest if you haven't yet.
- **Prayer** <https://corac.co/category/prayer-teams/>
New stuff: Desmond Birch is back, with a talk, "Are We In The End Times?"
- **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. Email education@coracusa.com to be added to the Signal group discussion.

News

HOPE IS FUEL SUMMIT – HURRY!

Hope can immediately and positively transform lives. With it, we can overcome unhealthy habits, correct bad thinking, and reject harmful pleasures that keep us enslaved. The HOPE IS FUEL Summit takes place *this* Saturday, March 18 from 8:30 am to 5:30 pm, so hurry up! Speakers include professionals in mental, physical and spiritual health, including Dr. Peter Breggin, Dr. Mark McDonald and Bishop Joseph Strickland of Tyler, Texas.

It's free if you can listen to the presentations live, but with a premium pass, you have unlimited access to the talks for a year plus the chance to participate in the Q&A. Use code HIFSUMMIT10 at checkout to save \$10 when you sign up for the premium pass. Register here: <https://www.hopeisfuel.com>

- Depression, burnout, and fatigue.
- Stress, anxiety, and panic attacks.
- Addictions to cell phones, substances, pornography, food
- Troubled marriages, unhealthy families, and loss of friends
- Financial debt and disorder, and a lack of purpose
- Existential loneliness and the desire to grow in faith.



THE WELLNESS COMPANY

TWC is an all-round health team, led by Dr. Peter McCullough. You can set up a virtual house call, get prescriptions from vetted pharmacies, read medical articles from honest doctors not on the Big Pharma gravy train, purchase supplements, or get a membership treatment package for those who need ongoing care or as a substitute for health insurance. Also on board with Dr. McCullough are Dr. Harvey Risch and Dr. Paul Alexander; they are white hats as well as white coats! They've proved themselves in the trenches of the last three years.

From the website: The fabric of this company has been woven together by its medical team, whose courage and bravery in their fight for medical freedom and truth as well as their devotion to the public, will help to ensure improved health outcomes, convenient access to physicians, and lower costs of healthcare for our patients.

More info here: <https://www.twc.health>



30-DAY SUGAR DETOX CHALLENGE

One of the simplest (didn't say easiest), most potent ways to improve health is to limit sugar. Follow along with MP, our CORAC Executive Director, as he describes the benefits of restricting sugar, and sustainable strategies to make it a lifestyle change.



This video is the first in the new "Preventative Healthcare Series:"

https://vimeo.com/806577954?embedded=true&source=vimeo_logo&owner=144927933

Download the PDF here: <https://corac.co/wp-content/uploads/2023/03/30-day-sugar-detox-challenge.pdf>

Let's do it together!



HOW ARE THE J6ers FARING?

Prayers are desperately needed for the prisoners and their families. As Capitol surveillance footage is being aired by Tucker Carlson, the innocence of many J6ers is finally starting to be shown. But they are enduring retribution inside the DC prison, with their belongings confiscated, legal documents stolen, and meds flushed down the toilet. Pray for justice. When these prisoners are finally freed, they are likely to have lifelong health effects from the maltreatment endured in prison. They go long periods without fresh air, sunshine, exercise or socializing. One man lost an eye in a beating by guards.

The DC gulag is worse than anyone is saying, and the prisoners' situation becomes more dangerous every day, as the guards who have perpetrated these atrocities will be heavily invested in not allowing the story to get out.

<https://newspunch.com/jan-6-prisoners-being-stripped-hogtied-sexually-abused-brutally-beaten-one-prisoner-blinded-its-worse-than-gitmo/>

<https://offensively-patriotic.com/2022/06/20/bonnie-nichols-speaks-out-against-the-j6-dc-gulag-and-lack-of-due-process-for-husband-prisoners/>

St. Maximilian Kolbe is the patron saint of political prisoners. Let's pray this novena beginning on Friday, March 17 and concluding on March 25, the Annunciation of St. Maximilian's beloved Immaculata, and ours.



Join the Novena here: <https://www.praymorenovenas.com/st-maximilian-kolbe-novena>. On the website, you can sign up to be reminded of your daily novena prayer. Just input the start date and your email address.



BETTER SLEEP

There's no denying we're all under a lot more stress than is healthy, and that affects our quality of sleep. Prayer, exercise and screen detox can be powerful remedies for insomnia or restlessness, but if you still need help, here are some suggestions of herbal sleep aids: chamomile, valerian root, lemon balm and passionflower, made into a tincture. https://thelostherbs.com/how-to-make-your-own-better-sleep-herbal-tincture/?utm_source=newsletter&utm_medium=FGW&vgo_ee=9hnonf5M%2FUk6WAUL6whDZC3NQJDRSHUPARIC411Wepc=%3ASZepUr8wOdG2Fq+Fr4f02zZ46EY1NLx

https://thelostherbs.com/how-to-make-your-own-better-sleep-herbal-tincture/?utm_source=newsletter&utm_medium=FGW&vgo_ee=9hnonf5M%2FUk6WAUL6whDZC3NQJDRSHUPARIC411Wepc=%3ASZepUr8wOdG2Fq+Fr4f02zZ46EY1NLx



FORAGING IN MARCH

There are always things to forage, and now we're entering prime time for gathering! Dandelion, wild garlic, stinging nettle and rose hips are big in March, depending on your location. More details here: https://thelostherbs.com/foraging-calendar-what-to-forage-in-march/?utm_source=newsletter&utm_medium=FGW&vgo_cc=amIU9qcaa4AZVrGdNpWkrg%3D%3D

PLANT JOURNAL

If you're a newbie to foraging, it can be overwhelming to become proficient in a short time. I've solved this problem by becoming extremely familiar with only the plants that grow most abundantly in my little corner of the world (east Texas.) If you take regular walks, you know what grows wild near you. In your notebook, address one at a time, and write down all the benefits and ways to preserve and use that particular plant, along with a picture or identification aid. Each plant gets one page, with a list of everything it could possibly be used for. Now you have a journal of maybe 10-15 wild local plants that you have researched thoroughly and can deploy easily.

For identification, you can use a printed field guide to your area, or a plant ID app on your phone. I use PlantNet, and I also hear good things about PlantSnap and PictureThis. Choose one here: <https://www.lifewire.com/best-plant-identification-apps-5083625>

See the CORAC video series on Foraging for tips: <https://corac.co/2022/05/28/the-foraging-series-an-introductory-weed-walk/>

Since you are focusing your efforts on a few plants only, you have time to double-confirm your identification. I'm partial to the Peterson Field Guides, as they have been in this business for a very long time (at least since my childhood, and that's a long time): <https://www.harpercollins.com/search?q=PETERSON+FIELD+GUIDES%3A+PLANTS>

SEEDS

If there are some plants with essential properties that don't grow wild in your area, try these trustworthy seed companies:

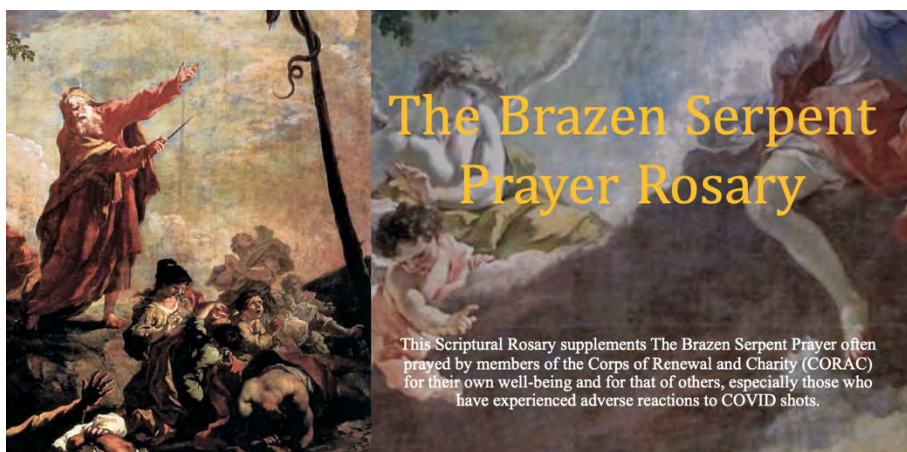
St. Clare Seeds – heirloom and open-pollinated: <https://www.stclareseeds.com/>

Territorial Seeds – organic certified and full guarantee: <https://territorialseed.com>

Strictly Medicinal Seeds – order individually or in collections, such as First-Time Medicinal Herbs, Survival Medicine Essentials, My Mother's Garden, and Tasty Tea Collection: <https://strictlymedicalseeds.com>

BRAZEN SERPENT ROSARY

This beautiful initiative began with Charlie composing the Brazen Serpent Prayer for those harmed by malignant medical interventions. Then the CORAC national prayer team expanded the prayer into an entire rosary. After the East Palestine toxic train derailment and the downstream effects on municipal water supplies, the prayer could be effective for many more people.



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>

BUG-OUT VEHICLE

There is definitely a fun factor in “prepping,” and here’s one: trick out your SUV or crossover vehicle as a camper! It makes your car permanently ready for anything. It does require an empty back seat, so this would not work as a camper for families with kids, but you could still mount the platform in the back cargo area and make your vehicle twice as functional for carrying stuff.

<https://erinoutdoors.com/how-to-turn-your-suv-into-a-campervan/>



SOURDOUGH STARTER OF HOPE

If someone gives you a sourdough starter, you can bake great breads without commercial yeast, and it is said that the taste is much better. There is a man in my parish who bakes sourdough bread every day from starter, and it is probably the best bread I’ve ever had! Say you’re not lucky enough to know someone who can give you a starter... here’s a recipe for starting a starter:

<https://thewoksoflife.com/sourdough-starter-recipe/>

Fermentation is a bit of a science experiment, and one that children are likely to enjoy. They can watch the bubbles form, help with the “feedings” and help bake the bread that results in the end.

Once you’ve got a starter that works well for you, then you can share it with others. It’s a tangible sign of hope. See the Appendix at the end of this newsletter for instructions on how to dehydrate and share your starter, as well as a few recipes!

★★★★★ 5 from 5 votes

SOURDOUGH STARTER RECIPE

This sourdough starter recipe will describe how to create your own starter over the course of several days using just flour and water.

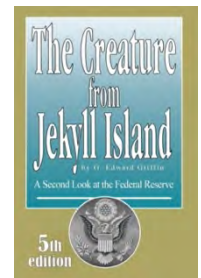


PRACTICAL USES FOR WOOD ASH

If you’re burning wood for heat, you’ll have a lot of ash! It’s enriched by the same minerals as the original tree it came from, such as calcium and potassium. Ash can repel snails, mice and ticks, improve your hens’ laying rate, encourage ants to relocate, and make hominy! There are many more uses here: <https://www.ruralsprout.com/wood-ash-uses/>

BANKING

The recent bank failures are forcing us to look at the origins and mechanisms of the American banking system. We assume that the Federal Reserve is looking out for our best interests, but is that true? This book is often recommended for those who want to know more: *The Creature From Jekyll Island: A Second Look At the Federal Reserve* by Edward Griffin. It averages a 5-star (out of 5) rating from 3,800 readers on Amazon, which is quite unusual. <https://www.amazon.com/Creature-Jekyll-Island-Federal-Reserve/dp/091298645X>



DEAR CONSERVATIVES: I APOLOGIZE

Letters of apology from those who’ve condemned us for the last few years are beginning to trickle out. I distrust most of them as attempts to get out ahead of a runaway train, but I do trust Dr. Naomi Wolf. Though a highly-placed liberal in several Democratic administrations, she took and passed the Suffering Test in 2021 when she began speaking out about the dangers of the covid shot to women and children. She lost friends, business, and her richly-deserved intellectual reputation. So now, when she apologizes, I believe her because she has already been stripped of what the Johnny-Come-Latelies are trying to protect.

Read her whole letter here: <https://naomiwolf.substack.com/p/dear-conservatives-i-am-sorry>

SAVING THE NEXT GENERATION

We are in uncharted waters as we contemplate what may have been done to the next generation by the mRNA injections. Everyone reading this newsletter has already read about the dangers of the shot, but we need to understand what's happened in order to make sure it can't happen again. This is a deep dive. <https://thenobodywhoknowseverybody.substack.com/p/isnt-it-frightening-dr-robert-malone>

Prayer

PRAYER HOTLINE

If you're on Signal, you can request to join the CORAC Prayer Hotline by emailing prayerteams@coracusa.com. If you're not on Signal, you can email your prayer request to prayerteams@coracusa.com, and we will post your request (using first names only) on the CORAC Prayer Hotline Signal group.

FREEDOM FROM ANXIETY

This is a series from Catholic Bible Study Evangelista, Sonya Corbett, who gets great reviews from the National Prayer Team. What could be more timely than this, when anxiety is in the air we breathe? There are 9 episodes in this series. Start here with episode 1 "Anxiety Is Not From God" <https://www.biblestudyevangelista.com/category/anxiety/>



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

SOURDOUGH STARTER: SHARING A SIGN OF HOPE

Rehydrate your starter:

Take ¼ tsp powdered or a quarter-sized flake of the starter and place in a clean glass jar. Add 2 TBS of warm water (90-105°F). Let soften and dissolve for a few minutes. Then add 2 TBS of all-purpose flour and stir. Cover loosely and leave at room temperature until small bubbles form (usually a few hours) then feed your starter.

Feed your starter:

The secret to feeding your starter is equal parts flour, starter and warm water. By knowing that trick you can make as little or much starter as you need. If you have 3 TBS of starter from the recipe above, add 3 TBS of warm water and 3 TBS of flour and stir. Feed your starter every day if it is sitting on the counter at room temperature. You will need to use it every day or throw some away so you don't end up with buckets. You can store your starter in the fridge and only feed it once a week. You will need to bring it to room temperature and feed your starter to use it. Starter is ready to use when it is bubbling and active, which can be same day when starting with dehydrated.

Use your starter:

Always begin with a fed, bubbly starter. And don't use it all up! Keep some in another jar for your next recipe!

Sandwich Bread

1/3 cup active starter
1 ¼ cups warm water
1 TBS oil
3 1/3 cups bread flour
¾ cups all-purpose flour
1 ½ tsp salt

In a large bowl mix starter and warm water. Add flours, salt and oil and knead till bread comes together. If you have a bread machine you can put it on a pizza dough setting and let it do the kneading. Bulk rise overnight or for 8-10 hours. Shape the dough and put in your oiled 9x5 loaf pan and let rise for 1-2 hours again. The warmer your room is the faster it will rise. Bake at 375°F for 40-45mins or when the bread's internal temperature is 210°F. Cool in pan for 10mins and then turn out and cool completely.

Pancakes

½ cup active starter
1 cup flour
1 cup warm water or milk
1 egg
½ tsp of salt

Mix all ingredients together and let sit for 10-20mins or you can mix the first three ingredients the night before and add the latter two in the morning with no wait time. Cook on a hot griddle. Makes about 6 pancakes.

Tortillas

3 cups flour
3 cups warm water
½ cup active starter

Mix all ingredients together and let ferment 6-10 hours or overnight. Then add a heaping tsp of salt and 1-2 TBS oil. Pour onto a very hot griddle and spread into a thin circle. Makes about 12 tortillas.

Share it:

To dehydrate and share your starter simply take your fed starter and spread a thin layer on a piece of wax paper with a cookie sheet underneath. Leave on the counter to dry for 12-36 hours. It peels away from the wax paper as it dries. Store in an airtight container. Put in baggies and include a copy of these instructions for others to enjoy making bread without industrial yeast. Keep some for yourself for when you accidentally cook with all your starter!

Great book for more recipes and information: "Artisan Sourdough Made Simple" by Emilie Raffa.

"I am the bread of life; whoever comes to me shall not hunger..." John 6:35

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.

Newsletter 2023-6

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

The Lord will fight for you; you have only to be still.



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

Holy Week is coming, and we are surrounded by the most un-holy things. We've been fighting on a dozen different fronts, and when we win one, another three ignite. Almost every good person I know is overwhelmed. There is a time for fighting the fight, and a time to be still and let God fight for us. Perhaps Holy Week is that time for stillness. Wishing you the peace that surpasses all understanding in this upcoming week of the Lord's Passion, Death and Resurrection.

Sheryl Collmer, editor

March 31, 2023

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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.

Thy Neighbor as Thyself

People often interpret the Lord's dictum to "love your neighbor as yourself" to mean love them uncritically as they are. Really?! Do you love yourself uncritically? Do most people? If so, why are New Year's resolutions and self-help books so popular? Truth is, most healthy-minded people are painfully aware of their flaws and shortcomings – and want to overcome and transcend them. What most people want is the good – and they know very well they don't fully measure up to it. Their love for themselves helps prod them to try to attain it more fully. So to love someone as yourself is not to inane celebrate whatever they do, but to will their good – and be willing to put yourself out to help them attain it.

A woman I worked with for many years on various political projects was brilliantly gifted at recruiting, organizing and motivating big, diverse crews of people to action for a common goal. She was also one of the best gatherers of political intelligence I have ever known. A big part of her skill on the latter is that she often came off rather flighty – something of a ditz – so both opponents and neutrals easily deceived themselves she was no threat. It amazed me how well she played the role.

One day we were running some errands together and I asked her to stop by an ATM at the bank for me. Holy cow, was that a memorable day! First, she drove up to the exit of the ATM line instead of at the entrance. She was very flustered and fluttery as I explained to her how she had to enter the line, as we had to back up and go back around. Then, because she was driving, I had to give her my card. She had no clue how to operate the machine – and was on the edge of panic as she kept hitting the wrong buttons. When we finally got through with the transaction, I looked at her in astonishment and said, "Ginny, now I know why you play a ditz so well. In many ways you ARE a ditz – both a ditz and brilliant at the same time." She looked at me and grinned enthusiastically. "I just love it when someone really gets me," she said warmly.

There is a great power in seeing someone as they are and loving that friend for all their qualities. People are often fearful that if others knew their quirks and shortcomings they would be put off by them – and not like them so well. To know that a friend sees them and is endeared by them is a great comfort – and cements, rather than diminishes, bonding.

When I first started heavily doing statewide politics, I noticed that state officials and candidates, when appearing spoke at local events, tried to ingratiate themselves to the crowd by offering generic compliments to specific local luminaries. "That Mary Jo, she is one of the finest committeewomen I have ever known" and such. The crowd would applaud politely (mainly for Mary Jo) but no connection was made because it came off as so phony and contrived. I always loved to get to know the top people in a county or region and spend some time with them. When I spoke to a local crowd as emissary of a state official (which I did a lot) I would always begin with a little anecdote that highlighted a lovable quirk about one of the local luminaries. That made a real connection with the whole crowd quickly.

Once, in a fairly large southern county I had never spoken in front of before, I did know the chairman well – and his quirks. The man was named Robert, but everyone who knew him called him “Dog.” So, I told a couple of “Dog” stories. Both Dog and his wife were laughing with the crowd as I spoke. After the dinner, several people came up and slapped me on the back, laughingly telling me, “Man, you have Dog down to a tee, old buddy.” I had never met anyone in the room but Dog and his wife before, but now I was their old buddy because I really did know and appreciate a man they all knew and loved.

Far more than generic, flowery words, people love to be known for who they are and cared about for themselves. It is the stuff from which real friendships are forged and the social fabric is knit.

Want to know how to love your neighbor as yourself? Don’t shower him with flowery praise or mindlessly second his every whim. In tough times, that suggests you neither know nor care about him. You’re just trying to flatter him to your advantage – and he feels that. Know him. Care about him. Work with him towards a common goal. Help him when he stumbles – and ask for his help when you stumble. Actively will his good. This is how you love your neighbor as yourself. It is also how you build real community – and it is the CORAC way.

Every man’s life is an epic tale. Don’t just be an enthusiastic observer. Be a fellow traveler, sharing the load and the laughs, the sorrows and the quiet, leaning on his strengths as he leans on yours. That is how you love your neighbor as yourself. And oh, what a joy it is to have friends who know your flaws and are devoted to you in spite (and sometimes even because) of them.

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

The Devil’s Last Stand Begins <https://corac.co/2023/03/20/the-devils-last-stand-begins/>

Seven Stages of Renewal <https://corac.co/2023/03/11/the-seven-stages-of-renewal/>

Hard Truths About Russia and Ukraine <https://corac.co/2023/03/01/some-hard-truths-about-russia-and-ukraine/>

CHARLIE’S QUICK BRIEFS

The Misery Farm <https://corac.co/2023/03/31/the-misery-farm/> (media, solar eruption, banks)

A New Ally <https://corac.co/2023/03/30/a-new-ally/>

LATEST PODCASTS

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

CHARLIE’S UPCOMING MEETINGS

Charlie has completed his tour of the southeastern part of the country, and is headed home now, for a well-deserved rest and some in-depth writing and planning. Prayers for his refreshment and creativity are appreciated while he’s at home.

Actions To Take Now

USE CASH

The easiest and most powerful thing you can do to forestall digital control over your life: USE CASH. The Central Bank Digital Currency is coming in July. At first, it will be voluntary, but then Biden may “lose patience” with us the way he did with the shots. It will become mandated, unless we take firm action against it right now.

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

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



BUILD YOUR TEAM

The national Sustainability team has issued the challenge for us to “map our neighborhood.” There is a whole program sponsored by Emergency Management in Washington to help you do everything to make your neighborhood ready for anything. They have video and printed resources to help.

<https://mil.wa.gov/map-your-neighborhood>



PUBLIC ROSARY

A partial indulgence is granted every time we say the rosary. When we pray in a group in public, graces multiply. Get one or two friends and start now. Wednesday evenings are a common time for public rosaries on city squares, pedestrian bridges, etc. More info: <https://truthforsouls.com/2023/02/27/prayer-on-the-square-one-year-anniversary/>

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 this live adoration online in Niepokalanow, Poland at the chapel originally built by St. Maximilian Kolbe: <https://www.youtube.com/watch?v=2W-KSOPWBY>

PRINT RESOURCES

Identify critical information you'd want to have in a crisis, and PRINT IT OUT. Gather a library of print books on such subjects as gardening, sanitation, foraging, hunting and fishing, and home remedies.

Here's a site with free downloads on every survival subject from alternative energy to hygiene and shelters. You can wear your home printer out with all the PDFs! <https://seasonedcitizenprepper.com/preparedness-downloads/> The documents are stored on a Google drive, so you must request access for each download, or you can buy the whole bundle for \$17.95.

CORAC Website

There is an absolute wealth of information on our website, and it is growing all the time. Check out all the offerings!

Health & Wellness: Simple Preventative Healthcare (2 parts) and Curing Type 2 Diabetes

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

Sustainable Living: New challenge: Map Your Neighborhood; see the webpage for the hows and whys

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

Communications: See the details of the regular Sunday evening radio net broadcast

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

Education: Homeschooling resources and the CORAC Book Club

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

Crisis Scenarios: print emergency checklists

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

Prayer:, “Are We In The End Times?” a talk by Desmond Birch

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

CORAC Book Club: email education@coracusa.com to be added to the Signal group discussion.

News

CENTRAL BANK DIGITAL CURRENCY LAUNCH

The Federal Reserve has announced the launch of their CBDC in July, with the cute name FEDNOW. They just “couldn’t be more excited about it!” says the Fed spokesman Ken Montgomery. We have known this was coming, ever since Biden signed Executive Order 14067, authorizing the study of a CBDC, which turned into a pilot program, which will now go live in *three months*. It is bearing down on us like a Sherman tank.

The March 15 press release from the Fed <https://www.federalreserve.gov/newsevents/pressreleases/other20230315a.htm> notes that participants are being certified starting in April, which means that it will not yet be universal; it will be contained, for a time, to those banks who are approved. Now would be the time to find out if your bank is one of those “early adopters.” If enough people move their funds out of those banks, it could possibly slow the runaway train.

The Biden administration says that the CBDC will “protect” us. Sort of like that shot protected us? This government has no moral center, and even if it did, the concentration of all power in one place is a very bad idea, given fallen human nature.

One of the ways to force us into that system is to convince vendors to no longer accept cash. Some already have. But if 50% of their sales are in cash, they won’t want to stop accepting it! Use cash or checks for everything: groceries, donations, restaurants. Another step that has been tried is for banks to stop allowing customers to withdraw funds in cash. It has already begun in Australia. <https://www.dailymail.co.uk/news/article-11915493/Cashless-Australia-wont-able-withdraw-money-ANZ-branches.html>

Once the central governing authorities control our funds, those of us who disagree with policies are at risk of being locked out. Do you really trust the people now in power, who have already mowed down most of our liberties? There is a very good reason that they are pushing so hard to leave cash behind. It is what gives us our freedom. That’s not an overstatement.

From Dr. Mike Yeadon, a leading critic of world government’s covid response:

Cash is the ultimate, legal stealth tool. After you pull it from a cash point / ATM, the authorities have not a clue who used it where, for what, or whether it was spent at all. Think of it as a handful of sand thrown into the face of the illegitimate perpetrators. The more cash transactions, the greater the uncertainty exists about what would happen upon a financial Great Reset. The thing the elites dislike the most is UNCERTAINTY. The widespread use of cash is an uncertainty. Please make their decision-making as uncertain as possible. I can't think of an innocent activity of greater undermining potential than massed use of cash. Please forgo the conveniences of electronic payment as often as you can.

My personal take-aways:

Use cash. Go to your bank *in person* for withdrawals to help keep teller service alive.

Spread funds between smaller banks or credit unions and larger banks. Don't put all your funds in one place.

Ask your banks if they are enrolling in the FedNow system, and express your displeasure.

Move funds out of any bank moving toward the FedNow system. (The enrollment is between April 1 and June 30)

Don't depend on the FDIC. It only has the assets to cover the deposits of a few banks at a time, not the whole system.

Put small amounts in alternative investments. I may lose my whole stake in Bitcoin, but it's small enough to not hurt.

Best investments are hard assets, rather than financial instruments. Land, machines, supplies, remedies.

You can check the banks that were already participating in the FedNow pilot program here:

<https://www.frbervices.org/financial-services/fednow/community/news/012521-announcing-pilot-program-participants.html>

Interestingly, both failed Silicon Valley Bank and First Republic were in the pilot program.



CROSSING THE RUBICON

The Rubicon is a small river, more like a stream, in northeastern Italy. In ancient times, it marked the boundary between Italy and Gaul, which was under Julius Caesar's control. When Caesar's army crossed the Rubicon in 49 BC into Italy, it was a declaration of war against the Roman republic. A three-year civil war ensued, the fate of the whole Roman world at stake.

Now that the Manhattan district attorney has indicted President Trump on no reasonable evidence, Trump says the Democrats have crossed the Rubicon. "We've got to go after the Soros prosecutors who've been put into office all across the country, and expose the dark money network that has gotten them into power. The Democrats have crossed the Rubicon here, and they've burned the bridge behind them. Now we've got to defend democracy."



FIGHT FOR COURAGE

From Telegram:

"We are heading into uncharted territory as a people. Like every great pioneer in the history of the world, we have to put one foot in front of the other, and trust that whatever may be beyond the horizon will be worth the journey. It is so much easier to accept defeat, and assume the worst, than it is to step forward with "The Best Is Yet To Come" battle cry. Hope isn't our default. We've been conditioned by the Babylon System to default to despair. Courage is something we have to fight for."



NORMALCY BIAS

A tendency to believe that everything will continue to be "normal" even though there are warning signs that point to the contrary. As a result, we underestimate both the likelihood of calamity and the possible consequences, and put ourselves and those we love at risk. It's easy to fall into normalcy bias when the whole weight of the global news media is invested in keeping us unaware and unprepared for the real danger we face.

A popular name for people in the grip of normalcy bias is "normies." We've been trying to shake them up, beginning with the untested, genetic manipulation shot.

For some reason, we have been given ears to hear. We discern the tinny tone of those giving both false fear and false hope: "Vaccinated people don't get sick," "We're looking at a winter of severe illness and death for the unvaccinated" and "Our banking system remains sound." Why do we hear the lies, when other people swallow them whole?

Those of us with ears to hear ought to hear. A certain responsibility is implied.

SUNSHINE & D

The days are getting longer this side of the Spring Equinox (March 21) and that's more hours in the day to get outside. Sunshine synthesizes Vitamin D in our bodies, and Vitamin D is one of the major determinants of severity of disease. You can supplement D, especially in the winter months, but now that the sun is out longer, get outside! 20 minutes in the sun each day, without sunscreen, should give you adequate exposure for Vitamin D. See more about the importance of Vitamin D from Dr. Ryan Cole here: <https://www.bowencollege.com/the-biggest-lost-public-health-message-vitamin-d/>

“O” IS FOR “OBVIOUSLY”

A Canadian doctor, who pioneered “gender-affirming care” is now saying, “We were wrong.” As Christians, we already knew that the push to have young people mutilate themselves sexually is diabolic. We are created in the likeness of God precisely *as* male and female, so it is not surprising that gender mutilation (by chemicals or by surgery) ruptures the foundational connection between the person and God.

We are roughly 10 years into this large-scale experiment and already we have reports on issues with cognitive development, bone mineral density, and fertility. **All the up-to-date evidence shows that puberty blockers are neither safe nor reversible.**

<https://www.thegatewaypundit.com/2023/03/we-were-wrong-evidence-shows-puberty-blockers-are-neither-safe-nor-reversible-says-canadian-doctor-who-helped-pioneered-puberty-blocker-drugs/>

J6ers

Jake Chansley, ridiculously called “The QAnon Shaman” has been released from prison, after Tucker Carlson aired surveillance video of Capitol police calmly escorting him through the Senate building without the barest trace of violence or disrespect. That video shot to pieces the narrative about Chansley being a dangerous criminal.

There are still tens of thousands of hours of video that needs to be reviewed and made public, so that other innocent people framed as “insurrectionists” can be reunited with their families, and try to piece their lives together again.

There is video in that pile somewhere that shows that what appeared to be violent when cleverly edited was actually citizens responding to police actions, trying to rescue Roseann Boylan and others caught in the crush, or trying to protect those who were hit in the face at close range with police explosives.

Contact your Congressmen and demand the release of *all* the videotape. <https://www.house.gov/representatives/find-your-representative>
If the government has behaved uprightly, they have nothing to fear from releasing the video.

To find the latest news on the J6ers, try the news links at American Gulag: <https://americangulag.org>

CINNAMON

Not just for baking, cinnamon has amazing gardening properties too. It kills fungus on seedlings, works as a rooting hormone, deters ants and critters from your plants, and may even protect from mosquitos. And it smells so good! Check out all these uses for cinnamon: <https://www.feathersinthewoods.com/2014/05/spice-it-up-why-plants-love-cinnamon.html>

BIO-TERRORISM

Most people didn't know that the covid shots were a project of the Department of Defense. How many would have backed off the shot if they'd known it was essentially a military operation? It's all been smoke and mirrors. Read more here:

<https://www.lifesitenews.com/analysis/how-the-us-govt-built-a-shadow-structure-that-enabled-covid-vax-bioterrorism/>

Dr. Mike Yeadon describes the above article as “the clearest picture yet of the faked covid pandemic that has been run. Its objectives include economic impoverishment and mass injection with materials explicitly designed to injure and kill.”

NATTOKINASE

One of the most common adverse effects of the covid shot is the micro-clots formed when masses of spike protein clump and accumulate in the bloodstream. Dr. Ryan Cole reports that clots dissolve in days with nattokinase. You can buy nattokinase alone: <https://www.swansonvitamins.com/q?kw=nattokinase> or in a formulation with other helpful supplements, such as Spike Support available from The Wellness Company (the Dr. Peter McCullough group) <https://www.twc.health/products/long-haul-formula> Nattokinase is extracted from a Japanese fermented soybean product.



More on vaxx detoxing here: <https://dailyclout.io/dr-peter-mccullough-on-counteracting-spike-protein-through-vaccine-detoxification-with-nattokinase/>

THE JASE CASE

We have already experienced shortages in some antibiotics due to supply chain issues. For a backpocket supply in case of crisis, Jase Medical is worth a look. The Jase Case is a kit of 5 common antibiotics with dispensing instructions. You must fill out an application, which is reviewed by a physician licensed in your state. If there are no contra-indications, they will ship the case for \$260 (current price.) You also get unlimited physician follow-up. <https://jasemedical.com/order-who-us> This is not a recommendation, but a path for you to research. I have the Jase Case myself, so I can testify that they do fulfill orders in a timely way and the kit is as advertised.

GUNS & CONTROL

Mikki Willis @Official Plandemic writes this:

Turkey established gun control in 1911, then 1.5 million Armenians were rounded up and exterminated.

The Soviet Union established gun control in 1929, then 20 million dissidents were rounded up and exterminated.

China established gun control in 1935, then 20 million political dissidents were rounded up and exterminated.

Germany established gun control in 1938, then 13 million Jews and others were rounded up and exterminated.

Cambodia established gun control in 1956, then one million people unable were rounded up and exterminated.

Guatemala established gun control in 1964, then 100,000 Mayan Indians were rounded up and exterminated.

Uganda established gun control in 1970, then 300,000 Christians were rounded up and exterminated.

Venezuela began to disarm citizens in 2010, and now is free falling into unrest and extreme poverty.

Australia established gun control in 1996 and now citizens are being brutalized and terrorized by their tyrannical government.

Canada expanded gun control in 2020 and now citizens are being brutalized and terrorized by their tyrannical government.

TRAFFICKER-IN-CHIEF

Biden and those in his administration are supporting child sex-trafficking. Outright. A Federal whistleblower testified that unaccompanied minor children coming over the Southern border, of which there were 130,000 last year, were being placed with known traffickers. You can bet money changed hands. Senator Ted Cruz scorched Secretary Mayorkas over his ignorance (real or feigned) of the situation at the border, and called for Mayorkas' resignation.

<https://lizcrokin.substack.com/p/joe-biden-americas-trafficker-in>

STOP THE PLAN

What is happening in our world is so horrifying, it's easy to turn a blind eye, just for emotional survival. But we can't; we are on the verge of losing everything, leaving our children to face slavery or worse. As Dr. Mike Yeadon says, "I'll do anything I can to give the generations which follow me a shot at remaining free." This website has a guide for ten things you can do to stop the onrushing tyranny: <https://stopworldcontrol.com/guide/>

Prayer

PRAYER HOTLINE

If you're on Signal, you can request to join the CORAC Prayer Hotline by emailing prayerteams@coracusa.com. If you're not on Signal, you can email your prayer request to 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>



APRIL PRAYER INTENTIONS

- *For deepening of our faith and trust in the Lord as we pray with love through the remaining days of Lent, the Sacred Paschal Triduum, and Easter Time
- *For Charlie's inspiration and fruitful time apart as he works to produce a manual on how local people can develop an effective and efficient means of exchange ~ a form of emergency currency ~ if the financial system completely melts down
- *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!

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.

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

More every day, we must be looking out for actions we can take. Many are detailed in this issue. Assess your gifts - speaking, writing, organizing, growing, protecting, nurturing, teaching, leading – and put those gifts to work NOW. Don't discount your abilities, whatever they are. Taking action will prevent you sinking into despondency. Prayer is assumed, but it's not a substitute for action. If you saw a child being kidnapped, would you stand aside and offer up a Rosary, or would you spring into action while begging God to help? Your gifts are needed.

Sheryl Collmer, editor

April 15, 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.

Prepare For a Great Blessing

When I was in my 30's I sensed my angel before me. "Prepare for a great blessing," he seemed to tell me. Well, who would want to argue with that? Shortly after, great tumult and disaster came upon me. A year or two later he seemed to come to me again and direct me to go look in my mailbox on a Sunday morning. I did. In the box was a note which simply said, "Prepare for a great blessing." More wary now, I was still largely enthused, figuring this would be a chance for him to make up for the last time. Instead, again with the tumult and disaster. A third time I sensed him before me, solemnly instructing me to prepare for a great blessing. This time I told him I was feeling pretty blessed already and thought it only fair for someone else to share in the blessings. He laughed and said, "I was wondering when you would catch on."

Since that third time, I have never sensed him saying those words to me again. But I have also never since failed to see the blessing in serious adversity – and that is, itself, a blessing.

Many of you have spoken to me about your fears for your loved ones and family who have rejected the faith and are living lives of indifference or, even, hedonism. I have heard the sorrow in so many voices. Some sorrow is simply because their children have chosen a different path than they have. While understandable, this is largely selfish and self-referential, rather than truly loving. The larger sorrow is because the grievors have recognized that those loved ones who have fallen are living lives of misery, emptiness and desperation. The grievors want the good for those they love.

I have struggled with this in my own life. My dear daughter has struggled with substance abuse since she was 12, and it has mostly been a losing battle. Around a year ago, she went to jail and was forced into a mandatory rehab program. It was, in fact, an answer to a prayer. My hopes were modest, simply that if she were in jail, she would have a much harder time getting the substances that were killing her and robbing her life of meaning. And so long as you live, the possibility of redemption remains. Our first conversation after she was jailed was very ugly. It ended with me screaming at her and hanging up on her. She ventured to call me back two weeks later and we laid out some ground rules for regular communication and support. (Well, actually, I laid out some ground rules).

Mirabile dictu! This time it seemed to be taking. My son has often chided me that I never allow myself to get played by anyone – except my daughter...and I have let myself get played by her repeatedly. On the other hand, when I was starting to lose hope a few years back, my son was even more alarmed, telling me with deep worry that if there was to be a chance for reclamation someone had to keep the door open – and that if I shut it entirely there would be no one there to keep hope alive.

My daughter left jail on December 8th of last year. Having faced more than a few adversities, she has not wavered in her sobriety. Her attitude is entirely different this time. She was always quick-witted and very literate when herself, a quality which she can't mimic when she just "talks sober." At one point she told me that I have been her rock and that she wants to be a rock for others like I have been for her. I drily responded that, "It's hard to be a rock." To my delight, she immediately caught the pun and howled with laughter.

Her new boyfriend is a very committed Protestant Christian. After ascertaining that there is no whiff of anti-Catholic bigotry in him, I am very pleased. For Easter, she went to morning service, afternoon service and pot luck, and evening Bible Study. I laughed and told her that if she had on her Bingo card the unlikely probability that this Easter Sunday she would spend about three times as long at Church as I would, she was a winner.

There have been more than a few false starts, but this time I believe with my whole heart. Her whole attitude is different. We laugh and joke together and she catches the sly and subtle puns with which I routinely lace my conversations for my own amusement. When she told me of getting her 10-month sobriety pin I laughed and told her that was the longest she has been sober since she was 12. She laughed and said, "I know." Now, she faces the new reality that a few other members of the family have sensed her new steadiness and have been running their problems by her. I noted what a good, if occasionally difficult, sign that was. We have talked about how to deal with it – and she has laughingly agreed that it is, indeed, hard being a rock.

When God is going to turn your life around, the first thing He usually does is to crush the old delusions and illusions you have relied upon. It feels like disaster. But He is clearing the ground so that, if you are willing, you may build anew with Him as your foundation. Those of you who worry and grieve over loved ones living lives of misery and emptiness should be prepared to see the dysfunctions in their lives come to a head in disaster. It is not the end but, in most cases, the answer to your prayers. It is the logical end of the old dysfunction – and an opportunity to build anew under God. If you lay a firm and loving foundation, what begins in seeming disaster will come to be seen as the great blessing that was the turning point of many lives. The whole world now groans as it prepares for a great blessing. May we be willing.

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

World Gone By <https://corac.co/2023/03/31/world-gone-by-2/>

The Devil's Last Stand Begins <https://corac.co/2023/03/20/the-devils-last-stand-begins/>

CHARLIE'S QUICK BRIEFS

The Misery Farm <https://corac.co/2023/03/31/the-misery-farm/> (media, solar eruption, banks)

LATEST PODCASTS

Visit the page to submit any questions for Charlie's future podcast: <https://corac.co/newsroom/#regular-podcasts>

CHARLIE'S UPCOMING MEETINGS

Charlie has completed his tour of the southeastern part of the country, and is at home for a well-deserved rest and some in-depth writing and planning. Prayers for his refreshment and creativity are appreciated.

Actions To Take Now

USE CASH

EVERY DAY this becomes more critical. The CBDC, unappealingly named FedNow, is rolling out in July. It will not be universal at first, but if it rolls out to great usage, we are in very serious trouble. Enough people have to be using cash by then to make it unprofitable for merchants to abandon cash transactions.

May I use some Catholic guilt on you? Question yourself every time you use a credit card! We have only a few months to put a stick in the gears of this oncoming juggernaut. It's so easy to do. It takes about a week to get used to going to the bank IN PERSON, looking a teller in the face, being friendly and pleasant, and then using cash for your expenses that week.

If all your purchases become digital, the government will have records of you owning things like water purifiers, larger-than-ordinary stocks of food, generators, and other things that the government would like to relieve you of. Most frighteningly, the government, through the "central banks" will be able to shut off the purchasing power of people who don't support the narrative like good little boys and girls. This isn't a conspiracy theory; FedNow is coming. Spring planting, end of the school year, family vacations, and then FedNow, just before the July 4th holiday.

DO NOT LET THIS HAPPEN. It's under our control now, but the window is closing. We can't fail on something so simple.

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

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

MAP YOUR NEIGHBORHOOD

The national Sustainability team has issued the challenge for us to "map our neighborhood." There is a whole program sponsored by Emergency Management in Washington to help you do everything to make your neighborhood ready for anything. They have video and printed resources to help.

<https://mil.wa.gov/map-your-neighborhood>

PUBLIC ROSARY

A partial indulgence is granted every time we say the rosary. When we pray in a group in public, graces multiply. Get one or two friends and start now. Wednesday evenings are a common time for public rosaries on city squares, pedestrian bridges, etc.

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

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.

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

PRINT RESOURCES

Identify critical information you'd want to have in a crisis, and PRINT IT OUT. Gather a library of print books on such subjects as gardening, sanitation, foraging, hunting and fishing, and home remedies.

News

WHY DID WE SEE IT AND OTHERS DIDN'T?

Why did some people see the lies for lies from the beginning, while others are *still* wearing masks and getting harmful booster shots? Last week, outside the local Planned Parenthood, I noticed that *every* single person who drove up was wearing a mask in their car. What is it about that population, the PP-patronizing, that makes them cling to obvious lies?

Here's what I have been able to identify as factors for immunity, after closely observing for three years.

- Faith in God and religious practice. If you're a regular church-goer with a lively relationship with Christ, your priorities are different from the worldly. You already know that Satan lies, and dresses up his lies in pomp. You were already looking for salvation from something other than government officialdom.
- Disenfranchised in some way. If you were a conservative, by 2020 you'd already experienced the loss of influence in the public square. Conservatives had long been vilified under Clinton and Obama, and in every forum of consequence, like higher education, mass media and politics. You already knew that your interests were not being represented by the "Bigs" of the world.
- No TV. If you didn't watch TV, you were way ahead of the curve because TV news is where most of the brainwashing took place, especially with staged videos of people dropping in the streets, fighting for breath, and being buried by hazmat teams. For those of us who only heard about it, but never saw it, the absence of those images in our subconscious meant our internal processes were not sabotaged by the fear campaign.
- Self-sustaining. Clearly those who were dependent on public assistance were more conditioned to believe that the government had their best interests at heart.
- Education. This one is spotty because there were plenty of well-educated people at the front of the line for the shots, but a study of "vaccine hesitancy" showed that the PhD-level demographic was the least vaccinated. So people who knew how to research things for themselves were advantaged, but in no way did it require a PhD to see that the shot had no long-term safety data.
- A supportive community. If everyone around you was on the vaxx bandwagon, you likely began to doubt yourself even though the narrative was suspicious. Those with a rational, measuring, faithful group of friends were affirmed in their thinking, and got new information from others who were not hypnotized. Charlie and CORAC played this role to the benefit of many people, even if it was online or virtual.

Knowing these factors, it is now our task to "spread" our immunity. Try to get your loved ones to watch less (or no) TV, invite them to church, make sure they feel part of a community. At this point, research and logic are probably not effective; anyone who *could* be convinced, *has* been. Maybe the rest have to be loved into awakening.



THE COVID "RELIGION"

Dr. Peter McCullough reflects on how people fell so hard for the covid narrative that it became their religion. Note below a banner hanging from a Methodist church in South Africa, dismissing Jesus Christ for propaganda purposes. Also note the Vatican City coin with a masked doctor and nurse injecting a masked young person. I am quite shocked by both these images. Those who planned and executed the false narrative took *direct* and *specific* aim at Christ, and the image of Christ in human persons. https://petermcculloughmd.substack.com/p/americas-bizarre-and-venal-new-religions?utm_source=substack&utm_medium=email



mRNA IN THE FOOD SUPPLY

I've read it now in multiple venues, across topical lines: vaccinated food is coming our way. Bear in mind that no one, at least no one outside the ruling elite, has any idea what mRNA does to the body, how long it lasts, whether it modifies DNA, how it affects reproduction, what autoimmune, cardiological, circulatory and neurological damage it may cause. mRNA can currently be inserted in food in the US without warning labels, though some states are beginning the fight to require labelling. I think small organic farmers are about to capsize with new business. See "Eat Better" item below.

Some references: <https://wholecows.com/american-farmers-to-begin-injecting-livestock-with-mrna-shots-this-month/> and <https://deeproofsathome.com/mrna-gene-therapy-is-coming-to-the-food-supply-this-month/> and <https://petermcculloughmd.substack.com/p/chinese-load-cows-milk-with-mrna> and <https://twitter.com/RWMaloneMD/status/1613260930854563840>

If you search "mRNA meat" you will get all sorts of denials from the usual suspects (USA Today, Politifact, the fact checkers) but that all feels uncomfortably familiar, sort of like "safe and effective." The extremely massive pushback against the Missouri law that would simply require labelling of "gene therapy" products proves there is reason for concern.

The National Cattlemen's Beef Association said on April 5 that there are no "currently licensed mRNA vaccines approved for use in the US for beef cattle." They did not say when "current" runs out, and I highly doubt they will put out a press release when it does. I'm not likely to let anyone get between me and a good sirloin, but this bears watching. We did not endure all the turmoil of the last two years, just to get inadvertently vaccinated by a hamburger.

Two very trustworthy sources, Naomi Wolf and attorney Tom Renz discuss vaccination by food here:

<https://rumble.com/v2g0ros-eat-your-vaccines-mrna-gene-therapy-is-coming-to-the-food-supply-this-month.html>

EAT BETTER

The CORAC Sustainable Living team has put together a list for healthy food sourcing:

- 1) Find a local CSA (Community-Supported Agriculture). CSAs are in every part of the country. Find one here: <https://www.localharvest.org/csa/>
- 2) Find local farms (or sell, if you're a producer) <https://farmmatch.com/search>
- 3) Find local farmers who ship product <https://www.eatwild.com/products/texas.html>
- 4) Order organic, non-GMO products from distribution site in Oregon. There are pickup sites all over the country, coordinated by volunteers and a searchable map to find one nearby. <https://www.azurestandard.com>
- 5) Order Pennsylvania Amish farm foods from Amos Miller by joining the private membership organization. Cost of membership is \$35 paid once for a lifetime. The farm is in Bird-In-Hand, Pennsylvania <https://amosmillerorganicfarm.com>

APRIL FORAGING

There's so much to find in April, including chickweed, plantain, magnolia and cattails. Read about the dietary and medicinal effects available from many easily-found plants. I have been pulling up plantain as a useless weed, but now I realize that the leaves are edible and the seeds medicinal! In God's economy, everything has a place; it just needs discernment.

https://thelostherbs.com/foraging-calendar-what-to-forage-in-april/?utm_source=newsletter&utm_medium=FGW&vgo_ce=bCAvPK1U%2FdFifwuUljFB07xuboBLkKDZhiR%2BXGX1I1m0%3D%3AxVBuTPjrtwGUXS574K2QjmLXnv4gW9%2BRD

DRUG USE

The US consumes *half* of all prescription drugs in the world, despite being only 5% of the world's population. Does that make you rethink the medical model we've all grown up with? Healthy diet, exercise and prayer could prevent most of the conditions for which Americans consume all those drugs... and maybe deal a fatal blow to Big Pharma at the same time.

THE HEALTH PROFESSIONALS GOT AT LEAST ONE THING RIGHT

Exercise. It affects everything, from circulation to regularity, mood and mental clarity. It decreases the risk of almost every chronic disease. And like the sign says on my local trail, “You’re only one good workout from a great day!” Just a gentle walk is a great start, with the added benefit of meeting neighbors. Increase your exercise time by no more than 10% per week, but *do* increase it. Consider it your contribution to the defeat of Big Pharma’s plan for your life.



FLEE THE WHO

James Roguski is one of our foremost researchers and activists on the dangers and plans of the World Health Organization. Our own government has tried to cede our national sovereignty to the WHO in the event of another “pandemic.” The whole organization needs to be examined. Read James’ Top Ten Reasons to Exit the WHO” here:

<https://substack.com/notes/post/p-82232821>



ON TRANSGENDERISM

The absolute deluge of transgenderist propaganda in the last few *months* alone is staggering. It’s so broad and uniform, it’s hard to not think that there’s a campaign. Jennifer Bilek reports on the gender industry here: https://jbilek.substack.com/p/who-owns-big-pharma-and-the-billionaires?r=34r89&utm_campaign=post&utm_medium=email

and here: <https://jbilek.substack.com/p/gender-identity-a-corporate-fiction>

Fr. Mike Schmitz elucidates a Catholic approach to transgenderism: <https://www.youtube.com/watch?v=vXIwtuk0Dz4>



MASKING MARBURG

The virus Marburg has cropped up now and again when the ruling medical class starts talking about the next “pandemic.” It truly is a concerning specter, widespread Marburg. Trusted doc Peter McCullough mentions two treatments with better possibilities than waiting around in masks for another harmful genetic experiment: our old friend hydroxychloroquine (HCQ) and favipiravir, an antiviral used mostly in Japan. Knowing that these alternative treatments exist for nearly anything gives me great hope and immunizes me against the fear porn. This short blurb comes from Dr. McCullough’s Substack, which I have found to be valuable on several subjects. Subscribe if you agree. https://petermcculloughmd.substack.com/p/countermeasures-for-marburg-virus?utm_source=substack&utm_medium=email



WE CAN STILL DIVERT DISASTER

Dr. Mike Yeadon: “Keep as far away from “healthcare” as you possibly can, say no to digital ID, no to 15-minute cities, no to Net Zero, no to Central Bank Digital Currencies, no to elimination of cash, no to “ze bugs” and no to a virtual existence. We can stop or divert this, but it’s not going to be easy. If you’re not actively working to influence others and preparing to exist, at least in part, outside the current technological system, then sorry, you’ve already accepted your fate.”



VAXX-INJURED

If you know someone injured by the shot, even if they can’t admit it to you, here are some resources to propose:

- Front-Line COVID Critical Care: they’ve been on the front lines from the beginning and have some of the best resources in the country. Find a provider who will take symptoms seriously and not dismiss genuine distress as “anxiety” or “imagination.” <https://covid19criticalcare.com/providers/> There are also protocols on this site that you can follow at home.
- React19: they have a symptom index, with descriptions that can help pinpoint issues, and a list of providers searchable by location (state) and specialty. <https://react19.org/start-here/>
- The Wellness Company, staffed by the likes of Dr. Peter McCullough and Dr. Harvey Risch. You can get an injury consult and treatment plan for \$75, with a further discount if you are a member.



BRICS

If you haven't heard of BRICS yet, you soon will. It's the cooperative relations between Brazil, Russia, India, China and South Africa, in the face of malicious US foreign policy. More countries are joining BRICS, as it ascends on the world stage. The balance of world power has shifted, while Biden plays with the Easter bunny on the lawn of the White House.

BRICS now has a greater economic weight than the G7, the seven most industrialized countries on the planet: the United States, Japan, the UK, France, Germany, Italy and the European Union. BRICS are not only overtaking the G7 countries economically, but demographics are also in their favor, as the industrialized nations contracept themselves out of existence.



DON'T FORGET THE HONEY, HONEY

Honey has antimicrobial properties and can be an effective treatment for upper respiratory tract infections and persistent coughs. Many prescription antibiotics have become less effective through resistance, due to over-prescription. Honey, on the other hand, is cheap, widely available and pleasantly palatable. It scored higher than conventional care for symptom relief.

<https://pubmed.ncbi.nlm.nih.gov/32817011/>



GET STARTED WITH COMMUNICATIONS

Communications is often the most popular topic at CORAC events. How do we reach our family and friends if normal communications are out? The CORAC national Comms team has come up with a Starter Guide for those of us who are wildly interested in comms, but clueless as to execution. <https://corac.co/2023/04/04/corac-communications-getting-started-guide/>



OFF-GRID IS FUN!

Learning to live more self-sufficiently should be fun! Here's a experiment, baking bread in an oven constructed of a cardboard box and aluminum foil. Kids are sure to enjoy this! <https://www.youtube.com/watch?v=m8cVU0ciMnA>



RENEWAL OF THE MIND

In the age of Zoom and other virtual forums, we have access to speakers we might not otherwise get to hear, a way to engage our minds to reflect on our tumultuous times. I love St. Teresa Benedicta of the Cross, but I must admit her writing is dense, and I would be glad to have the edifying illumination of an expert.

“St. Edith Stein As Modern Witness”

Dr. Elizabeth Mitchell for The Catholic Thing. Five Wednesday evenings, beginning April 19. Classes will be recorded so you can watch on your own time if unable to make the live sessions at 7:00 Eastern (6 Central, 4 Pacific) Primary text: *Edith Stein: The Life of a Philosopher and Carmelite*, Teresia Renata Posselt. Class \$75, book \$16 or \$9 on Kindle. Register here:

<https://courses.thecatholicthing.org/our-courses/>



WHAT CAN I DO?

Watch one of these documentary “wake-up” films that won't appear on mainstream screens, then arrange to show it to a group. You could book your local library meeting room, a parish hall, or get a Protestant ally and use their church hall.

The Plan <https://rumble.com/v13kefy-must-see-the-plan-who-plans-for-10-years-of-pandemics-from-2020-to-2030.html>

Monopoly – Follow the Money https://www.youtube.com/watch?v=D2t4u_tEefM

Doomed to Repeat It <https://www.youtube.com/watch?v=ByrmuxewqoA>

Cry for Freedom <https://rumble.com/v1t40x0--cry-for-freedom-why-cyborgs-wont-save-the-world-updated.html>

More ideas for action steps WE can take are here: “Ten Steps To Stop the New World Order”

<https://stopworldcontrol.com/guide/>



PUSH BACK AGAINST THE GLOBALIST AGENDA

This has been a worldwide campaign to mobilize citizens to protect their freedom. The chart below is a screenshot; visit the website to follow the live links: <https://globalwalkout.com>

The screenshot displays the Global Walkout website interface. At the top, there are two banners. The left banner features the 'GLOBAL WALK OUT' logo and the text 'initiated by REIGNITE FREEDOM'. Below this is a sub-header: 'Recap of the most important steps we've taken so far'. The main content area is a grid of ten steps, each with a title, a brief description, and a link to the full step page. The steps are: 'Keep Cash Alive', 'Curriculum Awareness', 'Digital ID', 'Ditch Loyalty Cards', 'No Self-Checkouts or QR codes', 'Withdraw some cash', 'Support Smaller Banks', 'Install a Landline Phone', 'Reignite Farming', and 'Conscious buying'. At the bottom of the grid, there are two blue bars, each containing the URL 'www.globalwalkout.com/steps'.

GLOBAL WALK OUT initiated by **REIGNITE FREEDOM**

Recap of the most important steps we've taken so far

Keep Cash Alive
Arrange enough cash to cover your living expenses week to week. Don't tap or swipe your debit card, credit card, or other digital cards for as long as possible
globalwalkout.com/step-13

Curriculum Awareness
Book an appointment with the teacher or principal, and ask them which books they are reading this year. Also, ask about the sexual education content they teach.
globalwalkout.com/step-12

Digital ID
It's time to educate people about the DIGITAL ID. This is one of our most important and effective campaigns.
globalwalkout.com/step-14

Ditch Loyalty Cards
Protect your privacy and spending habits from prying eyes. Stop using loyalty, reward or membership cards with big stores. Use an alias if you really need that membership.
globalwalkout.com/step-17

No Self-Checkouts or QR codes
Never use a self-checkout or order food using a QR code unless absolutely necessary. If the cashier or waiter seems confused, use it as an opportunity to tell them about the Global Walkout.
globalwalkout.com/step-7

Withdraw some cash
If you have savings in the bank, consider withdrawing a decent amount of cash and putting it somewhere safe or investing it in something tangible.
globalwalkout.com/step-13

Support Smaller Banks
Move as many accounts as you can to a union or local bank. If you run a business, move your business accounts and start paying wages from there. Not everyone can do this one, of course.
globalwalkout.com/step-4

Install a Landline Phone
Let's remove our dependency on mobile phones. Installing a landline is cheap and reliable without electricity.
globalwalkout.com/step-21

Reignite Farming
Locate and support family-run grocery stores and markets as much as possible. Try to purchase locally grown products to support the farming and market communities in your area.
globalwalkout.com/step-2

Conscious buying
Before spending money, consider...WHERE is it going? Who is it going to?
globalwalkout.com/step-16

www.globalwalkout.com/steps

CORAC Website

Explore the website! There is a wealth of information there that could end up being critical to you and your family.

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

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

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

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

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

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

CORAC Book Club: email education@coracusa.com to be added to the Signal group discussion.

CORAC Prayer Hotline: email prayer requests to prayerteams@coracusa.com

Prayer

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>



APRIL PRAYER INTENTIONS

- *For deepening of our faith and trust in the Lord as we pray with love through the remaining days of Lent, the Sacred Paschal Triduum, and Easter Time
- *For Charlie's inspiration and fruitful time apart as he works to produce a manual on how local people can develop an effective and efficient means of exchange ~ a form of emergency currency ~ if the financial system completely melts down
- *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!

Newsletter 2023-8

18208 Preston Rd Suite D9-552, Dallas, TX 75252
O be swift, my soul, to answer Him; be jubilant, my feet!



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

It's becoming clear to more people that we're in a fight with cosmic consequences. Children, goodness, freedom... these are the things that are threatened, that we must defend. It's a battle we cannot lose. We also can't sit back and expect God to do all the work because we're afraid. As God said to Moses, "Don't just kneel there. Get moving!" That's a paraphrase of the Lord's words in Exodus 14:15. God will, without a doubt, guard our front and our rear, but we must advance with courage. Our God is marching on!

Sheryl Collmer, editor
April 26, 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.

He Who Has Ears, Let Him Hear...

How often have you talked with someone who didn't listen to you, but impatiently waited for you to finish what you were saying to use it as the platform from which to launch his next rhetorical assault? A fellow who didn't care what you had to say but only regarded you as the exhibition stage to display his brilliance? It is the stock in trade for some cable TV hosts – and it always leaves the victim feeling frustrated, angered and used.

We can't control the fact that there are a lot of jerks in life, but we have complete control over whether we are going to be one or not. Our refusal to be a jerk often does inspire others to do the same, thus reducing the sum total of jerks in the world. Far more endearing to a person than generic flattery is to see them, to hear them, to notice what the things are that make them unique. I have made far more friends and allies by affectionately noting their little foibles than most have by dishing out copious amounts of flattery.

Among my family and friends, almost all are deeply pleased when I give them a compliment. It is not because it is coming from me, but because (though I am diplomatic) I simply do not offer false praise. Thus, those who know me best trust me to tell them true rather than blow smoke at them. When I see what is best in them, it allows me to hold a mirror up so they can see, freshly, what is authentically best in them as well. And it is enabled by a refusal to blow smoke in the first place.

People have a deep hunger to be known for who they are, their foibles acknowledged with affection and their virtues acknowledged with admiration. To do this, though, you must pay attention. You must see them; you must hear them, you must treat them as something more than just a setting from which you can display your brilliant facets.

Every life is ultimately an epic saga, filled with hopes and fears, dreams and anxieties. If you can get beyond the clinical details of a curriculum vitae and see the full person behind those details, you can participate in that saga with them. The truth is that every story worth hearing is a human story – and you need to understand what makes a person tick to hear the swelling music of their epic saga.

When I was still in grade school I wondered why some grown-ups were grouchy all the time and others were cheery. In all cases, I was fascinated to know what made them that way. I thought about it a lot and tried to discern clues. A big part of it was that I did not want to grow up to be grouchy all the time – and if I could figure out what caused it, I could avoid it. Along the way, I fell in love with the epic saga that is every person's life.

In my twenties, I was a hotel manager. Big place, 180 rooms, two dining rooms, a show lounge, and banquets for up to a thousand. I liked to spend a little serious time in each department getting to know the people that worked with me and that I managed. In the housekeeping department there was an older lady (well, actually, in her 50's – at least 15 years younger than I

am right now) to whom all the young maids would go with their troubles and whom they all loved. I spent some time talking with her, eager to find why she inspired such confidence and affection in those around her. Turns out she was Hungarian.

After some time visiting with each other, she told me the harrowing story of how the Soviets murdered her son and her husband before her eyes when she was a young woman there – and the even more harrowing story of her escape to America. After she told me, she caught herself and asked me not to reveal these things to the other people she worked with. She said having a life in America was a great second chance for her, but it could not heal the wound of the loss of her family. By caring for the troubles of other women the age she was when she lost her family, she honored her husband and son and got the most effective revenge against the Soviets possible – by helping others learn to live the full and joyful life those Soviets tried so hard to rob her of (and nearly succeeded).

The people around you are an unquenchable library. Take the time to hear them – not just what they say, but what they mean. Sometimes fear presents as anger. Sometimes hope presents as skepticism. Sometimes insecurity presents as cockiness. Get outside yourself and see the people around you. See what they mean by what they do. Become a safe repository for their hopes and dreams and you will become privy to a whole host of glorious, epic sagas.

And in the process, you will help knit together anew the social fabric of solidarity under God. It doesn't take much: just hear – and care.

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 GLOBAL CALL

The global membership call was Sunday, April 23, and was well worth the time. If you missed it, you can watch/listen here: <https://corac.co/2023/04/24/corac-global-zoom-session-3-video/>

A SIGN OF HOPE BLOG

The Devil's Playground <https://corac.co/2023/04/25/the-devils-playground/>

The Left Has Smashed the Pendulum <https://corac.co/2023/04/15/the-left-has-smashed-the-pendulum/>

GO FORTH INITIATIVE

“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: <https://vimeo.com/821094339>



YOUR QUESTIONS

Periodically, Charlie will have a whole podcast that answers questions from you, the members. Submit your questions here: <https://corac.co/newsroom/#regular-podcasts>

Actions To Take Now

USE CASH

EVERY DAY this becomes more critical. The Federal digital currency for America is rolling out in July.

If all your purchases become digital, the government will have records of you owning things like water purifiers, larger-than-ordinary stocks of food, generators, and other things that the government would like to relieve you of. Most frighteningly, the government, through the “central banks” will be able to shut off the purchasing power of people who don’t support the narrative like good little boys and girls. Using cash *now* will discourage vendors from moving to a cashless economy.

It must be now.

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

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

FIND ALT FOOD SOURCES

“He who controls the food controls the people.” It’s been coming for a while now, but suddenly people realize our food supply is at risk. 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*. Time is of the essence. Start here: <https://www.localharvest.org>

News

WHAT’S IN THE PFIZER DOCUMENTS?

Dr. Naomi Wolf led a 2,500-person volunteer investigative team, analyzing the primary Pfizer documents released by court order pertaining to the deceptively-named “vaccine.” Wolf recently gave a speech at Hillsdale College, which had nearly a million views in the first few days.

*** IF YOU LISTEN TO NOTHING ELSE THIS WEEK, LISTEN TO THIS ***

Dr. Wolf’s speech at Hillsdale (1:10) <https://rumble.com/v2hpriu-naomi-wolf-whats-in-the-pfizer-documents.html>

We have been pulled away from the topic of the destructive shots to tend to a dozen other essential issues, but this one remains at the top. Excess all-cause mortality continues to increase, and all signs point to the preparation of another bioweapon to be released. We need to discover and understand what has been done to us so that we can effectively handle the next incidence. The book of the investigations is available online, if you have the mental muscle to tackle it. I bought it just to “vote” for medical transparency, though I doubt I will ever read it. <https://www.amazon.com/DailyClout-Documents-Analysis-Volunteers-Reports-ebook/dp/B0BSK6LV5D/>

Summary and table of contents of the book: <https://www.thethinkingconservative.com/pfizer-documents-analysis-reports-book/>



IS THERE OR IS THERE NOT mRNA IN OUR FOOD?

Attorney Tom Renz, who has been on the side of medical freedom from the beginning of the pandemic, shows how the beef industry is talking out both sides of their mouths. As an attorney, Renz has evidence of everything he asserts. This issue is part of the battle in Missouri to require labelling of genetic modification products in the food supply.

<https://tomrenz.com/another-renz-rant-the-cattlemens-association-is-telling-2-stories-which-is-true-mrna-in-our-food-episode-50/>



IS mRNA TRANSMISSABLE FROM ANIMALS TO HUMANS?

Like the shots, there is still a lot of uncertainty on this question. And like the shots, the whole program should be halted until we have definite answers... but it's not. Read more here: <https://www.trialsitenews.com/a/novel-vaccine-technologies-in-veterinary-medicine-a-herald-to-human-medicine-vaccines-34f5aa70>



YOUR GROW ZONE

If you've done any gardening, you already know your grow zone, but it can be helpful for knowing what to forage also.



SPRING FORAGING

Chickweed used as herb, emergency food source, high in vitamin C, can be eaten raw

Dandelion Zones 3a-9b; use roots, leaves, flowers, Vitamin A & C, high in calcium.

Nettle Zones 4a-10b; use leaves and roots. CAUTION: Fresh plant will cause skin irritation.

Plantain Zones 3a-12b; use leaves & seeds

Sweet Violet Zones 4a-9b; flowers edible; also used to remedy insomnia, depression, colds and flu.

More info here: <https://thelostherbs.com>

Making Plant Medicine, by Richo Cech <https://www.amazon.com/Making-Plant-Medicine-Richo-Cech/dp/0970031203>

Herbal Antibiotics, by Stephen Buhner https://www.amazon.com/Herbal-Antibiotics-2nd-Alternatives-Drug-resistant/dp/1603429875/ref=sr_1_1?crd=2OK3UWWMZACIY&keywords=herbal+antibiotics+book&qid=1682523406&ts=books&prefix=herbal+anti%2Cstripbooks%2C186&sr=1-1



HOMESTEAD TSUNAMI

The “Grandpa of homesteading” is Joel Salatin, the author of irresistibly-titled books like *The Sheer Ecstasy of Being a Lunatic Farmer* and *Folks, This Ain't Normal*. What most of us are trying to learn and be, from scratch, Joel's been doing for decades. At his family Polyface Farm, he's been receiving guests from all over the country who are on the run from blue states and hoping to start a healthier life for their families in the country.

Guest on the Homesteaders of America podcast:

<https://homesteadersofamerica.com/e13-why-homesteading-a-candid-chat-about-the-homestead-tsunami-joel-salatin-of-polyface-farms/>

Order food from the Salatins' Polyface Farms: <https://polyfaceyum.com/product-cat/merchandise/#!/SHIP-TO-USA/c/127347034>

Joel's books: https://www.goodreads.com/author/list/2623.Joel_Salatin



THE CASHLESS ECONOMY

114 countries, representing 95% of global domestic product are moving toward CBDCs. Eleven countries are already fully rolled out, and 18 of the 20 most developed nations are in an advanced stage of development of a CBDC.

If you think it's much ado about nothing, here are some direct quotes from the perpetrators themselves:

“With CBDCs, central banks will have absolute control of the rules and regulations that will determine the use of that expression of central bank liability, and we will also have the technology to enforce that.”

- Agustin Carstens, Bank of International Settlements

“There will be control. You're right. You're completely right. We are considering whether, for very small amounts, we could have zero control, but that could be dangerous.”

- Christine Lagarde, European Central Bank



IS FEDNOW A CBDC?

Naturally, the elites prefer that we just accept FEDNOW with enthusiastic ignorance, so they're telling us it's not a CBDC. Goodness, no. They also said that an experimental genetic product was safe and effective. Keep using cash, no matter what they say. Read the Children's Health Defense explanation: <https://childrenshealthdefense.org/defender/fednow-instant-digital-payments-system-government-control/>

This global abuse of human rights is coming. The one thing we have going for us is the USE OF CASH. Use it now, while it's still good. Every cash purchase shows vendors that they *need* to keep accepting cash, despite the government's use of enticements and rewards to stop.

In France, where stores are already going cashless, citizen have organized into groups. About 50 people all go into a grocery store and load up their baskets to the brim, then proceed to the checkout – the human one, not the self-checkout. After the cashiers have rung up the whole kaboodle, the customers pull out their cash and says it's all they have (cleverly leaving all plastic at home.) This is happening at every checkout station at once, with many people in line behind. The cashiers and managers are overwhelmed. Supermarket chains in France are re-instating cash.

Same for restaurants. The whole group leaves credit cards and phones at home, taking only cash. After a full dinner, they bring out the cash for payment. Is there anything immoral about trying to pay for goods with legal tender?

This is how we win. If you enter a store or restaurant with a “CASHLESS” sign, leave. Go somewhere that accepts cash.



DON'T FORGET THE J6'ERS

When Tucker Carlson left FoxNews this week, the J6'ers lost their only public advocate. No one knows yet what will happen to all those tens of thousands of hours of video that would probably exonerate most of those poor fellows sitting in hellholes, with inadequate food, medical care, legal representation... and hope. Please don't forget them! Pray for them, write to them, contribute to their defense funds. Details here: <https://www.wearegoodmen.com>

GET CATHOLICS

The FBI's "Sensitive Informant Program" doesn't target actual violations of Federal law or even suspected violations, but develops informants among groups that *might* commit a crime. FBI whistleblower Kyle Seraphin had exposed this program even before it was leaked that traditional Catholics are being surveilled. Be wise as serpents and innocent as doves.

Lawyer warns that infiltration is happening in Catholic churches: <https://www.freethewords.com/news/2023/04/19/fed-persecution-of-conservative-catholics-will-involve-infiltration-says-lawyer-who-uncovered-fbi-infiltration-playbook/>

Kyle Seraphin Show, FBI whistleblower: <https://www.uncoverdc.com/2023/04/14/the-kyle-seraphin-show-hey-fbi-im-breaking-up-with-you/>

THE PARALLEL ECONOMY OF MOVIE-MAKING

In the last few years, Christian filmmakers have found ways to get good movies to audiences without having to go begging to the big studios, which would be a death sentence. In CORAC, we've talked about parallel industries, the building of enterprises *outside* the corrupt mega-systems. The film industry is one that's already taking off! Support it if you can.

Keep a watch on Fathom Events for upcoming films. These films are the kind that run for only a few days or weeks, so don't postpone getting tickets if you see something you like. <https://www.fathomevents.com>

NEFARIOUS



Christians who've seen *Nefarious* report after-effects like a desire to stay closer to Jesus and Mary, a greater determination to lead a holy life, a stronger desire for the sacraments and adoration, and a greater awareness of the subtle ways that evil can ensnare us. A lot of good fruit for a movie whose tagline is, "Speak of the devil." The movie is in its second week, but may not be renewed after Thursday, so see it now.

Read full review here: <https://www.crisismagazine.com/opinion/nefarious-is>

A FATHER'S HEART



Dear Saint Joseph, you have come to us when we needed you most! The filmmakers searched over five continents for the people whose lives have been transformed by this quiet man. Husband of Mary. Foster father of Jesus. Protector of the Church. Patron of the Dying. Terror of Demons.

Only showing **Monday, May 1 and Tuesday, May 2!** Watch trailer and get tickets now: <https://www.fathomevents.com/events/A-Father's-Heart>

A second short film will play alongside it: *St. Joseph and the Priests of Dachau*, a Knights of Columbus-sponsored documentary about the miraculous delivery of the priests held in the German concentration camp Dachau at the end of World War II.

More excellent resources on St. Joseph here: <https://www.kofc.org/en/news-room/st-joseph/index.html>

SOUND OF FREEDOM... coming soon



The torturous story of how *Sound of Freedom* has been torpedoed for three years is almost as compelling as the movie itself. Starring Jim Caveziel as the real-life Tim Ballard, a former US agent who rescues children from global sex trafficking rings, the film was completed and set to release in 2019. Then 2020, then 2022. Still no release. I wonder why. I believe they'd found a way to kill the thing, but then Angel Studios, who is releasing *The Chosen*, somehow got the rights and announced the film would be released later this year.

When the release date is finally announced, you can expect a flood of news reports that everyone involved in the film are liars, cheats, fanatics or lunatics.

Watch trailer here: <https://www.youtube.com/watch?v=7oZE2nod4i0>

Jim Caveziel has been the man to hate in Hollywood ever since he made this 2021 speech at CPAC, which has been called one of the greatest freedom speeches in history. “The Storm Is Here”: <https://www.youtube.com/watch?v=ZhWNVxauIWw>

Caveziel is one of the few in Hollywood to speak openly about the adrenochroming of children, which has earned him a boatload of ridicule. That just tells me that he’s on to something. <https://www.youtube.com/watch?v=zCaKRUCSNPU>
It is said that stolen children are terrified almost to the point of death, so that an extreme form of adrenaline is secreted, then blood is drawn. The super-hormone is said to produce a high like no other when consumed. It’s also said to confer a degree of youth to the consumer. Sound bizarre, ridiculous, tin-hat? It explains a great deal about our world. When something produces a high like no other, it will be addictive like no other, too.

Incidentally, I’ve never heard a reasonable explanation of what Anthony Fauci hoped to achieve with his experiment of terrifying caged monkeys and then drawing their blood.



APEEL

This new technology is getting a lot of press, both positive and negative. Apeel is a coating of mono- and diglycerides that promises to keep fruit fresh longer. Sounds good, but since the coating makes old fruit look fresh in the bin, you have no idea just how old that fruit is. The coating cannot be washed off, so you’ll consume whatever is in the miraculous coating. Hey, it’s approved by the FDA and the WHO, and the Bill and Melinda Gates Foundation is a major investor, so you should feel good about that, right?



In the US, Apeel is now being used on apples, avocados and citrus fruits. Look for the logo when you buy produce... and oh, by the way, check out your local farmers markets instead. <https://nfmd.org/browse/>

Like so many new technologies being thrown at us, this one deserves a period of “watchful waiting.”



HOW WE WIN

The American people are discovering their power. We may have endured fraudulent elections, child groomers in high places, corrupt government and Drag Queen Story Hours... but now we’re waking up, like the dragon Smaug, deep in Lonely Mountain, coming to life one scaly joint at a time. Soon we will be a force to be reckoned with.

BedBath&Beyond declared bankruptcy after cutting products with conservative producers (My Pillow). Anheuser-Busch lost over \$5 billion in market share after they plastered the simpering face of a transgender person on their Bud Lite cans. Nike is facing a boycott after featuring a biological male prancing about in a sports bra and leggings. FoxNews may be the next to tank after tossing Tucker Carlson.

This is how we win. We pick up our marbles and leave the game. We are not the slaves of these mega-corporations. We have the right to purchase what we want, and we are beginning to exercise it wisely.



FAUCI FILES

The long-anticipated Fauci Files are beginning to drop on Twitter. Unfortunately, I think they waited too long, as people’s attention has moved on from the greatest crime in human history. But if we don’t investigate and prosecute the crimes inherent in the pandemic and gene therapy shot that followed, it will be visited upon us again. The likes of Gates, Fauci and Biden have practically been promising us a new pandemic: smallpox, Marburg, a new coronavirus.

The first Fauci drop concerned the collusion between the US government and social media to push the narrative and censor those who differed. <https://twitter.com/thackerpd/status/1649037538663727106>

More about the lies we were told: <https://threadreaderapp.com/thread/1420526431512244227.html> This thread shows the actual headlines and tweets from health agencies, and then their exact opposite later. It could be called *The Flip-Flop Files*.



SURVIVING THE ECONOMIC COLLAPSE

Esteemed CORAC leader, Deacon Rick, reviews the book *Surviving the Economic Collapse*, by Fernando Aguirre. It's not just financial, because in a widespread crisis, civil unrest will become an issue. The author bases his recommendations on his experience of the collapse in Argentina in 2001. Review here: <https://corac.co/2023/03/29/book-review-surviving-the-economic-collapse/>



GOLDBACKS

A Goldback is a thin layer of gold sandwiched between two polymer sheets. Each Goldback contains 1/1000 Troy ounce of actual physical gold. They only have the standing of official currency (legal tender) in a few states, but they can be bought, sold, bartered, gifted and exchanged anywhere, just like gold bullion. The difference is that an ounce of gold is now worth about \$2000 (and going up) so you can't "spend" it for small things. A goldback, on the other hand, is currently worth about \$4.



Do your own research, and understand that *all* financial instruments carry risk... although this is not exactly an instrument because it's real gold. You can see what you think here:

<https://www.goldback.com>



LONG LIVE THE REPUBLIC

As Charlie notes quite frequently now, the Republic we knew is dead. But its ideals are not; we still feel the glory of them in our hearts. We will march on and rebuild our country, because a nation that protects innocence and liberty and the family is a nation that echoes the Trinity.

*Mine eyes have seen the glory of the coming of the Lord;
He is trampling out the vintage where grapes of wrath are stored;
He hath loosed the fateful lightning of His terrible swift sword,
His truth is marching on.*

*Glory, glory, hallelujah! Glory, glory, hallelujah!
Glory, glory, hallelujah! His truth is marching on.*

*I have seen Him in the watchfires of a hundred circling camps;
They have builded Him an altar in the evening dews and damps;
I can read His righteous sentence by the dim and flaring lamps,
His day is marching on.*

He has sounded forth the trumpet that shall never call retreat;

*He is sifting out the hearts of men before His Judgement Seat.
Oh! Be swift, my soul, to answer Him, be jubilant, my feet!
Our God is marching on.*

*In the beauty of the lilies Christ was born across the sea,
With a glory in his bosom that transfigures you and me;
As he died to make men holy, let us die to make men free,
While God is marching on.*



Listen to this beautiful rendition as you follow along with the lyrics.
Turn up the volume.

<https://www.youtube.com/watch?v=q2LZ9cVRkDw>

Do you feel that glory welling up inside you? That is the real republic, the republic of our ideals. And we will build it again.

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 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

CORAC Prayer Hotline: email prayer requests to prayerteams@coracusa.com

CORAC Book Club <https://corac.co/2023/02/21/lord-of-the-world/>

Lord of the World, by Msgr. Robert Hugh Benson

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, 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>

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.

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>

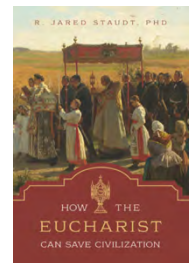
If you are not currently corresponding with a J6er, I encourage you to start. This is a simple way to fulfill the corporal work of mercy, Visit the Imprisoned. The families say that letters mean the world to their men in prison. Go to this website, pick a prisoner, and make a difference to one family.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



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



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?app=desktop&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=NDI3LUxUFUS0wNjYAAAGLnuFiIKHttevqT_vtpDm3ZzTe2dx4OgUPCFJQT_DJBXi_ff01z11kbLIIfxwrubeUBHxAo4XAw13xXUFdzmiq3kWFV

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

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 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, 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>

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

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

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

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!"

Newsletter 2023-10

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

The eyes of the Lord are on those who fear Him, and hope in His kindness.



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

The last few weeks have been filled with small signs, and some large signs, that God is with us, and that we are not helpless. This newsletter is dedicated to those signs and circumstances. We have long been laboring under the sense of being drowned by those dedicated to evil, even though we know intellectually that it is not so. Now God seems to be preparing us to know deeply in our hearts that He and His Church Militant are on the move, and cannot be ultimately defeated. Viva Christo Rey!

Sheryl Collmer, editor
May 31, 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.

Fruit That Will Last

Everybody in the world wants meaning in their lives. The meaning of life is one of the most fundamental questions all men must grapple with. It is unavoidable. Like the old song says about love, whole generations are now looking for meaning in all the wrong places. It has led to an existential crisis of despair.

Young people, particularly, are vulnerable to enthusiasms born of mere appetites. But satisfying an appetite is always transient. You get hungry again. St. Augustine described it as a restlessness in the human heart, a desperate restlessness that can only be stilled when it rests in God.

Some try to find meaning in what they condemn, often in the ugliest terms. But who can condemn anything without being painfully aware in their secret heart of what is contemptible in themselves? Often the greater the shrieking about evils outside oneself is, the more desperate the shrieker is trying to quiet the internal condemnation of their own contemptibility.

Others in this day try to find meaning in their sexuality, devoid of marital love. It is a terribly impoverished idea. Sexual activism is not a source of meaning. Because it does not still the restless heart, acolytes of this method keep moving to greater and greater depravity, hoping to find meaning in their rebelliousness. When it does not avail, they demand that others celebrate their perversions, hoping that this forced external approval will give them the peace they so lack. Eventually, unable to process their own growing self-hatred, they accuse others of being haters.

As offensive and ugly as these modern seekers of the meaning of life are become, they are pitiable. I feel deep sorrow for them, for they have fallen into a loop that spirals ever downward into deeper and deeper despair and emptiness. This is not for what God created them.

Many of those of us who are Christians have done good work in defending our faith and forming groups in which we can preserve it. We know that meaning is found in knowing, loving and serving God, our Creator. We know that that love is best expressed by knowing, loving and serving our fellows. We begin to find meaning when our love is turned outward in service to and the care of others rather than inward in search of self-actualization. The man who seeks to be a true neighbor may become great. The man who restlessly seeks to become great will rarely even become an honest neighbor.

All this is good and proper. Right now our faith needs defending and preservation. But we are fundamentally called to evangelize. If we came upon a camp of people who were starving, near to perishing, we would rally our neighbors to feed and, thus, physically rescue them. Right now, confronted with a world that is spiritually starving, screaming and groaning in agony, too often our only response is to desperately seek to avoid being counted among their number. Those who are searching for meaning in all the wrong places are spiritually dying behind the gates of a hell they have created. Our Lord, however, tells us

that the gates of hell will not prevail against His Church. Without neglecting the defense of the faith it is time to go on offense. God has laid out a banquet and a whole generation is starving. Let us feed them.

I know that the satan has succeeded in making several generations think, without examination, that any sort of religious faith is mere superstition. That is why, as we preserve the faith, as we defend ourselves against the constant assaults against the faith, we must spend some time contemplating how to proclaim the faith so that the sufferers might see it with fresh eyes, hear it with fresh ears. It is a vexing problem in a world grown so cynical and desperate. It is the same sort of vexing problem St. Patrick faced when evangelizing Ireland, a land almost entirely populated by druids and pagans. And yet, the Lord promised the gates of hell will not prevail over those who proclaim the faith. So, it is time to start driving the snakes of self-actualization, disordered sexuality, promiscuity, abortion, the will to power out in a way that people will hear. I don't have many of the answers, but I think about it all the time. I trust that, as we bend our thoughts and prayers to this, the Lord will lead us in His way and His time.

When it becomes one of our great priorities, we will bear fruit that will last. And it will be a pleasing offering to the Lord.

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>

Gangster Government Gears Up For War
Letter to Orthodox Catholic Bishops
The Future Is What, Under God, We Make of It

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 ALWAYS

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

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

ADORE JESUS

Give Jesus one hour a day in adoration. If you aren't near a Eucharistic chapel, you can tune in to the perpetual adoration chapel in Poland at St. Maximilian Kolbe's monastery chapel. I've watched enough that I am beginning to recognize the backs of the heads of some of the regular adorers! <https://www.youtube.com/watch?v=2W-KSOPWWBY>

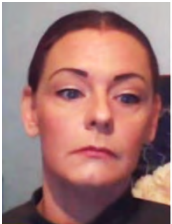
FIND LOCAL FOOD SOURCES

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

Don't someday slap your forehead and say, "I wish I'd found local farmers when I had the chance!"

News

MEET A J6'ER



This is Victoria White from Minnesota. She used to look a lot happier. On January 6, she was brutally beaten, nearly to death, by DC policemen. The woman next to her in the crowd, Roseanne Boyland, did in fact die that day from police violence. The beatings of both women are clearly documented on videotape, but no charges have ever been brought against their attackers. Both thugs have instead been honored for their remarkable courage, beating unarmed females.

Victoria is a homeschooling mother of four daughters. Her reason for going to Washington that day was to add one more voice to the call to investigate the 2020 election results before certification.

[Here is footage of what happened to White. Viewer discretion is advised.](#) She was hit 35 times while begging for help. The attacker hit her in the face while she was turned toward him, and in the back of the head when she was turned away. He speared and poked her in the head. When she collapsed, other officers stood her back up, maced her and continued to beat her. When the main attacker had a clear shot at her face, he put down his baton and punched her hard 5 times directly in the face. White weighs just over 100 pounds. The officers zip-tied her hands, and paraded her through the crowd with no shoes or coat. She was taken for processing and released later into the street, battered, with no phone, in an unfamiliar city.

What does it say that those actually killed on January 6, Ashli Babbitt and Roseanne Boyland, plus Victoria White who was beaten close to death, were all unaccompanied, unarmed women? That's not a police force; it's a street gang.

Victoria is represented by Joseph McBride, Esq, an attorney for several J6ers, who clearly has a heart for their predicament. Victoria had planned to accept a plea bargain, but decided at the last minute to go to trial on May 8, possibly because a trial would force the media to show the video evidence of the beating she endured. I was not able to find any trial outcomes reported, three weeks later, which I find odd. Even American Gulug has no news about her trial. Victoria is one of the most righteous of the J6ers, and I fear that her story is being deliberately suppressed for fear of garnering public support.

White, a domestic abuse survivor, has filed a suit against the DC Police Chief, numerous officers, and the District of Columbia citing police brutality. Perhaps no one but other survivors understand what courage it takes for Victoria to stand up for herself. Other J6ers and their families are beginning to file lawsuits for the damage inflicted on them, as well.

More links to Victoria's story:

<https://americangulag.org/exclusive-mother-four-stopped-capitol-protesters-breaking-windows-raided-faces-55-years-prison/>

<https://www.givesendgo.com/G23RK>

<https://americangulag.org/capitol-police-officer-who-beat-victoria-white-identified-civil-case-holds-attacker-accountable-despite-sheltering-by-government-leaders/>

Like many J6ers on bond, Victoria receives mail through the Patriot Mail Project, which protects their privacy. You can write her here:

Victoria Charity White
c/o Patriot Mail Project
PO Box 173
King, NC 27021



From police bodycam.
Struggling for breath.
This is the stuff of
nightmares.

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

- Ronnie Sandlin, J6 political prisoner

SOUND OF FREEDOM

At long last, it’s coming! Theatrical release of this dramatic story of child trafficking is scheduled for July 4. The movie was actually finished in 2020, but Disney acquired the producing studio, and wouldn’t allow its release. The film gathered dust for several years, but in the perfection of God’s timing, it is coming out this summer, after Angel Studios (*The Chosen*) rescued it from oblivion. Jim Caveziel, who plays the lead character, said years ago that this film would change the world.



It has that potential, if released in providential synchronicity with events in the world. Just now, we have learned that 85,000 unaccompanied minors at the southern border are unaccounted for; the Biden administration is giving custody of children to known traffickers; and the Epstein network is being revealed to be more far-flung than anyone suspected. Into this tangle of horrific events comes *Sound of Freedom*, putting a child’s face on the abominations going on all around us.

Did God allow Disney to snuff this film for two years, so that it would be released at just the precise moment with the greatest possibility of engaging the world to save the millions of children trapped in this hell? I think perhaps so.

Get your tickets here for the July 4 release. The more sold in advance, the more theaters will handle the movie. It’s a sure thing there’s pressure to keep the movie from being widely seen. Change the world with a ticket purchase.

<https://www.angel.com/tickets/sound-of-freedom> Trailer here: <https://www.youtube.com/watch?v=7oZE2nod4i0>

BREAK THE SILENCE. SAVE THE CHILDREN.



DEAR SISTER WILHELMINA

Just as the mega-corporate world saw fit to ridicule Catholic nuns in the most vile way, God stepped in for them. The Los Angeles Dodgers (formerly a baseball team) is honoring the X-rated Sisters of Perpetual Indulgence, who embody everything most profoundly antithetical to the Christian life. <https://www.lifesitenews.com/news/la-dodgers-reissue-invitation-to-anti-catholic-drag-nuns-apologize-for-excluding-them-from-ceremony/>

God's ways are so unexpected, so sideways. No one in LA could have ever predicted that a genuine Catholic nun, at the very same moment of history, would be found incorrupt in the grave; no human could have thought up a comeback like that. As gentle of a reprimand as it is, the visage of Sister Wilhelmina, stern in death, should remind people that God is not joking. If I were one of those drag queens, I would feel a little less "thpecial" flinging filth at Catholic nuns now.



I must admit, after the spirited revival at Asbury University in February, I wondered whether God would give us Catholics a gift of the same sort. Not that Catholics were excluded from Asbury, but the event had a particularly Protestant feel to it. An incorruptible body, of a religious sister, no less, has a definite Catholic feel to it. God is speaking to all of us in our vernaculars.

The monastery where lies the incorrupt body of Sister Wilhelmina is in Gower, Missouri, population 1,500, within CORAC Region 10. Regional coordinators Joe and Connie Brickner were on the spot last weekend. Here is Connie's story:

I am so glad we went! I was concerned about going, as it had been said that people were waiting in line in the hot sun for 2 hours. But on Friday, Joe and I decided to plunge in.

As we got closer to the Monastery, there were homemade signs along the road, with things like, "You come to see -- but have you said your Rosary?"

When we got there, men were directing people to specific places to park. Some were parking in a field across from the monastery, and some were directed to park right next to the monastery, only a few short steps from where Sister Wilhelmina had been originally buried. A sign directed visitors to the burial site. We thanked several men coming and going for doing the traffic work. They said, "We are glad to help the Sisters out", and "It is an honor!"

Joe and I walked a short way to the line that formed for quite awhile at the Monastery, and they had everything all organized by this time. Sister's body had been moved from the original location in the church to a place more accessible to the visitors, so the line was moving along. There were children passing out bottled water and bananas to everyone in the line. (The water was "sponsored" by Benedictine College per the label. That is where Joe went to school and coached in Atchison, KS). The Latin Mass was going on at Noon above where Sister was laid out.

We were in and out of the line in an hour. When we got to the area where Sister was laying, I asked a volunteer if I could take a picture. He said, "Oh yes, and you can get a good picture up really close too". They were directing people left and right. And I was also amazed that they let you touch her and lay your objects on her and take pictures. People were praying and touching the body with many objects.

It occurred to me that those in charge were saying, "Let the faithful come!" in so many ways. They had a paper directly people to visit the grave site, and take dirt if they wanted. This reminded me of Fr. Carlos Martins' relics tour, as he allows the faithful to touch the relics, touch them to religious articles, and hold them to your heart.

After we left her body in the church, we went to see the original grave site where she had been buried. There were holes apparently from people taking dirt. There were some graves right there of babies. It looked like some had come and buried their little ones there to the right of her grave and some other Sisters' graves. One gravestone read, "And to think the first thing they saw when they opened their eyes was the face of Jesus."

I have had such a feeling of hope and happiness since Friday. The way they let us "embrace her" as our own was a true gift.

Note: The chance to touch the body will have ended by now. Bishop of Kansas City James Johnston has encouraged the faithful to wait until the Church properly carries out its established process of confirming a saint before venerating her. He is asking people to soberly wait for the Church's judgment before treating the body, and articles touched to the body, as relics.

It's a tough call for him, to risk extinguishing the Spirit, but it is his duty as Bishop to investigate all matters of this sort. <https://kcsjatholic.org/2023/05/bishops-may-26-statement-regarding-sister-wilhelmina-lancaster/>

Read more here:

EWTN News Nightly video: <https://twitter.com/EWTNNewsNightly/status/1662096261304950784>

Catholic News Agency: <https://www.catholicnewsagency.com/news/254441/thousands-visiting-sister-wilhelmina-body-gower-missouri>

National Catholic Register: <https://www.ncregister.com/cna/who-was-sister-wilhelmina-lancaster-whose-body-is-now-the-center-of-attention-in-missouri>

An American Incorruptible: Crisis Magazine: <https://www.crisismagazine.com/podcast/sister-wilhelmina-an-american-incorruptible>

The book *God's Will: The Life and Works of Sister Wilhelmina Lancaster* <https://saintjosephspress.net/Gods-Will-The-Life-and-Works-of-Sr-Mary-Wilhelmina>



Photos courtesy of Connie Brickner

KINDRED SPIRIT

Last week, Evangelical preacher Franklin Graham, who has a worldwide audience, spoke in Orlando at the National Religious Broadcasters convention. He said:

We need to get ready and be prepared. The world is deteriorating so quickly. It seems like every demon in hell has been turned loose. The storm is coming where we're going to be off the radio and television and internet.

<https://www.thegatewaypundit.com/2023/05/reverend-franklin-graham-issues-warning-america-storm-is/>

COMMS BLACKOUT

The communications blackout is expected to be a last-resort measure, taken when the ruling elite has completely lost control of the narrative and has to shut comms down to keep The People from turning on them. My guess is that there will be a confluence of news that shows the public just how vast and high-reaching the child trafficking industry is, and the guilty elite will shut down the news. When it was reported a few weeks ago that Senators had received satellite phones, and that major medical systems were recruiting ham operators, the rumors got real. Dave at the X-22 Report talks about it here:

https://x22report.com/aiovg_videos/ep-3078b-ds-begins-the-communication-blackout-narrative-durham-is-not-the-only-game-in-town/

PRACTICE WITH YOUR RADIO

All the communications equipment in the world won't make much difference if you're not practiced at using it. CORAC offers all shortwave owners and ham operators a weekly opportunity to practice your skills and get to know your equipment. Visit the Comms team on the website for details: <https://corac.co/communications-teams/> Next newsletter, a "beginner's guide" video will be up on the website, for the benefit of those who would like to learn more about tuning. In the meantime, if you're new to shortwave listening, download CORAC's guide to shortwave listening: <https://corac.co/2021/10/18/shortwave-radio-listening/>



A PARABLE OF CORN

There was a farmer who grew excellent quality corn. Every year he won the award for the best corn. One year a newspaper reporter interviewed him and discovered that the farmer shared his seed corn with his neighbors. "How can you afford to share your best seed corn with your neighbors when they are entering corn in competition with yours each year?" the reporter asked.

"Why sir," said the farmer, "The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbors grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbors grow good corn."

So is with our lives. Those who want to live meaningfully and well must help enrich the lives of others, for the value of a life is measured by the lives it touches. And those who choose to be happy must help others find happiness, for the welfare of each is bound up with the welfare of all.



COWBOY COUGH SYRUP

This remedy was perfected on the cattle trails of the Old West: cough syrup for any kind of cough. It contains honey, which soothes the throat and delivers anti-oxidants and anti-inflammatories; lemons, which contain Vitamin C and can break up congestion; peppermint which is an analgesic and can numb a sore throat, and whiskey, which makes it all go down a treat! (Actually whiskey is also a pain reliever.) Here's the recipe:

½ cup whiskey

Juice and rind of 2 lemons

3 Tbsp honey

8 peppermint candies (you could substitute ½ fresh crushed peppermint leaves)

Combine ingredients in a small Mason jar.

Cover the jar and shake every six hours for one day.

After 24 hours, the syrup is ready to use. Take 1 Tbsp every 4-6 hours.

Store in the fridge for up to one month. Or what the heck, serve at a cocktail party.

https://thelostherbs.com/cowboy-cough-syrup-with-whiskey/?utm_source=newsletter&utm_medium=FGW&utm_campaign=LxnFWUiRMS1yp%2FIwMCyhXXVbg1HGRk49%2FHG4bmSEZXs%3D%3AH0j6mgZJdKrIkoq5kD%2BxzAIunQ%2BiVstk



CARMELITE WATER

The original recipe created by Carmelite monks near Paris in 1611, was used for digestive complaints, neuralgic pain, like headaches and general calming of the nerves. Herbalist Maude Grieve writes in her book *A Modern Herbal*:

Formerly a spirit of Balm, combined with lemon-peel, nutmeg and angelica root, enjoyed a great reputation under the name of Carmelite water, being deemed highly useful against nervous headache and neuralgic affections. Balm steeped in wine we are told again, 'comforts the heart and driveth away melancholy and sadness.'

Here's the recipe for this all-round comforter of the body:

- 1 bottle of white wine
- 1 cup lemon balm
- 1/2 cup Angelica
- zest of 1 lemon
- pinch of freshly grated nutmeg

Assemble all the dry ingredients in a Mason jar and cover with white wine. Shake at regular intervals to macerate the herbs. The author steeped for only 5 hours. I would opt for longer for maximum effect, but there is a chance of making the water taste “medicinal” if you steep too long. Strain off the herbs, and enjoy cooled. <https://learningherbs.com/remedies-recipes/carmelite-water/>

A variation on the recipe here: <https://blog.mountainroseherbs.com/herbal-carmelite-water-recipe>



The various herbal remedies included here and on the CORAC website are not just for your health, though they can be very effective. They are also presented so that you know, deep down, that God provides for us. Plants that can nourish and heal are growing all around us; it’s a matter of recognizing them and using them properly. The Lord is with us.



FRIENDS, FAMILY & FAITH

Brian O’Shea, the husband of truth teller Naomi Wolf, recently wrote an article on how to counter a Communist takeover. He shows the strategy of the enemy quite clearly, and then shows how friends, family and faith defeat it. There’s nothing complex about friends, family and faith. It’s just interesting to read the simple solution from someone who understands how sophisticated the enemy is. Definitely worth reading, and getting to know Brian O’Shea.

<https://vigilantfox.substack.com/p/how-to-counter-a-communist-takeover>

CORAC Website

If you’re new to the website, start on the tab “Member Resources.” Explore (and print out) the resources you need.

Health & Wellness	https://corac.co/health-and-wellness-teams/
Sustainable Living	https://corac.co/sustainable-living-teams/
Communications	https://corac.co/communications-teams/
Education	https://corac.co/education-team/
Crisis Scenarios	https://corac.co/crisis-scenarios-team/
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

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

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

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Deliver me, Jesus.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

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Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

Jesus, I trust in You.

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

sherylc@coracusa.com

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

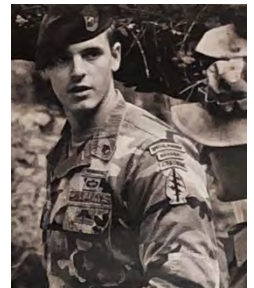
Find local food sources *now*. Start here: <https://www.localharvest.org>

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/>



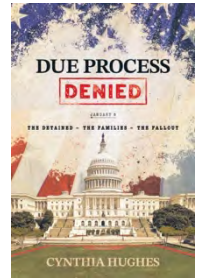
DUE PROCESS DENIED

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/ue-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 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=1J_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 because most of us will not bug out in a crisis; we'll stay in our homes.

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)

Newsletter 2023-12

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

The word of God pilots the soul of man and leads him, without risk of error, to salvation.



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

If you're getting value from CORAC, consider becoming a monthly donor: <https://corps-of-renewal-and-charity.myshopify.com/collections/donation>.



This newsletter has several references to Twitter. I never thought I would be pointing people to that toxic vat of flesh-eating slime, but Elon Musk has changed the game. Check out Charlie Johnston, Bishop Strickland and Tucker Carlson on Twitter, for a start. The altered atmosphere at Twitter is only one of many signs that people are energizing and coming out to fight for what's good and worth preserving. We may not be precisely winning yet, but we're not losing from the fear and paralysis of past years. Courage is contagious. Onward, Christian soldiers!

Sheryl Collmer, editor
June 29, 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.

Vatican Inquisitors Attack Orthodox Bishop

As I write this, the Vatican's inquisition into Bishop Joseph Strickland of Tyler, Texas is completed, though no action has been announced. Many fear that Bishop Strickland is going to be removed. Ostensibly, the visitation was largely due to Strickland's "controversial" social media posts. No, he does not celebrate gay marriage or transgender nonsense; he upholds traditional Catholic teaching and sometimes criticizes Pope Francis for failing to do the same. The Twitter post most criticized by Vatican officials accused Pope Francis of undermining the deposit of faith. In Pope Francis' Vatican, consistent orthodoxy is *prima facie* evidence of subversion.

One of the two inquisitors the Vatican sent is former Tucson Bishop Gerald Kicanas. He tried, a few years back, to get the USCCB to downgrade pro-life action to a lesser priority. While head of Catholic Relief Services, Kicanas approved a \$2.7 million grant to a major abortion provider for malaria relief in Africa. He maintained that none of the money was used for abortions - and is probably right. This is a common dodge for those who hire abortion activists. Money in these agencies is fungible: though it may not go directly to abortion, it frees up other money for abortion by relieving it from having to serve administrative or any other purposes. For a Catholic agency to hire abortion providers for *any* purpose is a scandal. It is akin to the first apostles hiring scourge-makers to provide fishing nets.

Simply put, the fix is in. The Vatican might just as well have sent former Planned Parenthood CEO Cecile Richardson and trans activist Dylan Mulvaney to judge whether they approved of orthodox Catholic Bishop Joseph Strickland's tenure. Meantime, "pride" Masses go on sporadically throughout the Western world in direct repudiation of the orders Christ and His apostles gave the Church.

Bishop Strickland attended a prayer march in Los Angeles on June 16 in response to the anti-Catholic hate group, the Sisters of Perpetual Indulgence, as they were being honored by the LA Dodgers. The local bishop, Archbishop José Gomez, could have led the procession himself, but declined. Many bishops defend destroying all rules of immigration, vastly expanding the scope and ease of human trafficking, by arguing that illegal aliens are just doing the work Americans won't do. Though it is not true, it sets the precedent for the argument that Bishop Strickland was just doing the work defending the faithful that American bishops just won't do.



I am angry, furiously so. Even if the inquisitors decide to leave things as they are, a shot has been fired across the bow of all bishops in America, letting them know that if they insist on being publicly orthodox, they can expect a visit from the Pope's secret police. Now if they want to hold "pride" Masses, bless homosexual unions, or do just about anything else to spit in the face of the teachings of Jesus Christ, they will not be bothered. Shoot, they may even be invited for a fawning visit to the Vatican. But dare to suggest that the clear teachings of Christ and the Apostles are binding on any who would truly be Catholic and you are the enemy.

Things are about to change. What cannot go on forever will not go on forever. We are not deciding whether or not the Catholic Church will survive as the Church of Christ or become something altogether different, opposed to Christ. It is the Church Christ founded and, regardless of any transient offenses and abuses, enjoys His protection and will remain His Church, however much that may anger the current Vatican and its inquisitors.

Whatever happens to Bishop Strickland in this sordid little episode, he will loom large in the reform and rebuilding of Christ's Church. He has kept the Faith in the one community he was given, even under sustained assault. He will be entrusted with much more, as the worm turns on those who would destroy the faith as Christ and His Apostles handed it on to us.

In the meantime, those of us in the pews, while not entrusted with the administration of Christ's Church, can and must do what is licitly in our control. If your parish is orthodox, support it wholeheartedly. If it is not, find another (though I admire those who steadfastly stay with a parish that they consider their birthright, even when it goes sour, in determination of seeing it through to genuine renewal). If your diocese insists on repudiating the teaching of Christ by holding "pride" Masses, blessing same-sex unions, or other offenses against the plain words of Scripture, withhold your money, your time, and your talent from the diocese, even if you are in a parish worthy of support. Give not a dime to the Vatican. Christ will renew His Church...but when you participate in attacking Christ's teachings with your money, time and talent, you are not blameless in the perversion and blasphemy that has beset the hierarchy. If you are blessed to live in an orthodox diocese, support it with your whole heart.

If you must withhold your money and time from a diocese, make sure to set aside the same amount of money and time you would devote to it to devote to other good and pious works, that you not get out of the custom of devoting some of your time and talent to the Lord. In truth, all you give in faith is offered to the Lord, so it is incumbent upon you to see that what you give is used to build up the Faith, not to weaken or blaspheme it.

By his courage and fidelity Bishop Strickland has become "America's Bishop." The Vatican can remove him from his little see, but it cannot remove him from the affectionate regard of orthodox Catholics who are looking for a champion: a champion for Christ and for their right to be given wholesome meat instead of mealy-mouthed lies and offenses.

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>

The Fog of War

Remembrance of Things Past

Mene, Mene, Tekel Upharsin

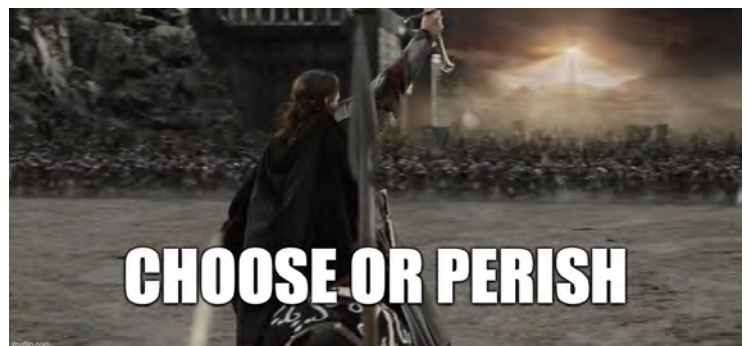
BRIEF UPDATES

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

Aslan Is On The Move

Bind Yourself to God's Will

Be the Lighthouse



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.
FedNow due to roll out on July 1.

ADORE JESUS

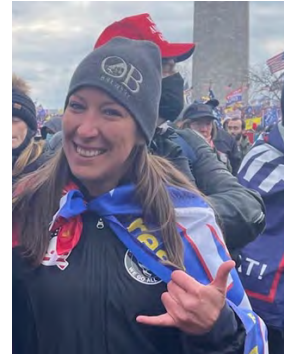
Give Jesus one hour a day in adoration, in person or virtually. <https://www.youtube.com/watch?v=2W-KSOPWWBY>

FIND LOCAL FOOD SOURCES

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

News

MEET A J6'ER



May she rest in peace.

Ashli Babbitt is one of the J6ers who didn't make it out. She died on January 6, 2021 from a gunshot wound. Multiple videos show that she was pressed up against the glass doors leading to the Speaker's Lobby, where Zachary Alam was acting erratically and trying to break the glass with a helmet. A 14-year US Air Force veteran, Ashli shouted at Alam to stop, and even threw a punch, knocking his glasses askew. On the other side of the glass, Capitol policeman Michael Byrd was hiding behind an obstruction, with a gun pointed at the doors. He shot at close range without warning, hitting Ashli in the chest, and knocking her backwards into the crowd. Other policemen and civilians were in Byrd's line of fire when he discharged his pistol.

California physician, Dr. Austin Harris was in the crowd and got to Ashli within minutes, but she died before reaching the hospital. (Dr. Harris was later charged with a misdemeanor for his presence in the building, the government not even acknowledging his heroic attempt to save Ashli's life.) Ashli was denied military funeral honors though she was eligible.

Law enforcement experts say that the offending officer was required to have given warning before shooting, and that the circumstances did not warrant deadly force. Officer Byrd's identity was hidden for months after the shooting. Capitol police conducted an internal inquiry, and declined to pursue the matter. Instead, Byrd was fêted on the usual talk show circuit for his heroic action, "saving many lives" by shooting an unarmed woman. Though Byrd was a 28-year veteran police officer, he had been previously reprimanded for reckless gun handling, leaving a loaded gun in a Capitol restroom. Twice, apparently.

During her 14-year military stint, Ashli was deployed four times to the Middle East. Her brother Roger explained, "If you feel like you gave the majority of your life to your country and you're not being listened to, that is a hard pill to swallow. That's why she was upset," bothered enough over the questionable 2020 election to make the trip to Washington.

In late 2022, Ashli's mother, Micki Witthoeft climbed out of her terrible grief and went to Washington to support the J6ers who were still imprisoned in the DC gulag. She said the idea came from a dream. Micki has begun a perpetual vigil in DC, outside the jail, each evening from 7:00 to 9:30. <https://www.wearegoodmen.com/vigil> It has become a meeting place for live-streamers covering the J6er's, and a way to let the prisoners know that they are not forgotten. Micki receives calls from those inside the jail, providing a way for the prisoners to communicate with the outside world. For much of her vigil, she has been joined by Nicole Reffitt, the wife of J6'er Guy Reffitt.

At 9:00 each night, the DC prisoners sing the National Anthem, which is often caught on audio by those on the ground. One of these recordings became the basis of the #1 hit, "Justice for All," that features President Trump reciting the Pledge of Allegiance, mixed with the J6ers. <https://www.youtube.com/watch?v=8hEoNs9n2nk>



Micki Witthoeft in Washington

"Please don't forget about us; we are not terrorists."

- Ronnie Sandlin, J6 political prisoner

BISHOP STRICKLAND

As much as the Catholics of Tyler would like to shield their beloved bishop from national notice, it's a *fait accompli*. Bishop Joseph Strickland's Tweets have attracted notice for some time, especially those that call out the evil actions of public figures who otherwise enjoy immunity from criticism. From November 2018, when Bishop Strickland prayed with the laity at the Baltimore Bishop's Conference, befriending the faithful instead of demonizing them, we have loved him. In 2019, he stood and asserted, over the craven objections of many other bishops, that abortion was indeed the pre-eminent issue of our time.

He took the Blessed Sacrament to the streets when all was shut down in 2020. He was one of the few bishops who condemned the development of covid shots on aborted fetuses. He called out Hilary Clinton for labelling pro-lifers as Taliban.

Then when he accepted the invitation to support the prayerful procession in Los Angeles outside Dodger Stadium, where the drag queen porn ensemble was going to be honored, the deal was sealed. He became the national sign of a true-blue good shepherd, which so many Catholics long for, but do not have in their own dioceses.



Now, the action of the Vatican ordering an Apostolic Visitation has promoted Bishop Strickland even higher in the affection of the faithful. Years of frustration with poor Vatican teaching and the abandonment of the laity seem to have been distilled into a single widespread work of prayer for this one esteemed bishop. The Visitation is already concluded, but the resulting action is not yet known. You can join an organized vigil of prayer for Bishop Strickland, or pray a rosary on your own for his protection and for God's perfect will to be done in him. It is certain that God has a plan for this loyal servant.

- St. Maria Goretti Novena for Bishop Strickland, begins June 28, join any time: <https://truthforsouls.com/st-maria-goretti-novena-for-bishop-strickland/>
- Video Novena for Bishop Strickland: <https://www.youtube.com/watch?v=ywkdiXfsCQY>
- Precious Blood Novena for Bishop Strickland, begins July 13: <https://truthforsouls.com/novena-for-bishop-strickland/>
- Prayer Pledge for Bishop Strickland: <https://www.lifesitenews.com/prayer-pledges/strickland/>

You can follow Bishop Strickland @Bishopoftyler on Twitter.

MESSAGE FROM AKITA

On June 28, Bishop Strickland Tweeted: “It behooves all of us to become familiar with the message of Our Lady of Akita (Japan 1973). This message is approved by the Church and seems to speak directly of our times. As you read this message do not despair, but instead resolve to grow more fervent in your faith in Jesus.”

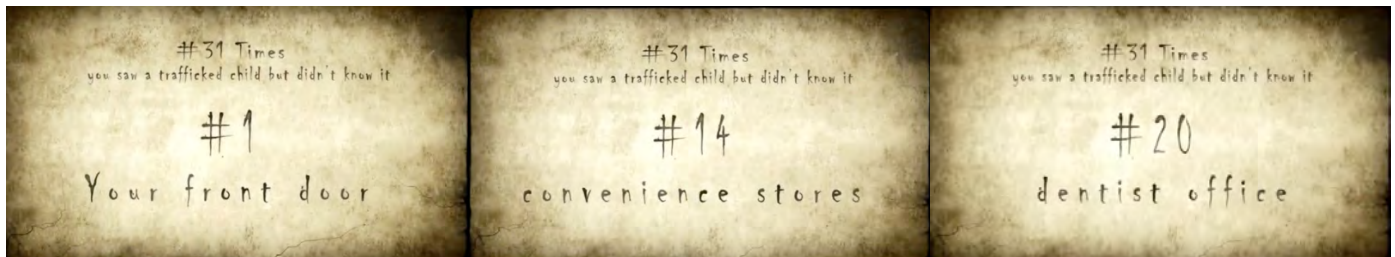
You can read the messages from Akita 1973 here: <https://schooloffaith.com/rosary-archive/akita>

A later message was received by the visionary, Sister Agnes Sasagawa, in 2019, While the original messages enjoy ecclesiastical approval, the 2019 message is too recent to have been adjudged. It seems to emphasize the original messages, urging sacrifice and the penitential recitation of the rosary. <https://wqphradio.org/2019/10/a-new-message-from-sister-agnes-of-our-lady-of-akita/>



SOUND OF FREEDOM

The many issues linked to child trafficking will soon be center-stage, with the release of the movie *Sound of Freedom* on July 4. The horror is more pervasive than any decent person could have imagined. As the largest consumer of child sex in the world, the US is full of helpless captive children that we can help. Watch the video *#31 Times You Saw a Trafficked Child But Didn't Know It*, to learn how to recognize signs of trafficking. <https://rumble.com/v1ey2qt-31-times.html>

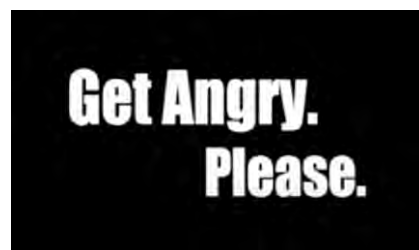


Buy tickets to *Sound of Freedom* here: <https://www.angel.com/tickets/sound-of-freedom>

Operation Underground Railroad: <https://ourrescue.org> Child recovery operations

Born2Fly Project: <https://born2fly.org/31times> Educational resources to prevent trafficking before it happens.

The average age of a trafficked child in the US is 11 years old.
Once a child is trafficked, their future life expectancy is 7 years.



If you can live amid injustice without anger, you are immoral as well as unjust.

- St. Thomas Aquinas

PLANDEMIC SERIES

We've relaxed on the issue of the plandemic, with so many other things competing for attention. I think there's a good possibility that the drama cycle of the news is partially driven by the need to distract us from the bioweaponized virus and the deadly shot. This is not over; it's just been back-burnered. The documentary series PLANDEMIC now has three installments, the latest being *The Great Awakening*.

This is a film about the incredible events of the last few years, and what it may all mean. We are blessed to be the ones alive at this time to make a difference in the outcome of the world, as the Great Awakening unfolds. <https://plandemicseries.com>

TUCKER TELLS THE TRUTH

Tucker on Twitter is truth unfettered. Since his parting from Fox, he has taken off the gloves. His latest episodes:

Episode 7: Irony Alert: the war for democracy enables dictatorship

Episode 6: RFK Jr is winning

Episode 5: Hunter Biden

Episode 4: the wannabe dictator episode

<https://twitter.com/TuckerCarlson> or check him out @TuckerCarlson on Twitter

JAMES O'KEEFE RESURFACES

After the board of Project Veritas ousted its founder, James O'Keefe, the firebrand journalist founded OMG - O'Keefe Media Group to continue his work. And my, oh my, is he ever on fire. His exposure of Pfizer was big, and now he has taken on Blackrock, possibly the largest wealth accumulator in the world, and a prime director of world events. Watch the exposé here:

<https://twitter.com/OKeefeMedia/status/1671262957748224001> or follow @JamesOKeefeIII on Twitter.

The very fact that we can watch this explosive video on *Twitter* of all places, signifies that Elon Musk has had an effect.

FRIDAY CHALLENGE

The current Friday challenge is: while weeding your garden this week, discover what edible weeds God has planted for you and make something. Great exercise! I found plantain and burdock growing uninvited in my garden, and both are edible and medicinal. Plantain tincture is effective for respiratory illnesses. It will be great for next cold season!

Check here for next week's challenge: <https://corac.co/sustainable-living-teams/>

FUNCTIONAL HOMEOPATHY

An excellent new series is up on the CORAC website for those members who want to gain proficiency in homeopathy. Classes 1-5 are on video, and available now. You'll find many resources and links, downloads and book recommendations. Study at your own pace, and at any time. The Health & Wellness national team has put together a wealth of information for you, beginning with introductory material, and progressing to treatment of common illnesses and injuries.

<https://corac.co/category/specialty-teams/health-and-wellness/homeopathy-classes-hw/>



INFO CARDS

The Sustainable Living team has been making info cards that you might want to print to have ready at hand. Topics include emergency measures like temporary roof repair, disaster prep for animals and water filtering. Highly recommend starting a binder with information you might need in a power-out situation. Check out all the downloads here:

<https://corac.co/category/sustainable-living/downloads-sl/>

SHORTWAVE COMMUNICATION

An under-\$100 shortwave radio allows you to monitor radio comms like the Sunday night CORAC session. Ham operator Larry Wescott shows you on video how to tune in, and provides a download to print and keep handy.

<https://corac.co/2023/06/20/shortwave-listening-to-the-corac-net/>

The video makes reference to Dr. Bill Hammer's excellent (and simple) guide to installing a shortwave antenna:

<https://corac.co/2021/10/18/shortwave-radio-listening/>

HOMESCHOOLERS IN CORAC

The Education team has put up a series of topical cards like reading, English and math. Check out the downloads here: <https://corac.co/category/specialty-teams/education/downloads-ed/>



DISASTER DECK

The national Crisis Scenarios team has put together an incredible resource, with emergency cards for everything you can think of, from extreme heat and wildfires to avalanches and winter storms. Check out the index, and print the cards for those regional threats you may face (Region 15: earthquakes; Regions 8 and 10: tornado), along with general threats we all face: cyber attack, power outage and active shooter. We don't like to think about such things, but if you have the cards on hand, you will have a general plan for dealing with whatever could crop up. <https://corac.co/2023/06/07/the-disaster-deck/>



THE PRAYER TEAM HAS CARDS, TOO

Even the Prayer Team has cards for every situation! You can print out the Scripture emergency card, the Brazen Serpent prayer and rosary, and the Surrender Novena card. <https://corac.co/category/prayer-teams/downloads-pr/>



CORAC GENERAL DISCUSSION ON SIGNAL

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.



CORAC FIELD DAYS

Consider a summer road trip if you're near these locations:

Region 6 Field Day in Michigan is Saturday, July 8. Charlie will be speaking, and local experts will present information on communications, foraging, water purification, solar, etc. Details and RSVP here: <https://corac.co/event/corac-field-day-michigan/>



Region 9 Field Day in Wisconsin is Saturday, July 22. Charlie will be speaking, along with experts in HAM radio, butchering and dressing livestock, cooking off-grid, self-defense and canning. Details here: <https://corac.co/event/corac-field-day-wisconsin/>



ONLINE CORAC WORLD MEETING

On Sunday, July 16 at 3:00 pm Central Time, Charlie will speak about the restructuring of CORAC to serve members in new and better ways. After the talk, questions and suggestions will be entertained. The call can handle 1000 people, first-come, first-admitted. Members only. You should have gotten an email with the Zoom link on June 21. Watch for a reminder email to be sent out before the event.



LIFESTYLE HACKS

Great practical advice from one of our trustworthy docs, Dr. Simon Goddek. Does the list give you any ideas you can adopt to make your life healthier and more ready to place at the service of Our Lord?

1. Avoid watching pornography (duh)
2. Ensure you sleep for at least 8 hours each night.
3. Minimize your alcohol and drug consumption.
4. Establish a meaningful purpose in life.
5. Refrain from consuming mainstream media.
6. Avoid the trap of self-victimization.
7. Adopt a protein-rich ketogenic diet.

8. Hydrate well, drinking at least 3 liters of water daily. (12 cups)
 9. Maintain good posture throughout the day.
 10. Engage in high-intensity workouts at least three times weekly.
 11. Aim to read at least 30 pages of a book daily. (a real book, not a website!)
 12. Regularly have screen-free days for digital detox.
 13. Dedicate time for hobbies or activities that bring you joy.
 14. Practice intermittent fasting to rest your digestive system.
 15. Invest quality time in nurturing relationships with loved ones.
 16. Limit screen time, especially an hour prior to bedtime.
 17. Hold yourself accountable for your thoughts, words, and actions.
 18. Spend at least 20 minutes under the sun daily, and supplement with Vitamin D + K2.
 19. Avoid consuming food and drinks from plastic containers/bottles.
 20. Practice daily gratitude, appreciating the good in each day.
 21. Strive to balance your work and personal life to manage stress.
 22. Avoid refined sugar, which can be disguised under 63 different names.
 23. Set and track your short, medium, and long-term goals.
 24. Grow your own food, free from pesticides, and learn to cook it.
 25. Be mindful of prescription medication usage.
- ... and for good measure: don't get vaccinated!

Bonus for Catholics: Pray the rosary daily.

Which of these are you already doing? Which ones could you incorporate into your daily practice?

You can follow Dr. Simon *@goddeketal* on Twitter.

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	https://corac.co/health-and-wellness-teams/
Sustainable Living	https://corac.co/sustainable-living-teams/
Communications	https://corac.co/communications-teams/
Education	https://corac.co/education-team/
Crisis Scenarios	https://corac.co/crisis-scenarios-team/
Prayer	https://corac.co/category/prayer-teams/

Prayer

JULY PRAYER INTENTIONS

*That CORAC members, taking heart and resolve from President Lincoln's address given during an earlier time of great crisis, be heralds of hope by prayer, word, and action: "[T]hat **this nation, under God**, shall have a new birth of freedom ~ and that government of the people, by the people, for the people, shall not perish from the earth"

*For a smooth and fruitful presentation and implementation of Charlie's refinement of CORAC's structure, to be unveiled at the **CORAC Field Day** in Michigan on Saturday, July 8, from 10:00 a.m. to 4:00 p.m. (see CORAC's "Event" page for event and RSVP details)

*For the healing and conversion of all **families**, including the immediate and extended families of CORAC members

*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, that helpful and necessary new initiatives be funded with minimal stress for our hardworking teams

*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.



PRAYER FOR BISHOPS

I humbly request that you pray this beautiful prayer for all bishops, for the Bishop of Rome, for the bishop where you live, and for me.

- Bishop Joseph Strickland

St. John Fisher's Prayer for Bishops

Lord, according to Thy promise that the Gospel should be preached throughout the whole world, raise up men fit for such work. The apostles were but soft and yielding clay until they were baked hard by the fire of the Holy Ghost.

So, Good Lord, do now in like manner again with Thy Church militant, change and make the soft and slippery earth into hard stone; set in Thy Church strong and mighty pillars that may suffer and endure great labours, watching, poverty, thirst, hunger, cold and heat; which also shall not fear the threatening of princes, persecution, neither death, but always persuade and think with themselves to suffer with a good will, slanders, shame and all kinds of torments for the glory and laud of Thy Holy Name. By this manner, good Lord, the truth of Thy Gospel shall be preached throughout the world.

Therefore, merciful Lord, exercise Thy mercy indeed upon Thy Church. Amen.



A bishop is consecrated not just for a diocese. He is consecrated primarily for the world, because our Lord said to His apostles, 'Go ye into the world.' All peoples of the world weigh upon his heart.

- Venerable Fulton Sheen



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 because most of us will not bug out in a crisis; we'll stay in our homes.

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 or matches: for your portable stove, sterilizing needles
- Cash: it may still have some value
- Blessed salt and/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, lantern, tent to pitch indoors to conserve body heat in the winter)

Newsletter 2023-13

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

After you have suffered a little while, the God of all grace will come to restore you.



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

If you're getting value from CORAC, consider becoming a monthly donor: <https://corps-of-renewal-and-charity.myshopify.com/collections/donation>.



INTERNATIONAL CORAC ZOOM THIS SUNDAY

Top reason to be on this call: the world powers are more and more opposed to the rule of law and the Christian ethic. It cannot go on forever. CORAC was formed to help us bond together for mutual aid, and rebuild the culture. This Zoom call is to help us achieve it in the best ways possible. It's time, friends.

Sheryl Collmer, editor
July 14, 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.

Save the Revolution

Most of history is the tiresome tale of various factions striving restlessly for territory and power, an endless quest for pre-eminence. It could be titled, "Chronicles of Roving Bands of Rival Warlords."

The founding of the United States of America was a seminal event in world history. Certainly, the elite classes in Europe all scoffed at it, not because they could refute the principles of liberty it elevated, but because, simply, they thought it could never work. Have the common people govern themselves? What nonsense, the elite thought. Chain the American elite so they could do nothing without the consent of the governed? Absurd, they opined. Count on people to take care of most needs through voluntary associations and initiative rather than imperious government orders? A pious fantasy, they taunted. Even the French, who supported us in the Revolutionary War, did so primarily to tweak their traditional rival, the English. Neither thought America could ever amount to much.

But it worked - and better than any government on earth ever had before. It was such a shock to all the elite classes in Europe that a Frenchman in the early 19th century, Alexis de Tocqueville, travelled the US to do research for a book he planned on how and why it worked. That book is entitled *Democracy in America*, and is still the best critical examination of what the US was founded to be and why it was so fabulously successful in securing the blessings of liberty to the American people. Read it now, though, and you will understand better how very far we have drifted from the moorings the American founders laid out for us. America now has a more oppressive government than most of the European countries did at the time we rebelled.

A self-governing people, living ordered liberty under law, is, in essence, a holiday from history. If you counted the 200+ years we lived in real liberty against all the history of depraved scraping for power, it would be akin to the territory occupied by a postage stamp on a football field. We were bequeathed a phenomenal gift.

After de Tocqueville's book hit the rounds around the world, countries began to slowly adopt the American model. It was an auspicious time for it. People around the world were weary, exhausted from the constant struggle for power and dominance - and unusually well-acquainted with what that struggle wrought, which was unending misery for all. And so, the world saw a slowly unfolding flowering of freedom around the globe. Alas, it has been far too brief.

A new generation of strivers, impatient with the vicissitudes of making their case freely while their opposition was guaranteed the same freedom to make theirs, decided, like the European elite of old, that we must have government by experts. Imperial decrees from unaccountable agencies must replace the consent of the governed. If you wanted to advance, you had to worm your way into the system and the confidence of those already there. The actual people were irrelevant, though an occasionally annoying impediment to your fevered authoritarian dreams.

Now we have come to a great crossroad. Will we submit to the hostile, occupying force that has imposed itself upon us, styling itself “our democracy,” even as it cheerily violates every principle of democracy and self-government ever extant? Or will we band together to form society anew? That is the great question of our age as the world bends toward tyranny.

The first step is to acknowledge God, just as the American founders did. John Adams said that our system of government would only work for a moral and religious people, that it was totally inadequate to the governance of any other. It was Roger Williams, founder of Rhode Island, who originally proposed the idea of separation of Church and state. But his intention was to protect the churches from the state, not the state from its churches. The 1st Amendment was adopted to prevent the federal gov’t from ever having any jurisdiction at all over religion – and it was at the behest of delegates to the Constitutional Convention who wanted to guarantee that the feds could never interfere with the established churches in their states. It has been twisted 180 degrees, to mean the exact opposite of what the founders intended.

We are far from God – and far from the principles of our founding. At CORAC, we are about the business of knitting the bonds of community anew. Please check out our website at www.corac.co – and join us in our quiet effort to make the world anew, in God’s image.

Together, even as the corrupt dregs of the federal government collapse around us, we can pledge our lives, our fortunes, and our sacred honor to ensure that America will have a new birth of freedom under God. Though the government may fall, that nation forged by the people and made up of the people for the benefit of all the people, shall not perish from the earth; that instead it shall rise from the ashes of the current depravity to secure the blessings of liberty for all its people – and all our posterity.

Join us.

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 WORLD MEETING

Charlie Johnston, the founder of CORAC, will present the proposed restructuring of the organization for large growth and increased connection with each other. The meeting will begin on-time, the chat will be enabled and you will be able to contribute input through survey questions.

Sunday, July 16

**3:00 pm Central Daylight Time
(1:00 Pacific, 2:00 Mountain, 4:00 Eastern)**

Your Members-only Login Link:

[https://us02web.zoom.us/j/89771458724?
pwd=MDdLdTl5VnBxUE92aIRUWkdSVFdnUT09](https://us02web.zoom.us/j/89771458724?pwd=MDdLdTl5VnBxUE92aIRUWkdSVFdnUT09)

Meeting ID: 897 7145 8724

Passcode: 982200



A SIGN OF HOPE BLOG

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

Cast Off the Cloak of Lies

Injustice for All

The Fog of War

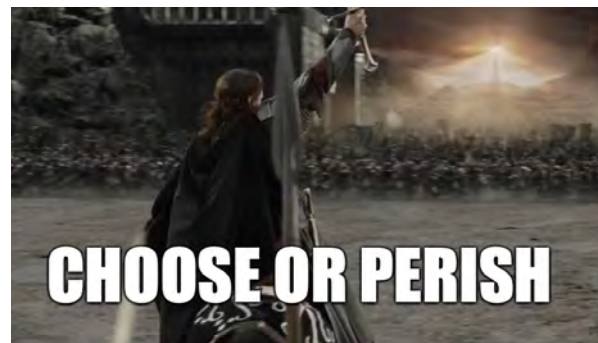
BRIEF UPDATES

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

Continue Hoeing the Beans (4 mins)

Aslan Is On The Move (4 mins)

Bind Yourself to God’s Will (5



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. FedNow was due to roll out on July 1, but has been rolled back. The reason for the postponement isn't clear, but it's a good sign.

ADORE JESUS

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

FIND LOCAL FOOD SOURCES

Find local food sources *now*. Start here: <https://www.localharvest.org>
This site lists family farms, CSAs and farmer's markets by zip code. As our food sources become more suspicious, it will pay to have formed relationships with local food producers.



News

SOUND OF FREEDOM

The release of this movie will turn out to have been a flashpoint in history. Something has shifted in the consciousness of an entire culture. If you haven't yet seen it, go tonight. A freedom train is leaving the station and you will want to be on it. Those who hide their faces from this "thing" will be left behind. It's time to muster and defend children.

Four years ago, President Trump hosted Tim Ballard (the protagonist in the movie) at the White House. <https://www.thegatewaypundit.com/2023/07/video-resurfaces-tim-ballard-meeting-up-president-trump/>



Ballard explained how critical the border wall was to containing human trafficking. Now we are seeing in real time what happens when there is an open border. With the US being the largest child sex *consumer* in the world, and Mexico being the largest *provider* of child sex, it's clear that an open border, with no background checks or DNA tests, is a nightmare for children, and furthermore, that the administration who openly abets the permeable border is party to the crime.

The average age of a trafficked child in the US is 11 years old.
Once a child is trafficked, their future life expectancy is 7 years.

Watch the video *#31 Times You Saw a Trafficked Child But Didn't Know It*, to learn how to recognize signs of trafficking. <https://rumble.com/v1ey2qt-31-times.html>

THE PERFDY OF THE PRESS

I lost all trust for the malicious media in 2020, and thought I could not be shocked any longer. I was wrong. Some of the media came out against *Sound of Freedom*, and thereby demonstrated who they work for. It couldn't be any clearer. If you are still listening to anything the mainstream media has to say, I urge you to stop. You will be misled by the Father of Lies.

I knew months ago that the press would trash Jim Caviezel and Tim Ballard. Caviezel made a speech at CPAC a few years ago, and Ballard is a Mormon. That's enough for the media to start throwing darts. I did not expect the media to attack the movie

itself, however. It tells the true story of the rescue of innocents. It's inconceivable that any but a person genuinely addicted to evil could have a problem with that.

Not only did the movie "wake up" millions of people to the massive child exploitation all around us, but the media's reaction to it has dissolved whatever vestigial credibility it had. Now the millions of people who saw the movie see the perfidious attack on it by the press. I think the mainstream media is finally over, and they did it entirely to themselves.



O.U.R. RESCUE

The child rescue depicted in *Sound of Freedom* was the first operation of Tim Ballard's Operation Underground Railroad: Since that time, thousands of kids have been rescued, with years of after-care recovery provided. This is an organization doing things we can hardly imagine, like superheroes in a dark, dark world. You can participate here: <https://ourrescue.org>



MORE FROM TIM BALLARD

In the US today, there are groups agitating to reduce the age of consent or eliminate it altogether, so as to take the criminal penalty away from child sex. And that's not the only strategy loose in America that aims to victimize children. In this interview, Tim Ballard and Jim Caviezel talk about the "pedophile playbook" and how it is coming out in the trans movement as well as the underage sex movement. The voice of our country has been taken over by very sick people.

<https://redstate.com/jenniferoo/2023/07/09/agent-who-inspired-box-office-smash-sound-of-freedom-warns-trans-voice-agenda-is-straight-out-of-the-pedophile-playbook-n773994>



NOVENA FOR BISHOP STRICKLAND

The people of Tyler continue to pray that their esteemed bishop will not be removed on what seem to be political grounds. But the issue is bigger than just the little diocese of Tyler. If the Vatican removes Strickland for posting Catholic truth on social media, or for being unsupported by his brother bishops, then every bishop is weakened, every diocese is bereft. Our Catholic faith cannot depend on who holds power in the world; it depends only on the unchanging God of the universe.

You can join the faithful of Tyler in a novena for the Bishop and the Faith here:

Precious Blood Novena for Bishop Strickland, begins July 13: <https://truthforsouls.com/novena-for-bishop-strickland/>

Or pledge your support with sacrifices and prayers here: <https://www.lifesitenews.com/prayer-pledges/strickland/>

Follow Bishop Strickland ever edifying tweets *@Bishopoftyler* on Twitter.



MESSAGE FROM OUR LADY OF AKITA 1973

Here is the message from Akita, given in 1973 and approved by the Church in 1984. Bishop Strickland pointed to Akita a few weeks ago, and it is worth the space to quote the message:

In order that the world might know His anger, the Heavenly Father is preparing to inflict a great chastisement on all mankind. With my Son I have intervened so many times to appease the wrath of the Father. I have prevented the coming of calamities by offering Him the sufferings of the Son on the Cross, His Precious Blood, and beloved souls who console Him forming a cohort of victim souls. Prayer, penance and courageous sacrifices can soften the Father's anger...Offer in reparation (whatever God may send) for sins. Let each one endeavor, according to capacity and position, to offer herself entirely to the Lord.

The work of the devil will infiltrate even into the Church in such a way that one will see cardinals opposing cardinals, bishops against bishops. The priests who venerate me will be scorned and opposed by their confreres; churches and altars sacked; the Church will be full of those who accept compromises, and the demon will press many priests and consecrated souls to leave the service of the Lord. The demon will be especially implacable against souls consecrated to God. The thought of the loss of so many souls is the cause of my sadness. If sins increase in number and gravity, there will be no longer pardon for them.

Pray very much the prayers of the Rosary. I alone am able still to save you from the calamities which approach. Those who place their confidence in me will be saved.

<https://schooloffaith.com/rosary-archive/akita>

On October 6, 2019, a new message was given to the Akita visionary Sister Sasagawa, which said: “Cover yourself in ashes (do acts of penance and reparation for the sins of the world) and please pray the Penitential Rosary every day.”

Did Our Lady mean to pray the rosary in a spirit of penitence, or is the “Penitential Rosary” a particular prayer? In a private revelation to Rev. Mother Maria Concepcion Zuniga in 1971, Jesus is said to have given the form of the Penitential Rosary Himself. It is a very beautiful intermingling of the Sorrowful Mysteries of the Rosary with the Divine Office, and as such, takes a bit longer to complete than a single rosary. <https://iamjesus.net/wp-content/uploads/2021/09/The-Penitential-Rosary-Prayer-Booklet.pdf>



ADRENOCHROME

I think this will be the next big thing to break. We know that traffickers use human beings for sex, slave labor and organs, and that is all horrifying enough, but is adrenochrome extraction another piece of the economy of the damned? It’s been talked about for years in alternative news, and has been hinted at by a few celebrities, specifically Jim Caviezel. Big Media calls reports of adrenochrome anti-Semitic, Q-Anon, and “toxic social attitude.” It seems that rather than dealing with the rumors and accusations, the media simply starts name-calling. That doesn’t inspire confidence in their conclusions.



FRANKENFOOD

Beware of the brands **Good Meat** and **Upside Foods**. The USDA has authorized the sale of “chicken product” grown in a lab. A hundred other companies are in line behind them. The problem is that genetically modified foods have not been tested long-term on human beings, and the makers frankly don’t know what might happen to consumers. It’s the same scenario as the “vaccines” that were rolled out to 5 billion people without long-term testing. Genetics is a complex sphere, and can’t be treated like software engineering. Gene editing can have unexpected consequences, like production of novel toxins and allergens, and possible modification of chromosomes. <https://childrenshealthdefense.org/defender/usda-approves-lab-grown-meat/>

It’s already been shown that government regulators profit themselves by determining outcomes favorable to businesses, so the USDA authorization means little. The authorized companies plan to sell their product first to restaurants, then more broadly as they scale up production. I’m off chicken for the duration, except for whole birds sold by independent farmers.

If you haven’t found local producers, I highly recommend you do so immediately. <https://www.localharvest.org>.



BEFRIEND YOUR BODY

Now that the mainstream media is denigrating physical fitness as a far-right, white supremacist, extremist activity, I think we all need to pay more attention to our physical fitness! Remember when the Atlantic said that the rosary had become an extremist activity? They are telegraphing exactly what we most need to be doing. (It’s actually fairly amusing.) Take note.

https://www.msnbc.com/opinion/msnbc-opinion/pandemic-fitness-trends-have-gone-extreme-literally-n1292463?cid=sm_npd_ms_tw_ma&taid=63e4783a79b5c90001075c6e&utm_campaign=trueanthem&utm_medium=social&utm_source=twitter

But seriously, folks, we *do* need to be strengthening our bodies. Would you rather face a blackout, food shortage, or currency crisis carrying extra poundage and huffing from physical activity, or strong from self-mastery, ready for anything?

If you already train, bravo; you know what to do. If you don’t, try a “couch to 5K” program that leads you through a reasonable program of increasing your exertion. <https://blog.mypacer.com/easy-beginner-training-plan-to-walk-from-couch-to-5k/>



REGION 6 FIELD DAY

Behold how good and how pleasant it is when brothers dwell in unity! (Psalm 133)

Region 6, Great Lakes (Michigan, Ohio, Indiana, and Kentucky) had their first regional Field Day this past Saturday, July 9, 2023. These intrepid members passed the test of finding the venue, based solely upon latitude and longitude and no definite address. No one was lost.

A rainy, cloudy, sunny, dry day was had by all – ahh, Michigan. We were dry and cozy beneath the expertly raised tents while Charlie shared his thoughts with us. His honorarium was a bronze squirrel, much to his delight. An herbalist showed us how

to recognize mullein under our feet. We were further educated on bug out bags, gardening, off-grid sanitation and laundry, water purification, first aid kits, ham radio and solar generators. The skillful presentations helped inform many including a few doubters and we made a few converts. We shared so much in such a short time it was hard to say goodbye.

Most of the people in attendance were people who have seen each other on Zoom calls, or at least on a Signal thread. But seeing these people in person for the first time, or seeing some of them again after not having seen them in a few years was, as one put it, "a foretaste of heaven." Given the dicey weather forecast (a strong probability of thunderstorms for much of the day), the turnout of 65 people was more than we expected or even hoped. Since many cancelled due to the storms, we wondered what the turnout would've been otherwise. The planning committee was so fired up that they're thinking and praying about when and where to do the next one. The general sentiment of the attendees seemed to be, "It's so good to get together with like-minded people; it lets me know that I'm not alone and I'm not crazy."



The layout of the bugout bag presented by Dave and Peggy White



There was great interest in the solar generator shown by Ben D.



Charlie and the Fighting Squirrel. You can see the threatening sky.



A tentful of interested members

Congratulations to Region 6 on a successful event! The next CORAC Field Day will be in Region 9 on Saturday, July 22 in Wisconsin. If you are reasonably close, these field days are definitely worth the effort to attend.

-----◆-----
UPCOMING CORAC FIELD DAY

Region 9's Field Day is coming up in Wisconsin on Saturday, July 22. Charlie will be speaking, along with experts in HAM radio, butchering and dressing livestock, cooking off-grid, self-defense and canning. Details here: <https://corac.co/event/corac-field-day-wisconsin/>



-----◆-----
FRIDAY CHALLENGE

We've all talked about practicing our new-found skills, products, etc. Now let's step it up a notch by practicing in adverse conditions. Test your first-aid kit in real-world conditions; take it into a dark room and then have someone invent an injury that urgently needs treatment. How long does it take before you have the correct materials in your hands, open and ready?

This exercise should alert you to the fact that one of the most important items to have readily available in your kit is some form of light, such as a headlamp (preferably) or a flashlight. You can't count on only needing your kit at a picnic on a warm, sunny day where everyone is calm, cool, and collected. You may well find yourself at the scene of a car wreck in the middle of the night, with pouring rain and a screaming adrenaline rush. Prepare and pack your first-aid kit so that the worst-case scenarios are manageable and the best-case scenarios are a breeze.

Check here for next week's challenge: <https://corac.co/sustainable-living-teams/>
-----◆-----

FUNCTIONAL HOMEOPATHY

Classes 1-5 are on video, and available now on the website. You'll find an intro, then treatments for common ailments, such as first aid, fevers, infection, flus and colds, gut distress and emotion management.

<https://corac.co/category/specialty-teams/health-and-wellness/homeopathy-classes-hw/>



INFO CARDS

The Sustainable Living team has been making info cards that you might want to print to have ready at hand. Topics include emergency measures like temporary roof repair, disaster prep for animals and water filtering. Highly recommend starting a binder with information you might need in a power-out situation. Check out all the downloads here:

<https://corac.co/category/sustainable-living/downloads-sl/>



SHORTWAVE COMMUNICATION

An under-\$100 shortwave radio allows you to monitor radio comms like the Sunday night CORAC session. Ham operator Larry Wescott shows you on video how to tune in, and provides a download to print and keep handy.

<https://corac.co/2023/06/20/shortwave-listening-to-the-corac-net/>

The video makes reference to Dr. Bill Hammer's excellent (and simple) guide to installing a shortwave antenna:

<https://corac.co/2021/10/18/shortwave-radio-listening/>



HOMESCHOOLERS

There's a new education card posted on the Education tab: Penmanship. <https://corac.co/2023/06/28/corac-education-card-penmanship/>



DISASTER DECK

Check out the index to the Disaster Deck, and print the cards for those regional threats you may face, along with general threats we all face. We don't like to think about such things, but if you have the cards on hand, you will have a general plan for dealing with whatever could crop up. <https://corac.co/2023/06/07/the-disaster-deck/>



CORAC GENERAL DISCUSSION ON SIGNAL

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.

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

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

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

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

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

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

Prayer

JULY PRAYER INTENTIONS

*That CORAC members, taking heart and resolve from President Lincoln's address given during an earlier time of great crisis, be heralds of hope by prayer, word, and action: "[T]hat **this nation, under God**, shall have a new birth of freedom ~ and that government of the people, by the people, for the people, shall not perish from the earth"

*For a smooth and fruitful presentation and implementation of Charlie's refinement of CORAC's structure, to be unveiled at the **CORAC Field Day** in Michigan on Saturday, July 8, from 10:00 a.m. to 4:00 p.m. (see CORAC's "Event" page for event and RSVP details)

*For the healing and conversion of all **families**, including the immediate and extended families of CORAC members

*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, that helpful and necessary new initiatives be funded with minimal stress for our hardworking teams

*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.



PRAYER FOR BISHOPS

I humbly request that you pray this beautiful prayer for all bishops, for the Bishop of Rome, for the bishop where you live, and for me.
- Bishop Joseph Strickland

St. John Fisher's Prayer for Bishops

Lord, according to Thy promise that the Gospel should be preached throughout the whole world, raise up men fit for such work. The apostles were but soft and yielding clay until they were baked hard by the fire of the Holy Ghost.

So, Good Lord, do now in like manner again with Thy Church militant, change and make the soft and slippery earth into hard stone; set in Thy Church strong and mighty pillars that may suffer and endure great labours, watching, poverty, thirst, hunger, cold and heat; which also shall not fear the threatening of princes, persecution, neither death, but always persuade and think with themselves to suffer with a good will, slanders, shame and all kinds of torments for the glory and laud of Thy Holy Name. By this manner, good Lord, the truth of Thy Gospel shall be preached throughout the world.

Therefore, merciful Lord, exercise Thy mercy indeed upon Thy Church. Amen.



A bishop is consecrated not just for a diocese. He is consecrated primarily for the world, because our Lord said to His apostles, 'Go ye into the world.' All peoples of the world weigh upon his heart.

.Venerable Fulton Sheen

Newsletter 2023-14

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

Grant that we may know what must be done, and in Your Spirit, bring to completion.



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

Consider becoming a CORAC monthly donor: <https://corps-of-renewal-and-charity.myshopify.com/collections/donation>



CORAC has been taking big steps forward lately. The content on the website is growing like watermelons in summer! Unlike many “prep” websites that are run by one or a few people, CORAC has a broad national base of expert volunteers contributing their experience and know-how, and from a Christian perspective. I’ve listed some of the newest content in the **CORAC WEBSITE** section of this newsletter, but drill down in your areas of interest and find all sort of gems that have been posted farther back.

Our motto, *We’re the guys that do stuff*, is becoming more and more evident on the website. See for yourself!

Sheryl Collmer, editor

July 31, 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.

Rules For The Pilgrim’s Highway

A car is a great means for physically getting you where you want to go. Imagine a car with only a brake pedal and no gas pedal – or vice versa. A car with no brake pedal is eventually going to crash and burn. A car with no gas pedal won’t get you anywhere. Fortunately, all cars come with both a brake and a gas pedal. The vehicle depends on your judgment to get you where you want to go. If you hit the gas pedal when you should hit the brakes, you are likely to crash and burn. If you are too timid to ever let off the brakes for fear of crashing and burning, you will never get anywhere. A car is an elegantly conceived and designed tool. Whether or not it is ultimately useful to you or not depends on you; your initiative and your judgment.

So it is with life. God gives each of us a unique set of tools – and each tool in our unique set is designed to help us with the work He intends for us - to help others and to fortify His kingdom here on earth. Alas, one of the great gambits of the devil is to seduce us into falling in love with the tools God gave us rather than using them in His service.

Some men are very strong. They can use that to help those around them – or to bully them. Some are very smart. They can use that to find truth and help others do the same – or to convince themselves of absurd fantasies of their own devising and seek to dominate everyone around them. Some are strikingly beautiful. If they augment physical beauty with a kind and generous soul, they are like a refreshing mountain spring. Or they can use it to manipulate and exploit others, bending them to their will.

Others are wise enough to understand that while they are responsible for honing and refining the gifts God gave them, they are not author of those gifts. Even so, these, too, can fall into a trap of disfiguring their gifts. St. Thomas Aquinas, one of the greatest intellects in human history, was given a supernatural visitation with Jesus late in his life. He never wrote again, declaring everything he had written to that point was so much straw. He was right that, in heavenly terms, it was so much straw – as are all of the finest gifts of the greatest in history. But while it was straw in heaven, it was pure gold here on earth.

He had weaved his brilliance into threads of golden silk that would lead millions, perhaps billions, into deeper understanding of and relationship with Christ. That is the highest purpose on earth of all of the gifts. It is one of the very rare times where I disagree completely with St. Thomas Aquinas. And yet, it may have been a great blessing, coming so late in his life. People who have been given striking and extravagant gifts and used them with extravagant fruitfulness can become prey to a subtle pride that they are author of what they have created in love of God. St. Thomas had served so well that I suspect God gave him the gift of seeing how redundant and childish his work was in heaven even at the expense of eclipsing (in his mind) how preciously valuable it was on this side of the veil.

Some have gifts so striking they obtain high positions of trust and honor in this world. For some it gives them the means to vastly expand the efficacy of the good work they do in God's service. Alas, for many it is the reef on which their work ends. They become so enamored of the position they have that that is what they protect, at all costs. They neither initiate anything serious, for fear of making a mistake, nor object to abuses, for fear of losing their position. They are like the servant who buried his talent in the ground – and they will get the same result, whatever honors they receive in this life. (Matthew 25:18)

Then there is the good and wise servant, the servant who acknowledges the talents he has been given, knows from whence they came, and hones them in service to God and His people. These are the servants who know that for everything there is a season; a season to apply the gas, a season to apply the brakes. They develop their sense of judgment to know when to use each most effectively. They never count the odds when they are required to stand, knowing that God is in charge of all things. Neither do they act precipitously out of unseemly eagerness to demonstrate their prowess, knowing that God delivers the proper season so as to bring the most people back to Him, who is the only fountain of life in the universe.

Endeavor to be the good and wise servant with your whole heart.

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 WORLD MEETING

If you missed the July 16 meeting, you can listen to the call here:

<https://corac.co/2023/07/17/corac-global-zoom-session-4-video/>

It was a very interesting call, in which Charlie answered many questions from the audience.



A SIGN OF HOPE BLOG

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

Truth or Consequence

Cast Off the Cloak of Lies

Injustice for All

BRIEF UPDATES

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

Continue Hoeing the Beans (4 mins)

Aslan Is On The Move (4 mins)

Bind Yourself to God's Will (5 mins)



Actions To Take Now

USE CASH

You can never go wrong using cash; use it for everything. Decline to use any bank that's enrolled in FedNow. If we reject FedNow early on, it may have a deterring effect on the rollout of the CBDC.

ADORE JESUS

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

FIND LOCAL FOOD SOURCES

Grocery chains are introducing beef injected with mRNA, lab-grown chicken "product" and genetically modified vegetables. No one knows precisely what these high-tech innovations will do to humans. You'll be glad to have formed relationships with local food producers if the government imposes "green" restrictions on farmers that are impossible to meet, thereby closing down small farms. This is already happening in Europe. Find local food sources *now*. Start here: <https://www.localharvest.org>



CORAC Website

Check out some of the new content listed here, and explore past articles under each topic.

Health & Wellness

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

POULTICES, SALVES & SOAKS FROM EARLY SUMMER HARVEST PLANTS
TINCTURES FROM SPRING FORAGED HERBS
FUNCTIONAL HOMEOPATHY: INTRODUCTION

Sustainable Living

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

HOW TO BUTCHER A CHICKEN
TALLOW SOAP RECIPE
EMERGENCY ROOF REPAIR

Communications

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

BASIC ELECTRICITY – PARTS 1&2
SHORTWAVE LISTENING TO THE CORAC NET
SHORTWAVE LISTENING TO THE CORAC NET

Education

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

HOW TO START HOMESCHOOLING
CORAC EDUCATION CARD: PENMANSHIP
CORAC EDUCATION CARD: MATH

Crisis Scenarios

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

TAKING CARE OF YOURSELF IN TURBULENT TIMES
THE DISASTER DECK
WILDFIRE SCENARIO

Prayer

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

ARE WE IN THE END TIMES?
HOLY SCRIPTURE EMERGENCY CARD
THE BRAZEN SERPENT PRAYER ROSARY

News

MEET A J6'ER – JAKE LANG

The difficulty of writing about J6'ers is that they are just ordinary folks with flaws and passions and occasionally intemperate words, like all of us. A few are clearly virtuous, but most are a mix. Even the true heroes are maligned in the press, perhaps most of all, since an “insurrection” is not supposed to have heroes. It becomes nearly impossible to know what is true and what isn't.



Jake Lang, 27, may be the most publicly vocal of all the J6ers, and thus you can gather an impression from his own words rather than those of propagandists. He has a podcast, “Political Prisoner,” hosted by Gateway Pundit and streamed live via phone from the Alexandria Detention Center where he has been held in solitary confinement much longer than any reasonable person would consider necessary or just. <https://podcasts.apple.com/us/podcast/political-prisoner-podcast-hosted-by-jake-lang/id1591805369> (also on Spotify and Google) Such notables as Dinesh D'Souza (*2000 Mules*) and Micki Witthoef (mother of Ashli Babbitt) have been guests.

Given that he was an eyewitness to the murder of Rosanne Boyland by a Capitol policewoman, <https://www.washingtonexaminer.com/news/video-shows-officer-striking-motionless-woman-on-ground-during-capitol-riot> it is not surprising that he was held two years without trial, thereby violating the Sixth Amendment right to a speedy and public trial. Video footage exists showing Jake attempting to help Rosanne, and then pulling Philip Anderson to safety, thus saving his life. A public trial would risk that video being seen by a still sleepy nation.

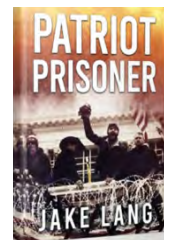
In December 2022, the Administration denied Jake's right to speak with his attorney; that's blatantly illegal and wildly unconstitutional. Jake was offered a plea deal for 9 years in prison, which he refused. There are twelve charges against him, one of the most serious being a violation of 18 U.S. Code Section 1512(c)(2), a law against evidence tampering in official proceedings, which has been bent by the Administration to provide a path for felony charges against many of the J6ers. Lang and his attorneys are petitioning the Supreme Court to hear their argument. If they are successful, it could impact hundreds of other J6ers, who were wrongfully charged under that section. <https://wethepeopleconvention.org/articles/Jan6th-Lawyers-Appeal-to-SCOTUS-on-Obstruction-Charges>

Also: <https://www.thegatewaypundit.com/2023/07/breaking-latest-scotus-filing-has-potential-impact-hundreds/>

A month ago, Taylor Taranto was arrested near the Obama's DC residence, carrying weapons in his van. There was an outstanding arrest warrant for his presence at the Capitol on January 6, 2021. It's unclear why he had not previously been arrested, as he was living a public life and could easily have been located. Why was he still free, when over 1,000 citizens had been arrested over the last 2-1/2 years? Once arrested, he was placed in the Patriot Pod, the DC gulag where many J6ers have been beaten, denied medical care, adequate food and access to worship. There was a kerfuffle, which was probably exactly what the authorities were hoping, but Jake Lang stepped up and attempted to defuse the situation with the Gospel.

Jake has written a book, from which an excerpt follows:

[Book order here: https://www.givesendgo.com/patriotprisonerbook](https://www.givesendgo.com/patriotprisonerbook)



Excerpt from *Patriot Prisoner*, chapter 1:

“Let me first start off this book with a blessing. May God bless you, my dear brother or sister, for opening this book and deciding to open your heart to listen to my story. May He grant you the wisdom to seek salvation first and the courage to love in the face of evil.

“I want to let you, the reader, know that this book is not for the weak-minded, easily offended, overly emotional, or especially the apathetic. I will not be whining or complaining, and nothing I say comes from fear, because fear does not live in the heart of a patriot. I speak the truth directly from the power of God's Holy Spirit, no matter the cost, threat, punishment or perception. To suffer, to truly suffer for righteousness's sake and to be cast off and hated by this world, is the single biggest blessing a man can have in this lifetime. I consider myself highly favored by God to be chosen for a time like this. He makes no mistakes. Today is three days shy of 19 months as a political prisoner in the United States of America.”

You can write Jake here:

Edward Jacob Lang, Inmate #A0190055
Alexandria Detention Center
2001 Mill Rd.
Alexandria, VA 22314

X.COM

Twitter was just starting to look like a reasonable bet, but I'm having second thoughts after the rebranding. Twitter, now X.com, "The Everything App" has a strategy to locate your whole digital life on their app, including banking and bill payment. Why in the name of all that's sane would I want all my critical information and resources in one hackable place? Does anyone really *want* an everything app? The only plus I can think of is that Musk might be able to keep X going on Starlink if everything else goes down.

OUT OF SHADOWS

This documentary came out in 2020, but I'm hearing it talked about more lately. <https://www.outofshadows.org> "*Out Of Shadows* documentary lifts the mask on how the mainstream media and Hollywood manipulate and control the masses by spreading propaganda throughout their content. Our goal is to wake up the general public by shedding light on how we all have been brainwashed by a hidden enemy with a sinister agenda."

SEARCH ENGINE EXPERIMENT

While searching for stories on the Twitter rebranding, all I found was the same 8-10 stories from CNN, MSNBC, CBS, New York Times, WaPo, USA Today and the Guardian (the usual news-twisting suspects), listed over and over. I went all the way out to page 42 of results on Ecosia, the search engine that claims to plant a tree with every search, without finding anything but those same stories, listed repeatedly. Ecosia is one of the 5 search engines that will run on Apple's Safari, which is what I have on my laptop.

I finally used the search feature on Telegram to find alternative sources. Since that search returns results from channels I've already chosen and trust, I got reliable news items much faster. I also tried **Brave**, and it returned a greater variety of results.

Here's an interesting article about the near-impossibility of building a good search engine that prioritizes users over the monster-money advertisers: <https://www.theverge.com/23802382/search-engine-google-neeve-android>

UPDATE ON APOSTOLIC VISITATION

In this interview, Bishop Strickland gives an update on the Apostolic Visitation which occurred in June. <https://www.youtube.com/watch?v=ZMvTVMGhVzc>

NO SUCH THING AS TRANSGENDER

Helen Joyce, the London-based author of *Trans: When Ideology Meets Reality*, did a long interview with Jerm Warfare on the destructiveness of transgender ideology. 1 hour, 18 minutes. <https://jermwarfare.com/conversations/helen-joyce-on-transgenderism-ideology-and-reality> Jerm is an iconoclastic South African who specializes in busting myths that most journalists won't touch.

THE BATTLE AHEAD

Here's a 58-minute interview with General Mike Flynn, who happens to be a Catholic. Flynn has proven himself through suffering. He has an insider's perspective, as former National Security Advisor to President Trump, and is one of my MTCs (Most Trusted Counsel). https://www.frontpagemag.com/dhfc_videos/general-flynn-on-the-battle-ahead-for-america/

REGION 9 FIELD DAY

Region 9's Field Day was in Lone Rock, Wisconsin on July 22. Region 9 pioneered the idea of Field Days with their first regional conference in 2021, which turned into the National Conference. A summary of their latest from Regional Coordinator Kris Rehfeld:

Gregorian chant greeted us through the speaker system as we gathered at Jim and Gerry Farina's farm for Region 9 Field Day. Individuals and families from regions 7 and 9 came together to unite and fulfill Charlie's call to make a big splash with our numbers. The splash was like a cannonball jump into a pool! As always, Charlie's talk touched the heart of individuals as if he spoke to each alone. He gave hope and direction, encouraging us, as always, to acknowledge God, take the next right step and be a sign of hope to others.



After Charlie's talk, the available demonstrations seemed bottomless. You could learn to slaughter a goat or chicken, grow mushrooms, can or freeze dry food, cook off-grid, make tinctures, garlic honey or fire cider. Presentations were given on ham radio, solar panels, electricity, generators and ammo. Knowledge was shared between attendees and presenters.



In my humble opinion, CORAC'ers are some of the best cooks and bakers around. I invite you to picture lunch... There was the meat area with real Italian sausage, pulled chicken and later, a taste of the goat. A string of tables held sides of every variety. But the true success of the day was the camaraderie and community-building that transpired. We are the guys that do stuff!

If your region hasn't had a Field Day yet, call your regional coordinator, and volunteer to help organize. The opportunity to meet other members face-to-face is priceless, You'll be amazed at the expertise that comes from people in your region.

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POWER FROM THE PEDALS

In the photo above, Charlie is pedaling power into a battery. It's a Gilligan thing. If you have a stationary bike, here's how you can turn it into a power source: <https://www.instructables.com/Turn-an-exercise-bike-into-an-energy-bike/>

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LIGHT SOURCE

As of Tuesday, August 1, it is illegal to buy or sell incandescent light bulbs, the kind most of us grew up with. The government has decided for us, just like they want to decide about gas ranges and water heaters. The alternatives to incandescent light are LED, fluorescent and halogen. LED and fluorescents emit much higher levels of blue light, which raises the risk of macular degeneration in users, with additional risk to those who've had cataract surgery. 90% of lighting is now LED. Read more here: <https://www.naturaleyecare.com/blog/reason-lightbulb-choices-matter/>

There is a blue light filter you can enable on some phones, and you can install one on your computer screen. There are even blue light-blocking glasses, but I couldn't find any studies that showed they worked.

In addition to the blue light damage to our eyes, there is more general "screen strain." For no cost at all, you can practice the **20-20-20 rule** for relieving eye strain: every 20 minutes, look at something 20 feet away for 20 seconds. It forces your eyes to relax, and re-establishes your body's natural blink rate.



CLIMATE CRISIS HOAX

For those who saw through the covid response hoax and resulting bioweapon shot, it's not so hard to see that the "next big thing," the so-called climate crisis, is a sham and a swindle. Once again, we'll have to try to wake people up to see the scam before they trade their birthright of freedom for slavery.

Here are some starter resources:

Dr. Judith Curry, "There's No Emergency" <https://www.biznews.com/global-citizen/2022/10/05/climate-change-2>

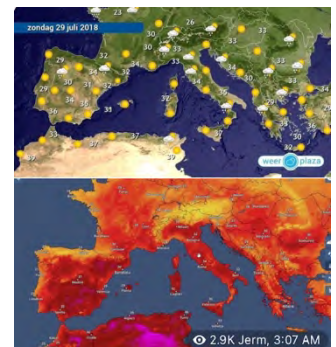
Dr. John Clauser, Nobel Laureate <https://www.globalresearch.ca/corruption-of-climate-science-nobel-laureate-john-clauser-speaks-out/5826884>

There were multiple reports of falsified data around the world last week. For example, the BBC tweeted a temperature for Sicily that was 7° hotter than the BBC local weather app on the same day. In Corsica, the banner running at the bottom of a TV screen read 42°C, while local weather stations recorded 32°C. In the United States, the mainstream media is saying that this is the hottest summer on record, even though the temperatures aren't the highest ever (yeah, figure that one out.)

The European Space Agency has begun tracking the hotter temperatures at land surface this year, rather than air temperature, as is customary, which means the standard has changed and made it possible to apparently "shatter" past temperature records.

Here's another trick called "nudging." It presents exactly the same temperature data in the same places on the same date at the same time, just charted differently >>>

Remember the last time the "experts" bald-faced lied, and people swallowed it? I don't think it will work this time, but we'll have to get information out because it is an enormous worldwide brainwash, much like covid.



CORAC GENERAL DISCUSSION ON SIGNAL

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FEDNOW LAUNCHES

The new instant payment system of the Federal Reserve launched July 20. Only 35 banks have signed on, out of several hundred who participated in the testing phase. Is that the result of consumers being wary of what looks very much like a prototype for a CBDC? Interestingly, two of the huge international banks, Chase and Wells Fargo, signed on, while two others, Bank of America and Citibank did not. It has the look of a control group experiment. If so, and customers of Chase and Wells Fargo decamp to B of A and Citi, perhaps the CBDC can be postponed.

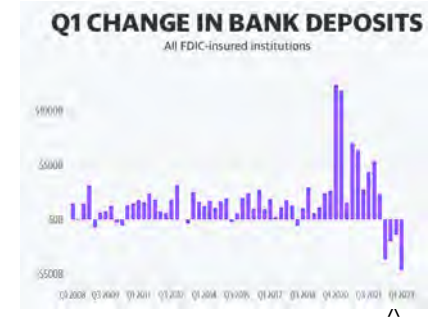
When I transfer funds by Zelle from my account to someone else's, the recipient is able to use those funds instantly. But apparently the back side of that transaction, the bank-to-bank transfer, runs in arrears. So FedNow may benefit the banks, but it provides no additional benefit to the consumer.

Currently, when bank deposits are declining precipitately in response to inflation and multiple bank failures, banks may be more responsive to consumer discontent. The current deposit decline is the largest since the FDIC began collecting quarterly industry data in 1984, and marked the fourth consecutive quarter of industry outflows.

<https://www.lewrockwell.com/2023/07/daisy-luther/fednow-is-live-and-the-framework-is-in-place-for-cbdcs/>

<https://insiderpaper.com/us-fed-plays-catch-up-with-new-instant-payments-system/>

It's a good time to make our preferences felt.



Prayer

AUGUST PRAYER INTENTIONS

*That the Holy Spirit continue to inspire and energize Charlie as he works on two significant writing projects for CORAC, in addition to his regular blog and newsletter articles

*For the fruitfulness of various healing prayer ministries around the country, especially those in which CORAC members are deeply engaged

*For the healing of marriages and families, especially those with children still living at home in their formative years

*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

*That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

*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.

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Ave Maria, Stella Maris!



PRAYER HOTLINE

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

Consider becoming a CORAC monthly donor: <https://corps-of-renewal-and-charity.myshopify.com/collections/donation>

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We're well into what we used to call the "dog days" of summer: the hottest, most grindingly enervating days of the year. At the end of July, Sirius, the dog star, is in conjunction with the sun. Ancient astronomers believed that Sirius actually added its heat to the sun's heat in late summer, and made the earth this slow-moving, shade-seeking mass of sweaty wretches longing for autumn. (See? Even the stars don't think kids should be starting school in August!) In respect for the dog days, this will be a short edition. Find a body of water or a shady spot, and rest up for the next chapter!



Sheryl Collmer, editor
August 15, 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 now weathering the Storm.

Living Without Fear

We are in the midst of a great storm. It is a storm that, I believe, will become the greatest in human history before it is finished. The storm will not be forever, but no one who gets through it will ever forget it. Nor will they ever forget their gratitude for going through it.

The evening after Jesus fed the multitude, a great storm rose up on the Sea of Galilee. The disciples were trying to weather the storm in their boat when, in the darkness, they saw Jesus walking towards them. They were terrified, thinking that Jesus was some terrible ghost come to torment them. Then He called out to them. All were amazed, but Peter asked that, if it really was Jesus, the Lord bid him come, also walking on the water. So Jesus bade him come. Things went well (I resist the temptation to say swimmingly) until Peter got scared of the howling winds and boiling waves around him. Then he began to sink. Jesus grabbed hold of Peter and pulled him back up. Together, they got back into the boat. Then Jesus ordered the storm to cease – and it did. They rowed to the other side in calm waters.

This story is worth deep contemplation, for in it is all we need to know to weather the storm we find ourselves in. The disciples did not have to take the boat to get to the other shore; they could have walked around. But walking that route would have been long and slow. So even though the weather was threatening, they chose the shortcut of the water crossing.

How many shortcuts has humanity chosen this last century? Rather than defend the faith and the faithful with fortitude and charity, we have routinely compromised on foundational principles because we did not want any trouble. I've done it, you've done it. We all know it. That is why, in the Confiteor, we ask forgiveness for the things we have done and the **things we have failed to do**.

When the storm rises up, the trouble we sought to avoid catches up with us, almost always with greater force than if we had taken the trouble to act well and prudently in the first place.

When the storm comes, even if we repent of the folly that drew us into it rather than taking the steadier but harder way, it does not relieve us of our obligation to row vigorously where we are. The disciples were not allowed to just say, "Oops, we goofed," and then wait for the Lord to magically pull their boat to the other shore for them. They had gotten so turned around they did not even know where Jesus was – or if He even knew the dire straits they were in. They had to keep rowing.

If they did not know where Jesus was, He knew where they were. The Lord did not come walking across the sea because He wanted a shortcut. He came because He knew the disciples had gotten themselves into yet another fine mess. I sometimes wonder if Jesus was amused at the disciples' initial terror at the sight of their approaching salvation. We so eagerly go chasing after what will destroy us and recoil from what will save us, all the while boasting of our mighty prowess.

The Lord does love us, thanks be to God, but I think it must often be with the amused affection a man might have for a litter of lively puppies - and their comical pratfalls. We lack the wit to reliably discern between salvation and destruction and yet are proud in our boasts.

Once the disciples recognize Jesus, they calm, but are still filled with frightened wonder at the Man. They knew He was a good teacher and gentle guide, but this is a revelation of raw, primal power. With characteristic boldness (sometimes brashness) Peter asks the Lord to bid him come. As Peter begins walking on the sea, it becomes clear that the Lord's primal power extends to whoever He wills it to. Ah, but in the midst of his walk, Peter notices anew how terribly violent the winds and the waves are. Fear grips him and he begins to sink. The Lord reaches out to him and Peter is saved.

How often, despite our profession of trust in God, do the winds and waves around us cause us to sink into fear and, even, despair? Our trust must be greater than this. Trust means keeping our eyes on Jesus, our hearts with Him, and then accepting whatever He allows after this, knowing that it is for our good or that of others to build up the only Kingdom that matters. After Jesus and Peter climb back into the boat, the Lord commands the sea to calm – and it does. He demonstrates to His disciples that He does, indeed, hold primal power over all things, natural and supernatural. But even though the sea is calmed, Jesus does not pull them to the other shore. They must keep rowing, even if it is a lot easier and calmer now.

It is not our mighty prowess that will carry us through this storm. Without Christ, we can spend ourselves rowing and get nowhere, in danger of capsizing at each moment. With Him, all things are possible. Once we entrust our hearts to Him, be aware of the wind and waves, but do not be distracted by them. They have no power over you save what He allows.

Entrust your heart to Jesus, keep your eyes on Him, and keep rowing.

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.

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

Beyond the Failsafe

On Target

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It Is the Religion of Ignorance That Tyranny Begins (6 minutes)

The World of Squirrels (3 minutes)

A Heritage Deeply Embedded in the American DNA (7 minutes)



Immediate Action

USE CASH

You can never go wrong with cash; use it for everything.

ADORE JESUS

Give Jesus one hour each day.

FIND LOCAL FOOD SOURCES

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



CORAC Website

Check out some of the great **NEW STUFF** listed here, and explore past articles under each topic. There is now a search function on the website, so you can type in your favorite subject and see all the items we have on that topic.

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

Check out butchering chickens, making poultices from summer plants, and gardening tools

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

Tallow soap recipe, bulk outdoor laundry trial, homemade enzyme cleaner

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

Basic electricity parts 1 & 2, shortwave listening to the CORAC Sunday netcast

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

Getting started in homeschooling, assorted topical education cards

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

Disaster deck, cards for every possible emergency scenario

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

“Are We In The End Times?” with Desmond Birch, plus 11 weeks of Catechism classes

News

J6 NEWS

Tucker Carlson’s interview with former Chief of Capitol Police, Stephen Sund, was never aired on Fox, but is now on X, formerly Twitter. Sund describes suppressed communication, hidden intelligence, refusals to provide assistance, and the government’s failure to detain persons who are on tape badgering people to enter the building. I think most people now know that January 6 was an ambush, but it’s edifying to hear an insider’s take.

<https://redstate.com/nick-arama/2023/08/11/tuckers-explosive-interview-with-former-capitol-police-chief-the-story-fox-didnt-air-pelosi-and-who-knew-what-when-n790895>

EXPERIMENTAL MOSQUITOS CARRYING MALARIA

Bill Gates has a free pass in our corrupt regulatory system, and the populations of Texas and Florida are his new experimental playground. The Gates Foundation and DARPA (both responsible for deaths from the Vaxxx) are major investors in Oxitec, which gene-edits insects for alleged insecticide purposes. The US Dept of Defense is also heavily invested in insect gene editing, which suggests the use of mosquitos as bioweapons.

The genetically engineered mosquitos carry malaria, and have a genetic “kill switch” in the males to (hopefully) prevent offspring from carrying the parasite. But as Dr. Ian Malcolm notes in *Jurassic Park*... “Life always finds a way.” Human victims with malaria are now showing up in Texas and Florida. Big surprise.

Beware, Regions 3 and 8. No residents of these states were in favor of this reckless experiment, but the US EPA approved it anyway. See “regulatory capture” in RFK Jr’s book, *The Real Anthony Fauci*.

<https://journal-neo.org/2021/05/11/why-are-gates-and-pentagon-releasing-gmo-mosquitoes-in-florida-keys/>

CLIMATE: THE “NEXT THING”

It’s pretty clear that nothing we humans do compares with the real driver of climate, the sun. Funny how the solutions posited by the climate hysterics all have unbelievably high price tags (taxes) and restricted freedom of lifestyle and movement. The “science” around climate seems to have about as much credibility as the vaccine, and promises the same human destruction.

There is no climate emergency: <https://clintel.org/world-climate-declaration/>

<https://www.nationalreview.com/2020/03/freeman-dyson-humanist-and-climate-change-heretic/>

ALIENS: THE NEXT “NEXT THING”

Wow. The same people who trumpet “science” now want us distracted by extraterrestrials. This essay by Fr. Thomas Weinandy approaches the issue from a solid theological basis: “Of Jesus and Aliens.” https://www.thecatholicthing.org/2023/07/16/of-jesus-and-aliens/?utm_source=The+Catholic+Thing+Daily&utm_campaign=20b0c76e98-

EMAIL_CAMPAIGN_2018_12_07_01_02_COPY_01&utm_medium=email&utm_term=0_769a14e16a-20b0c76e98-244240461&mc_cid=20b0c76e98&mc_eid=6e0c6

DEFUND LEFTIST BISHOPS

Many bishops and bishops’ conferences have become blatantly political, grossly overstepping their authority on matters such as climate, free speech and illegal immigration (which makes them parties to human trafficking.) A coalition of Catholic organizations has formed to combat bishops using their ecclesiastical positions to play leftist politics. The undoubtedly large amounts of money at stake means those bishops are guilty of selling the Faith, and the faithful, for riches. Read more:

<https://pjmedia.com/news-and-politics/catherinesalgado/2023/07/22/communist-or-christian-coalition-aims-to-defund-tax-dollars-from-partisan-leftist-churches-n1712382>

RICH MEN NORTH OF RICHMOND

The latest grass-roots song to take the entertainment moguls by complete surprise is Oliver Anthony’s ballad about the people who run roughshod over ordinary Americans. Angry, push-back music seems to go viral before anyone can suppress it. “Rich Men North of Richmond” follows overnight sensations like “Justice for All” and “81 Million Votes, My A**” and “Try That In A Small Town.” In case you’re unclear about who those rich men north of Richmond are, I’ve provided a map. Read more here:

https://www.realclearpolitics.com/2023/08/14/lsquorich_men_north_of_richmondrsquo_is_authentic_voice_of_populism_605328.html

I always buy these populist songs, because 99¢ is a small price to pay to send a message.



https://www.amazon.com/dp/B0CFCM33KG/ref=sr_1_2?crid=ZW20D3G1CVII&keywords=oliver+anthony+rich+men+north+of+richmond&qid=1692097104&srefix=oliver+anthony%2Caps%2C168&sr=8-2



TWEAKING YOUR PLAN

Have you got your bug-out bag, your stay-in bin, your sprouting seeds, your water filter, your shortwave radio? Whatever the level of readiness you've chosen, high or low, it's a good idea to periodically review it. Are any of your stored foods nearing their expiration dates? Do they need to be rotated? If your bleach is older than 6 months, you need to replace it. Have you tested your radio, your rocket stove, your Big Berkey? The biggest gap most of us have is radio knowledge; we've got the radio, but we're not so accomplished at tuning it.

Tweak your plan as needed. Check the CORAC website for help. There's a search engine on the website now!

Shortwave tuning: <https://corac.co/2021/10/18/shortwave-radio-listening/>

Basic Stay-In Bin: <https://corac.co/2022/10/11/the-stay-in-bin/>

Water filters: <https://corac.co/2023/03/29/water-filter-recommendations/>

Field Sanitation: <https://corac.co/2021/06/14/field-hygiene-sanitation/>

Prep for the Elderly: <https://corac.co/2021/06/03/elderly-emergency-prep-2/>

Prep for pets: <https://corac.co/2023/06/09/animal-emergency-preparedness/>

IT'S ALMOST GARLIC TIME

Garlic is the king of herbal remedies, and it's so easy to grow. It's a simple multiplication operation: plant a clove, harvest a whole head of garlic! Garlic boosts your immunity, lowers blood pressure, decreases inflammation, and may reduce the risk of heart disease and Alzheimer's. You don't even have to be a gardening genius to do well with garlic. It weathers the cold just fine and requires no special technique. Garlic goes into the ground in the fall, and is ready to harvest the following summer.

<https://www.thespruce.com/grow-great-garlic-3016629>

CORAC GENERAL DISCUSSION ON SIGNAL

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Newsletter 2023-16

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

Fear not, nor be dismayed. Tomorrow go out against them, for the Lord will be with you.



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In this world, created by God in love, *for* love, evil always carries on with a handicap. It may run for a while, but it is outside of its ideal operating environment, and will grind itself down eventually. We can speed it up by throwing sand in its gears when possible: prayer and adoration in abundance, as well as a firm refusal to cooperate with evil designs. We're long past the time when we can just put our heads down and hope evil passes overhead. It's at our door; it's decision time.

Sheryl Collmer, editor

August 31, 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 now weathering the Storm.

Moral Authority is the Air Which Keeps Formal Authority Rolling

Back when I was young, the leader of a management seminar said something that has always stuck with me. "The company decides who the manager will be – but the workers decide who the boss is," he proclaimed. Thinking about it, I figured it was an oversimplification - but largely correct. Workers respond to those they can count on to be just and responsive. Ideally, that is the proper manager. But if a manager is either a martinet or largely absent, the workers still find a leader and get the job done. In that case, the manager devolves into a nuisance or a useless appendage.

I have always tried to be just, including with people I disagree with. Two incidents come to mind.

When I was a boy, we organized what may be the greatest sandlot baseball league ever. We played every day during the summer, choosing up teams four or five times and having at it. Everybody played, including the littlest kids. The way we handled that is that if you chose a little kid, their outs didn't count but if they got a hit, it did. It was a rite of passage and pride for the little kids when we determined they had gotten good enough for their outs to start counting. We had a nice Mexican contingent (who kindly taught all of us to cuss in Spanish, so we didn't alarm any passing grown-ups). The Mexican players had "cousins" – family members who were migrant workers who would show up sporadically. They joined right in.

One day, there was a dispute about a call while some cousins were there. It raged for a bit and then they all asked me what I thought. I gave my call and we all went back to play. The cousins erupted in outrage, demanding to know why I should decide. The kids said if it got out of hand, they always had me decide so we could keep playing. "So what," the cousins demanded, "you think he's always right?" It was our regular player Gilberto who told them, "No, but when it gets out of hand he always says what he really thinks whether it hurts or helps his team – so it's always fair."

As a young adult who was very active politically in my home county, I was often called in to quietly arbitrate intractable disputes among various factions, including with many who were formally my opponents. One woman, in charge of a county agency for food and clothing distribution to people in need, came in to monitor an ongoing dispute between two local agencies trying to take regional control of it was astonished at what happened. The leaders of both groups made their case to me behind closed doors, I made my decision, and the dispute was settled.

She asked me what my title was. I told her I didn't have one. She said she had been trying to negotiate a settlement for months with no progress, so how did it just get settled with my decision without the screaming rancor? I shrugged and said that, behind closed doors, even most of my enemies trusted me to be fair and just. The lady – and her boss – became dear friends of mine. She never tired of telling the story of when we first met, claiming that, after the problem was solved, she just had to find out exactly who that "masked man" was.

The left is enamored of credentials and titles – at least when they hold them. They think holding a title means that everyone has to do what they say. This often leads them to abuse the formal authority they have, thinking that by forcing compliance, they cement that authority. But every time they coerce people into doing what they want by force, another chunk of their moral authority evaporates.

Moral authority is like the air inflating a tire. It is invisible, but vital. When it is all gone, the tire of formal authority is flat and useless. It is emblematic of the folly of the left that the very thing they think is the purpose of authority – to get their way and bend others to their will – is the thing that destroys any semblance of authority for them.

All authority comes from God. Moral authority comes from living His divine precepts with faithful fidelity. If you get a grant of formal authority and think, “Now I have the power,” you are already on the road to ruin. If you get a grant of formal authority and contemplate the great responsibility you have for the people you have been given authority over, you have the making of real potential success, under God. If you have no title but live justly and fearlessly, you will find people gravitating to you and discover you end with far more authority than those who wield titles and think it is all about power.

In days to come, most of us are going to wield authority in certain circles. I used to tell young parents to seek to be always just and true with their children. When children are young, there is a huge imbalance of power between them and their parents. But the truth is that *every* parent must ultimately stand in the docket of their adult children’s judgment. That judgment may be charitable, but it will be true.

All of us will stand in the docket of God’s judgment. Most of us will bear some title of formal authority along the way. That is always transient. Endeavor from the start to live moral authority under God and you will never find yourself running on flat tires and wondering why.

Charlie Johnston

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A SIGN OF HOPE BLOG

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Just Politics

Trinitarian Truths

Beyond the Failsafe (reposted widely on Twitter and Telegram)

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It Is the Religion of Ignorance That Tyranny Begins (6 minutes)

The World of Squirrels (3 minutes)

A Heritage Deeply Embedded in the American DNA (7 minutes)



REVEILLE

A new CORAC podcast hosted by member Joe Gallagher. Try out the first episode:

“Wisconsin Field Day” <https://corac.co/2023/08/19/a-wisconsin-field-day-back-to-basics/>



News

THE SYNOD

Novenas, fasting and intensive study are already in the works to try to protect the Church against the possible outcomes of the upcoming “synod on synodality.” (It’s a made-up word.) The intentions of the synod have already been telegraphed by the *Instrumentum Laboris*, the appointment of voting lay members, and the requested participation of clerics who are antithetical to the moral tradition of the Church. Two resources to consult:

- The letter of Bishop Joseph Strickland to the faithful of his diocese, noting the unchangeable truths of the Faith. See the full letter in the Appendix. Also available here: <https://www.bishopstrickland.com/uploads/blog/d7c560a8b8d819ad343a83ba9bbabe0d66868460.pdf>
- The new short book, “The Synodal Process is a Pandora’s Box” is 100 questions and answers about the synod. You can read it online here: <https://www.tfp.org/the-synodal-process-is-a-pandoras-box/> or buy the book here for \$11: <https://store.tfp.org/the-synodal-process-is-a-pandoras-box/>

I can’t help thinking of the 90’s comedy series “Frasier.” Creampuff Niles tries to pique the interest of his pretentious brother, who is in a bored malaise. “There’s a wonderful lecture series on the history of Modern Lecture Series” he offers hopefully.

And we’re supposed to take this “synod on synodality” seriously??

Take a look at their logo. What are we, seven? Will Bert and Ernie be there?

The Synod is due to begin October 4. Join the 54-day rosary novena that began on Sept. 27 in the Diocese of Tyler, or begin your own. <https://returntotradition.org/wp-content/uploads/2019/08/54-days-novena.pdf>



DON'T FEAR THE COMING LOCKDOWNS (the rhino is already dead)

This is an interview of Dr. David Martin, who has a clear sense of the big picture. In this interview, he covers all the deceptions we’ve been subject to over the past few years, with a good sense of what may be coming.

<https://rumble.com/v3ayta4-dr.-david-martin-dont-fear-the-coming-lockdowns-the-cabal-is-already-dead.html>

The 23-minute speech of Dr. Martin to the EU Parliament which he references is here: <https://www.youtube.com/watch?v=mfLYcFHBsro>

THIS IS AN IMPORTANT SPEECH. EVERYONE SHOULD KNOW THE CONTENTS OF IT.



COVID 2.0

Covid was never a dead issue; it was just held offstage until the global puppeteers had another use for it, or election season arrived, whichever came first. Meanwhile, the excess all-cause mortality has continued to increase alarmingly since the vaxxx rollout in early 2021. We were never out of the woods. We were just successfully distracted.

Now that the man called Biden is threatening a new set of mandates and hinting at a new vaxxx that *everyone* will have to submit to, the fight is back on. Here’s some helpful research to get us ready:

“mRNA, modRNA & Why It Matters.” Turns out that the mRNA vaxxes, which were represented to be messenger RNA, were actually lab-modified RNA and no one knows what those genetic tweaks will do in humans. This article is from Tom Renz, the attorney who brought out the devastating statistics about the damage done to our active military.

https://tomrenz.substack.com/p/mrna-and-why-it-matters?utm_source=profile&utm_medium=reader2

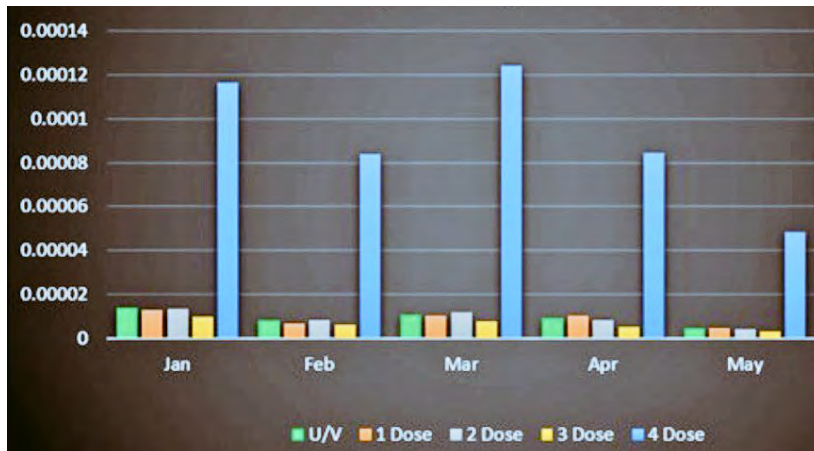
“Mask Toxicity”. The dangers of re-breathing CO2, including neuron death, learning impairment, birth defects and testicular toxicity. <https://vigilantnews.com/post/mask-toxicity-german-study-exposes-dangers-of-co2-re-breathing-neuron-death-learning-impairment>

“Disposable Face Masks” The billions of single-use masks discarded are a genuine threat. High levels of pollutants, including lead, antimony, and copper, are dispersed from the silicon-based and plastic fibers of common disposable face masks. Cancer formation is one of the greatest dangers. <https://www.sciencedaily.com/releases/2021/05/210504112637.htm>

“We Will Not Comply” If you’re in any doubt where Trump stands on lockdowns, masking or vaxx mandates, listen to this. minute-and-a-half video: “to every covid tyrant who wants to take away our freedom, hear these words: WE WILL NOT COMPLY.” <https://rumble.com/v3dhhh0-trump-hear-my-words-we-will-not-comply.html>

“They Don’t Work.” The below chart shows covid deaths by vaccination status for the first five months of this year. These are deaths in England, but a similar graph is available for nearly every country in the world. Not only did the vaxxx *not* prevent the victims from getting covid, but they had a much greater likelihood of dying with every shot they took. That fourth dose was a killer, literally. Note that these are deaths from covid only. This was no accident.

COVID DEATHS BY VACCINATION STATUS



MASKS UNMASKED

I hear many people saying they will go to jail before they’ll put a mask back on themselves or their children. It won’t come to that if we stand together in united non-compliance. With enough people refusing to comply, the push will fizzle out. Just say no. Masks are not good for your health, and they cripple natural immunity.

From [Dr. Simon Goddek](#) (PhD, Biotechnology): “I consider them to be a health hazard because the following happens when you wear a mask, from a medical point of view:

1. You breathe in your own exhaled air again. This leads to more carbon dioxide and nitrogen oxides in your blood.
2. You absorb less oxygen than usual. Oxygen is essential for all vital functions of the body.
3. Your lungs are no longer “ventilated” as they should be. This promotes lung disease.
4. If the mask is worn for more than half an hour, it will become contaminated with pathogens that you will inhale.
5. A mask cannot repel viruses.”

Do you need mega-evidence? Try here: https://c19science.info/COVID-19_Masks.pdf



BIOCLANDESTINE & THE BIOLABS

An independent journalist going by the name BioClandestine has been investigating and writing the story of the US biolabs in Ukraine from the first day Russian troops entered Ukraine. Very few other Americans are paying any attention to the story at all. The Dirty Tricks brigade in the US government is blocking all attempts of the Russian military to present the evidence, but headlines from around the world show that this evidence is being seen by just about everyone but the American public.

Here’s why: Kirillov said, “the Pentagon’s biological projects are linked to the US Democratic Party, whose leaders act as the masterminds of military- biological research and the creators of covert money-laundering schemes to benefit a narrow circle of US elites.” Read more here: <https://bioclandestine.substack.com/p/russian-mil-begin-naming-names-fauci>

From early 2022: <https://bioclandestine.substack.com/p/us-biolabs-program>



WEAPONIZATION OF COVID

Most Americans are not aware that covid and the vaxxx were projects of the US Department of Defense. When those origins are investigated, it casts the whole monstrous enterprise into a whole different light.

<https://www.conservativewoman.co.uk/how-the-us-weaponised-the-war-on-covid/>



MUGSHOT HEARD ROUND THE WORLD

Pardon my snickering, but I just love it when the malicious plans of the enemy blow up in his face. Leftists hoped to bring shame to Donald Trump by requiring his submission to a mug shot, and they couldn't have raised his popularity any more dramatically if they'd had a century to plan it.

To be clear, the indictment in Fulton County is spurious. Trump is cited for Tweeting things like, "Georgia hearings now on @OANN" and "Has anyone informed the so-called (says he has no power to do anything!) Governor @BrianKempGA & his puppet Lt. Governor @GeoffDuncanGA, that they could easily solve this mess, & WIN. Signature verification & call a Special Session. So easy!" and "Many States want to decertify the mistake they made in certifying incorrect & even fraudulent numbers in a process NOT approved by their State Legislatures (which it must be). Mike can send it back!"

He was basically tweeting a Civics lesson. It can't be election interference if it merely tells people how elections are supposed to work under our own law.

So they did it; they indicted him, arrested him, booked him and took the mugshot. They will wish they hadn't. The mugshot has endeared him to people who feel wrongly judged, unjustly condemned, never listened to by the "rich men north of Richmond." The Left just made Trump a folk hero.

<https://www.thegatewaypundit.com/2023/08/mugshot-ages-trump-delivers-master-class-art-political/>



TUCKER ON A ROLL

Tucker Carlson, cut loose from any network news outfit, continues to amaze with high-level guests who are free to speak as they wish without the plug being pulled. His interview with Trump on the night of the first Republican primary debate has now exceeded 250 million views, all over the world. The interview featured a calm, relaxed Trump, as is usual during one-on-one conversations. <https://twitter.com/TuckerCarlson/status/1694513603251241143>

Then Tucker interviewed Viktor Orbán, the prime minister of Hungary, on a trip to Budapest. Orbán is a conservative Christian ally in Europe, in a country that shares a border with Ukraine. Always edifying to see how our country is viewed from abroad: <https://twitter.com/TuckerCarlson/status/1696643892253466712>

There is serious speculation about Tucker interviewing President Vladimir Putin next. African politicians are lining up. The "real-est" news is happening on a social media channel outside mainstream media control; the balance of power is shifting. That's worth a watch. "Tucker on X" <https://twitter.com/TuckerCarlson>



SCHOOL OF TRADITIONAL SKILLS

Coming on September 11, a week-long virtual school of homesteading skills you need for an authentically self-sufficient, independent life. Beekeeping, composting, fermenting, herbal medicine, raised bed gardening, and more. Sign up for free and carve out time in the week beginning 9/11 for some great training in homesteading.

<https://schooloftraditionalskills.com/summit/#calendar-section>



RIVER OF FREEDOM

New Zealand was one of the countries most severely abused by their government during the covid hysteria, under the execrable Prime Minister Jacinda Ardern. This documentary gives Kiwis reason for pride, as courageous protestors refused to knuckle under to a hostile government. Whatever we suffered in the US, it was vastly worse down under, in New Zealand and Australia. Watch the trailer here: <https://vimeo.com/739852453>



ALTERNATIVE SHOPPING

We hate to give our money to corporations colluding to destroy our families and our country. Several platforms have been developed to migrate consumers to products that don't fund our destruction, a parallel economy. See if they work for you.

PublicSQ. I reviewed this app about a year ago, and it was mostly helpful for people who lived in cities. I see now that they have grown quite a bit, and there are even a good number of patriot-owned businesses in my little town of Tyler.

<https://publicsq.com>

Patriot Switch. Online shopping for household staples manufactured by family-owned businesses outside the mega-corporations. <https://patriotswitch.com>

The illusion of choice: There are hundreds of consumer goods brands in our country and the vast majority of them are all owned and controlled by just a handful of mega-corporations. Even when you think you are buying natural products in many cases those natural companies have been absorbed by these giant corporations.



LASAGNA GARDENING

Learn a method for large-scale soil amendment. If you live in a place like I do, with hard clay only ½-inch below the surface, you almost have to employ a method like this. Step-by-step instructions. <https://homesteadingfamily.com/how-to-use-the-lasagna-gardening-method-or-layering-method/>

NUREMBURG CODE

The covid vaxxes that were mandated in 2021 and 2022 were always sub-legal and experimental. They had *not* completed the FDA approval process and were *not* approved, only authorized for “emergency use” conditions if which no alternative treatment were available. Those conditions never existed, as physicians like Zev Zelenko, the Front-Line doctors and Peter McCullough demonstrated, with their early treatment protocols. That is why the government and the pharmaceutical industry had to disavow ivermectin and hydroxychloroquine; the fact that they worked is exactly why they had to be suppressed; otherwise the vaxx could not have been granted its “Emergency Use Authorization.”

Early on, there was discussion about the covid vaxxes violating the Nuremburg Code. The Code was adopted in 1947 by civilization after the Second World War, in which large-scale criminal medical experiments were carried out in Germany and in the occupied countries. During the Nuremburg trials of war criminals, evidence of shockingly vicious, torturous medical experiments on prisoners was shown, and steps were taken so that such horrors would not be repeated.

Thereafter, any medical experimentation had to conform to these principles:

1. **Voluntary consent.** Free and informed consent requires the absence of coercion or mandates, and sufficient comprehension to make an informed decision. All the risks, inconveniences and hazards must be made known, *the effects upon his which may possibly come from his participation in the experiment.* Remember the blank inserts in the boxes of vaxx vials that said, “This Page Intentionally Left Blank”? Remember how the VAERS reports never made it to the evening news? Ask any vaxx-accepter what the consent formed looked like; they will not be able to tell you.
 2. The experiment should yield **fruitful results** for the good of society, *unprocurable by other methods.* Yeah, ivermectin.
 3. The experiment should be based on the results of **animal experimentation** that justify the experiment. Remember that the animal trials of mRNA coronavirus injections resulted in death of the animals.
 4. The experiment should be so conducted as to **avoid all unnecessary physical suffering** and injury. Remember the videos of people who went into anaphylactic shock while they were still sitting in the chair, seconds after receiving the shot, and died.
 5. No experiment should be conducted where there is **reason to believe that death or injury** will occur. Remember all the “died suddenly” outcomes of the last two years. Remember the athletes, high schoolers, news broadcasters, stand-up comedians and small children who collapsed for no apparent reason. Remember the funeral directors who were brave enough to report the massive increase of deaths since early 2021, overwhelming their facilities. Remember the long, rubbery blood clots. Remember the spike in still-births and miscarriages, and even full-term infants born dead.
 6. The **degree of risk** to be taken should never exceed the humanitarian importance of the problem to be solved. Remember the military statistics that showed 300-1000% increases in cardiac and neurological events after vaxx.
 7. **Proper preparations** should be made to protect the subject against *even remote* possibilities of injury, disability or death.
 8. The experiment should be conducted only by **scientifically qualified** persons. Remember the pop-up test sites. Remember the storefront vaxx clinics. Remember the pharmacies who wouldn’t and couldn’t respond to inquiries of just what ingredients were in the shots. Remember the teams that were going door-to-door with the shots.
- Let the Nuremburg 2.0 trials begin, and for the sake of all that you treasure, do not comply with any new experimentation.



STAY STRONG

The World Council for Health advises you to reclaim your power in the following ways:

BE A WARRIOR, NOT A WORRIER

<p style="text-align: center; font-weight: bold; color: #0070c0;">Breathe freely</p>  <p>Boycott local businesses that enforce unscientific mask policies.</p>	<p style="text-align: center; font-weight: bold; color: #0070c0;">Keep your data to yourself</p>  <p>Do not allow yourself to be tracked and traced.</p>
<p style="text-align: center; font-weight: bold; color: #0070c0;">Do your own research</p>  <p>Disregard health guidance coming from the government.</p>	<p style="text-align: center; font-weight: bold; color: #0070c0;">Spend time with friends and family</p>  <p>It strengthens your health and heart.</p>
<p style="text-align: center; font-weight: bold; color: #0070c0;">Just say no</p>  <p>Reject untested and unproven experimental vaccines.</p>	<p style="text-align: center; font-weight: bold; color: #0070c0;">Encourage others to join you</p>  <p>Explain what it means to be a warrior, not a worrier.</p>
<p style="text-align: center; font-weight: bold; color: #0070c0;">Protect your children</p>  <p>Stand between them and the politicians, government or Big Pharma</p>	<p style="text-align: center; font-weight: bold; color: #0070c0;">Take back control of your wellbeing</p>  <p>Become your own Council for Health.</p>

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CORAC GENERAL DISCUSSION ON SIGNAL

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.

Immediate Action

USE CASH

You can never go wrong with cash; use it for everything.

ADORE JESUS

Give Jesus one hour each day, in person or with the livestream from St. Maximilian Kolbe’s chapel in Poland: <https://www.youtube.com/watch?v=KEv6oBxB7s4>



FIND LOCAL FOOD SOURCES

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



CORAC Website

Check out some of the great **NEW STUFF** listed here, and explore past articles under each topic. There is now a search function on the website, so you can type in your favorite subject and see all the items we have on that topic.

There’s a new resource on our website called **The Conversation**. This is a posting of particular topics that crop up among the specialty teams. Check out this page to see what’s being discussed: <https://corac.co/the-conversation/>

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

The national health team has produced a Functional Homeopathy series outlining treatment of common conditions. Give it a look! Other goodies: making poultices, the anti-covid cookbook, and foraging medicinal plants.

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

Tallow soap recipe, water filter recommendations and building a rocket stove. Scroll to the bottom of the Sustainable Living page for a list of recommended books to have on-hand, and other excellent websites for sustainability projects.

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

Basic electricity parts 1 & 2, shortwave listening to the CORAC Sunday netcast, protecting devices from EMPs.

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

Getting started in homeschooling, assorted topical education cards

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

Disaster deck, cards for every possible emergency scenario

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

Desmond Birch on the Grace Force podcast, “Are We In The End Times?” plus 11 weeks of Catechism classes

Prayer

SEPTEMBER PRAYER INTENTIONS

*For Charlie, his Subaru, and CORAC gathering organizers as they plan, publicize, and hold events in Arizona, California, Oregon, and Washington during September and October; and that these gatherings bear good fruit and uplift all involved

*For CORAC courage and prudence as our members may need to resist unjust governmental mandates that have moved beyond the rumor phase in some places

*For fruitful ideas and actions as CORAC members continue to Go Forth, joining together with people of other churches to do good deeds for people in their local communities

*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

*That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

*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.

Appendix



OFFICE OF THE BISHOP

August 22, 2023

My Dear Sons and Daughters in Christ:

May the love and grace of Our Lord Jesus Christ be upon you always!

In this time of great turmoil in the Church and in the world, I must speak to you from a father's heart in order to warn you of the evils that threaten us, and to assure you of the joy and hope that we have always in our Lord Jesus Christ. The evil and false message that has invaded the Church, Christ's Bride, is that Jesus is only one among many, and that it is not necessary for His message to be shared with all humanity. This idea must be

shunned and refuted at every turn. We must share the joyful good news that Jesus is our only Lord, and that He desires that all humanity for all time may embrace eternal life in Him.

Once we understand that Jesus Christ, God's Divine Son, is the fullness of revelation and the fulfillment of the Father's plan of salvation for all humanity for all time, and we embrace this with all our hearts, then we can address the other errors that plague our Church and our world which have been brought about by a departure from Truth.

In St. Paul's letter to the Galatians, he writes: "I am amazed that you are so quickly forsaking the one who called you by {the} grace {of Christ} for a different gospel {not that there is another}. But there are some who are disturbing you and wish to pervert the gospel of Christ. But even if we or an angel from heaven should preach {to you} a gospel other than the one that we preached to you, let that one be accursed! As we have said before, and now I say again, if anyone preaches to you a gospel other than the one that you received, let that one be accursed!" (Gal 1:6-9)

As your spiritual father, I feel it is important to reiterate the following basic truths that have always been understood by the Church from time immemorial, and to emphasize that the Church exists not to redefine matters of faith, but to safeguard the Deposit of Faith as it has been handed down to us from Our Lord Himself through the apostles and the saints and martyrs. Again, hearkening back to St. Paul's warning to the Galatians, any attempts to pervert the true Gospel message must be categorically rejected as injurious to the Bride of Christ and her individual members.

1. Christ established One Church—the Catholic Church—and, therefore, only the Catholic Church provides the fullness of Christ's truth and the authentic path to His salvation for all of us.
2. The Eucharist and all the sacraments are divinely instituted, not developed by man. The Eucharist is truly Christ's Body and Blood, Soul and Divinity, and to receive Him in Communion unworthily (i.e. in a state of grave, unrepentant sin) is a devastating sacrilege for the individual and for the Church. (1 Cor 11:27-29)
3. The Sacrament of Matrimony is instituted by God. Through Natural Law, God has established marriage as between one man and one woman faithful to each other for life and open to children. Humanity has no right or true ability to redefine marriage.
4. Every human person is created in the image and likeness of God, male or female, and all people should be helped to discover their true identities as children of God, and not supported in a disordered attempt to reject their undeniable biological and God-given identity.
5. Sexual activity outside marriage is always gravely sinful and cannot be condoned, blessed, or deemed permissible by any authority inside the Church.
6. The belief that all men and women will be saved regardless of how they live their lives (a concept commonly referred to as universalism) is false and is dangerous, as it contradicts what Jesus tells us repeatedly in the Gospel. Jesus says we must "deny ourselves, take up our cross and follow Him." (Matt 16:24) He has given us the way, through His grace, to victory over sin and death through repentance and sacramental confession. It is essential that we embrace the joy and hope, as well as the freedom, that come from repentance and humbly confessing our sins. Through repentance and sacramental confession, every battle with temptation and sin can be a small victory that leads us to embrace the great victory that Christ has won for us.
7. In order to follow Jesus Christ, we must willingly choose to take up our cross instead of attempting to avoid the cross and suffering that Our Lord offers to each of us individually in our daily lives. The mystery of redemptive suffering—i.e. suffering that Our Lord allows us to experience and accept in this world and then offer back to Him in union with His suffering—humbles us, purifies us, and draws us deeper into the joy of a life lived in Christ. That is not to say that we must enjoy or seek out suffering, but if we are united to Christ, as we

experience our daily sufferings we can find the hope and joy that exist amidst the suffering and persevere to the end in all our suffering. (cf. 2 Tim 4:6-8)

8. In the weeks and months ahead, many of these truths will be examined as part of the Synod on Synodality. We must hold fast to these truths and be wary of any attempts to present an alternative to the Gospel of Jesus Christ, or to push for a faith that speaks of dialogue and brotherhood, while attempting to remove the fatherhood of God. When we seek to innovate upon what God in His great mercy has given us, we find ourselves upon treacherous ground. The surest footing we can find is to remain firmly upon the perennial teachings of the faith.
9. Regrettably, it may be that some will label as schismatics those who disagree with the changes being proposed. Be assured, however, that no one who remains firmly upon the plumb line of our Catholic faith is a schismatic. We must remain unabashedly and truly Catholic, regardless of what may be brought forth. We must be aware also that it is not leaving the Church to stand firm against these proposed changes. As St. Peter said, "Lord to whom shall we go? You have the words of eternal life." (Jn 6:68) Therefore, standing firm does not mean we are seeking to leave the Church. Instead, those who would propose changes to that which cannot be changed seek to commandeer Christ's Church, and they are indeed the true schismatics.

I urge you, my sons and daughters in Christ, that now is the time to make sure you stand firmly upon the Catholic faith of the ages. We were all created to seek the Way, the Truth and the Life, and in this modern age of confusion, the true path is the one that is illuminated by the light of Jesus Christ, for Truth has a face and indeed it is His face. Be assured that He will not abandon His Bride.

I remain your humble father and servant,



Most Reverend Joseph E. Strickland
Bishop of Tyler

Newsletter 2023-17

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

The blessing that I ask is that God will grant me to be brave and strong and true.



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

Consider becoming a CORAC monthly donor: <https://corps-of-renewal-and-charity.myshopify.com/collections/donation>

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There's been a lot of talk about momentous events coming in October. Doug Barry has mentioned a few visionaries who speak of October surprises. Aside from private revelations, we have the Synod convening, second rollout of masks and vaxxes, the annular eclipse on October 14, and the inevitable defeat of the Kiev regime, which can't be kept secret much longer. Frankly, I think it's a good time to fine-tune your preps, and spend more time in front of the Eucharist.

Sheryl Collmer, editor
September 15, 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 now weathering the Storm.

Charlie has a couple of big projects up his sleeve, so he's taking a break from the usual letter that appears here each edition. Instead, an excerpt from one of his best blog posts appears below. This post was widely shared online among people who've never even heard of CORAC.

An existential conflict is near at hand – in this country and in the world. The left has decided it will lie, cheat and steal to establish the authoritarian oligarchy it wants. For our own sake and that of our children and grandchildren, we must not and will not submit. The only options left open to us now are revolution, civil war, or secession. Of course, catastrophic collapse could come before any of those options come fully into play. Heaven knows incompetent leftist policies hollow us out culturally, politically, and economically even as they crow about how wonderful everything is. Even so, the skills necessary to weather any of these eventualities are similar, if not exactly the same.

In the first place, we must be prepared for the crisis. As special soldiers forces sometimes say, “Hope is not a plan.” If an enemy is trying to kill you, hoping for the best will only get you killed. Make no mistake, the left is now glad to kill us if they can't get us to submit. Hundreds of political prisoners are being held in Washington jails. Fire-bombing crisis pregnancy centers is a matter of indifference to this federal government. We must be prepared for ever-increasingly frequent and violent deprecations by a federal occupying force that has concluded that we will not submit voluntarily so they must use force and coercion to bring us to heel.

While we must be aware of the specific outrages, if howling about them is where it both begins and ends, we are doomed. You might just as well howl that rattlesnakes bite and scorpions sting. Certainly, if you are too busy howling to put on boots, gloves and trail pants when in the desert, you are likely to get bit or stung. Get dressed for your trek and you can walk with both care and confidence. It is easy and viscerally satisfying to howl with outrage at abuses. If you are dealing with honorable people, it is often even effective. But when you are dealing with a cadre determined to seize power by any means it is not only ineffective, it can actually help enable their seizure by convincing others that they are utterly powerless to stop the assault.

Developing the habits of mind and action that will help you endure and overcome any social crisis takes a lot of work – work that is often mundane and grinding. It also takes a lot of cooperation. There is strength in numbers – and that strength is all the greater when the people involved already know and care about each other. That is why we set up the [teams at CORAC](#) the way we have. All the teams are focused on skills and knowledge that will be useful if everything miraculously smoothed out – and vital if they do not.

In the second place, we must “judge righteous judgment” (John 7:24) by exercising prudence and restraint as well as vigor and action. If all you have is a sword, and no shield, the devil owns you. You may think yourself a warrior for Christ, but what is really happening is the devil is using you to do some of his dirty work until you have played out your usefulness to him.

Then he runs his sword through you and finds another to unwittingly do his bidding. If you find yourself angry and aggressive all the time, you have entered into the service of the satan.

Fear is also a tool to destroy you. Remember, it is when fright overtook St. Peter that he began to sink beneath the waves. Have you ever made a good decision while in a state of panic? They exist, but are rare. If that is your general modus operandus, you will sink soon enough – while the devil hopes you will take a few down with you.

There are a whole host of people and organizations on the right running around like chickens with their heads cut off, in response to the assaults from the left. Which do you think is the more likely scenario: that ordinary folks, as they realize with certainty that things have taken a rottenly sinister turn in the world, are going to turn to people who have been almost as unhinged and volatile as the shrieking, aggressive left or to people who have been measured, joyful, steady, and effective? I take very seriously what I believe to be my commission to help people navigate the greatest crisis in human history up to this point. I will not degenerate into panicked shrieking. Nor will I be distracted into chopping away at the branches of our problems, when I am called to be focused on the roots.

In that regard, I spend very little time looking for enemies. In this time of naked aggression, most enemies reveal themselves quite openly. Rather I engage in a search for allies – and speak in a way that reassures potential allies that if they come to us, they will not be sent away. There is a story about Abraham Lincoln I absolutely love. Secretary of War Edwin Stanton, frustrated with Lincoln's generous temperament, exclaimed in a meeting that, "Mr. President, you must destroy your enemies." To which Lincoln replied, "Why Stanton, if I make an enemy into a friend, haven't I destroyed an enemy?"

One way or another, it is all coming down. I do not want ANYONE to dread to come to us out of fear that all they will get is an "I told you so" or a recitation of their previous sins. Lord help us, if all were to have to be reminded of their previous sins before working for the good, who would be able to stand? It is enough for me that one wants to stand now.

In that light, it is incumbent on each of us to work to see what is best in each person we encounter and appeal to that. That is not just a moral prescription, but a practical guide to coalition building. If someone is of evil will, dismiss them. But make them prove it before shaking the dust off your feet. That applies to the hierarchy in the Church, as well. I have not been shy about criticizing abuses from clerics. But what about those clerics who abuse neither Scripture nor the Magisterium nor their people? Yes, many are timid. What have we done to demonstrate to them that if they stand we will stand with them against the inevitable attacks they will attract? Even the boldest warrior, confronted by a hostile army, will quail if he turns and sees his troops are hiding. I want every Priest and Bishop I encounter to know that if he stands boldly for Scripture and the Magisterium, I will stand boldly and publicly with him, wherever the attacks may come from.

Thus, I encourage everyone to cooperate and collaborate with your Bishops and Priests, so long as they are not actively seeking to overturn Scripture and the Magisterium – and do not pretend that, if they simply disagree with you on a point, they are undermining the faith. If they are timid, well, that is not your fault. You will have the joy of knowing that, if they do act boldly in defense of the faith, you helped by showing them they had people who would stand firmly with them. Courage is contagious. Let your courage be open and without rancor and you will inspire many.

Understand that banishing fear does not mean nothing bad will ever happen to you. Bad things will almost certainly come. It is a matter of trust. When you fully put your trust in Christ, it no longer matters much what happens to you, for you are confident that whatever Christ allows to befall you, it is either for your good or that of those around you – or both. Your job is to pray and study before making a decision and then make the best decision you can. You will still make errors, but God will draw fruit from even those. Do it consistently enough and even the decisions you have to make under pressure will get better.

Finally, be rigorous in the standards you hold yourself to, and generous with everyone else. Too many people do this exactly backwards. Do not count yourself among them. If you want to do solid research, privately attack your own position ruthlessly, seeking out every credible element you can that contradicts your position. You are ready to opine on a subject when you can routinely express the opposition's position better than they can. Sometimes you will change your position. If you have rigorously attacked your own position privately, you can walk with real confidence when you proclaim publicly. Frankly, that is a big part of the secret of acting boldly without acting brashly.

Understand that a lot of good people are going to be caught up in the hysteria and tumult of the moment. While speaking boldly about what you believe to be true, do not be quick to denounce those who have let the winds and waves of the storm cause them to sink into panicked error. To do so may well hinder them from doing great work once again after the initial panic has passed.

It comes down to my most oft-repeated dictum: Acknowledge God, Take the Next Right Step, and Be a Sign of Hope to Those Around You. We are the people who do stuff. The old ways are falling away. We are called to stand in the breach. Work steadily without ceasing at this and we will, indeed, be heralds of the Triumph of the Immaculate Heart.

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>

Twigs

Just Politics

Trinitarian Truths

BRIEF UPDATES

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

It Is the Religion of Ignorance That Tyranny Begins (6 minutes)

The World of Squirrels (3 minutes)

A Heritage Deeply Embedded in the American DNA (7 minutes)

REVEILLE

A new CORAC podcast hosted by Joe Gallagher. Try out the first episode:

“Wisconsin Field Day.” You may be inspired to have a Field Day of your

own! <https://corac.co/2023/08/19/a-wisconsin-field-day-back-to-basics/>

News

THE SYNOD

Many of us have a sense of dread about the upcoming (and ridiculously named) Synod on Synodality. It's like the Pope giving an in-flight press conference: nothing good is going to come of it. It bothers me greatly that the logo is so obviously designed to portray a harmless, even childlike, activity, while harboring some of the most evil notions the Church has ever seen. (Is there a darker reason for the pre-occupation of adults with the things of childhood?)



Don the armor of God for October. The Synod begins October 4, after a retreat led by a priest who searches for evidence that that homosexual relations are Eucharistic. Any participant with a lick of sense will cancel their travel plans *now*, and save their souls as well as their dignity.

The goal of the synod is to journey toward a “synodal Church.” Whoever asked for that? What exactly does it mean? And why, after 2000 years, do we suddenly need a Church that is “synodal”, as opposed to a Church that is apostolic and sacramental? I have never once heard a single Catholic, *ever*, say, “Oh, if only the Church were more synodal!”

According to the [*Instrumentum Laboris*](#), a synodal Church is a listening Church and is attentive to the “ecological emergency.” A synodal Church is more concerned with questions and incompleteness, than with answers, as though God revealed Himself to us just so that we could live lives of restless seeking. The working draft envisions endless meetings where everyone speaks with equal authority, without regard to education, experience, ordination or formation of conscience, and no one gets to go home until a “universal consensus” is reached.

Any commercial business conducted that way would be bankrupt in a year.

There are some attractive-sounding notions in the *Instrumentum*, but they strike me as code language, given the heterodox participants who have been specifically invited to create this “synodal Church.” For example, “listening.” It certainly sounds good, and it’s a cornerstone of good personal relationships... but if the Church is stuck in an endless obligation to “listen,” when will it have time to act? And why are we “listening” to those with pronounced viewpoints that are antithetical and vicious to the received teaching of Jesus Christ? Shouldn’t we be evangelizing them instead?

I can never forget that Cardinal Pell died shortly after submitting for publication his “Toxic Nightmare” letter warning about the Synod. It was published in *The Spectator* the day after he died. Clearly it was a tremendously important subject to him. We owe it to his memory to read it again, before the toxic nightmare begins next month.

Resources to prepare yourself:

- Cardinal Pell’s last letter: The Catholic Church Must Free Herself From This Toxic Nightmare: <https://www.spectator.co.uk/article/the-catholic-church-must-free-itself-from-this-toxic-nightmare/>
- Bishop Strickland’s Pastoral Letter Ahead of the Synod <https://www.bishopstrickland.com/uploads/blog/d7c560a8b8d819ad343a83ba9bbabe0d66868460.pdf>
- The Synodal Process Is A Pandora’s Box: https://store.tfp.org/search.php?search_query=pandora%27s+box&Search=Print copy is \$10.95; ebook is free. Excellent resource.
- What You Need To Know About the Synod: <https://www.ncregister.com/cna/what-you-need-to-know-about-the-synod-on-synodality>



BISHOP STRICKLAND

It is still amazing to me that anyone in the great, wide world outside of Texas even knows where Tyler is. Bishop Joseph Strickland being one of the few bishops in the world to speak out on behalf of Jesus Christ and the unchanging doctrine of His Church has drawn the Great Eye to this diocese as surely as Frodo’s ring. It’s an apt analogy, as I believe there is indeed a battle coming. Princes of the Church are flirting with something very dangerous and ugly with the Synod.

There are approximately 5,400 bishops in the world. How is it that only a few are speaking up in the face of terrible destruction? Do the bishops, as a whole, give a fig about the Faith and the laity? Why is Bishop Strickland standing isolated among US bishops? Why is there not a line of prelates linking arms against the evil descending on the world today?

It reminds me of Uriah the Hittite, whose name can be translated, “Flame of God.” King David, the favored of God, commanded that Uriah be ordered to the front line of battle. The army would then withdraw, leaving Uriah alone facing the enemy, and certain death. This was David’s plan to cover up his own sin. You can see the parallels.

Remember when we were so concerned about the Amazon Synod, and how it looked like it would ditch priestly celibacy? We prayed a novena that Pope Francis would not adopt that position in his Post-Synodal Exhortation. And he didn’t, for which we were grateful. But it quietly ushered in things like adopting practices of witchdoctors and shamans as ministries of the Church. See what they did there? The old bait-and-switch.

Bishop Strickland’s pastoral letter on the nature of the Church, issued Sept. 5:

<https://www.bishopstrickland.com/uploads/blog/1234527a4532fdf548781e6691ddf0c20250dce1.pdf>

Bishop Strickland’s pastoral letter on the Eucharist, issued Sept. 12:

<https://www.bishopstrickland.com/uploads/blog/67add7ad3a7b5babd73ce4fadfe06fb6f36b1e8f.pdf>

Bishop Strickland will not abandon his mandate: <https://catholicherald.co.uk/i-cannot-resign-says-bishop-strickland-amid-speculation-that-pope-wants-him-out/>

Bishop Schneider encourages Bishop Strickland: https://www.lifesitenews.com/opinion/bishop-schneider-future-popes-will-thank-bishop-strickland-for-his-fidelity-to-the-catholic-faith/?utm_source=featured_news

Pray the 54-day Rosary Novena requested by the Bishop beginning on October 7: <https://www.churchpop.com/texas-bishop-calls-catholics-to-storm-heaven-in-54-day-rosary-novena-starting-oct-7/>

LET'S JUST DO IT

Everyone reading this has probably written their bishop over one thing or another, and likely not received a response. But let's give it another go. After reading any of the above-named resources on the Synod, you can see that we must do *something*.

Consider this:

One marginalized, demonized, firebrand bishop is easy to ignore and to remove, but ten, twenty, thirty or fifty good men might be enough to save the Church, as it was enough to save Sodom. For those fearful of a backlash, it doesn't have to be an endorsement of Bishop Strickland, and those who don't have time, it doesn't have to be a lengthy pastoral letter – a simple straightforward statement to the effect that regardless of what happens or doesn't happen at the Synod on Synodality, as the one given the authority to teach the Faith, the immutable, unadulterated, apostolic teaching will be preserved and protected in this diocese. Period.

Read the full article here, and please write your bishop immediately. <https://catholicstand.com/the-last-warrior-monk/>

mRNA “VACCINES”

Plenty has been said in this newsletter about the malfeasance of the mRNA vaxx project. The trend in the industry is toward mRNA platforms for *all* drug delivery, despite all the problems we saw with the covid vaxx.

Question the flu vaccines this year. Some will be mRNA; some will be the classic inactivated virus strains, but those vaccines have never been particularly successful, since they are predictively formulated. Efficacy has historically been around 15-20%. You are better off practicing nasal and oral hygiene, as recommended below.

More detail from Dr. John Campbell, UK. <https://www.youtube.com/watch?v=VUJ7pnw9F3A>

Covid vaxxes will be coming at us again this fall and winter, too. Does anyone still believe the words “safe and effective”? Find out just exactly what that means in the current profit-inebriated world of massive vaccine sales:

<https://kirschsubstack.com/p/do-you-know-what-safe-and-effective>

HYGIENE FOR RESPIRATORY VIRUSES

As Dr. McCullough has been advising for several years now, viruses can be stymied before they ever get into our cells.

Respiratory viruses enter the body primarily through the nose and mouth. If you rinse your nasal passages and mouth, you are killing the virus before it can make its way to your cells to begin replicating. Effective rinse solutions can be made with povidone-iodine (Betadyne), hydrogen peroxide, colloidal silver or xylitol (Xclear).

<https://covid19.onedaymd.com/2021/12/dr-peter-mccullough-povidone-iodine.html>

HAND-POWERED TOOLS

If you had to live without electricity for a time, do you have what you need? Some of these are obvious, like a multi-tool, but how about a grinding wheel, manual can opener and hand-cranked grain mill? <https://homesteadsurvivalsite.com/hand-powered-tools/>

USES FOR ROSEMARY

Like ginger and garlic, rosemary is a multi-purpose herb. It can soothe an upset stomach, freshen the air, repel pests and even clean the house. It's easy to grow in most places, and might be considered one of your “staple” herbs.

Uses: <https://thelostherbs.com/15-household-uses-for-rosemary-you-didnt-know-about/>

Make your own rosemary oil (easy): <https://www.wellandgood.com/how-to-make-rosemary-oil/>

Rosemary Tincture recipe: <https://simplybeyondherbs.com/rosemary-tincture/>

PURE WATER

Our small city of Tyler recently had a “boil-water advisory.” *E. coli* was thought to have been found in one of the reservoirs, so residents boiled water for several days until it was resolved. It was a good reminder that our preps are not just stuck in a closet to collect dust until some major worldwide disaster. Your preps should be easy to roll out, and many people believe that we should already be purifying our city water, regardless of any specific problems. Water is our most critical need, after oxygen.

Have your water plan in place. Here’s help: <https://corac.co/2022/01/26/water-purification/>



IN THE THEATER

Watch for these new independent films:

Route 60: The Biblical Highway, a travelogue of the “Path of the Patriarchs” in Israel, now known as Route 60. It runs from Nazareth in the north, passing through Jerusalem, to Beersheba in the south. It’s the ancient road Jesus would have walked. PLAYING SEPT 18 & 19 ONLY

<https://route60.movie>

Mother Teresa and Me: a story of two vocations, one that of a privileged Indian woman who finds herself with child, and the other that of a young Mother Teresa. A new twist on Mother Teresa’s story. Opens October 5.

<https://www.mother-teresa-and-me.film>

River of Freedom: the story of courageous Kiwis who stood up against a particularly tyrannical government during the pandemic. Only being shown in New Zealand currently, but you can watch trailers and background material here:

<https://www.youtube.com/@RiverofFreedom/videos>



CORAC GENERAL DISCUSSION ON SIGNAL

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.

Immediate Action

USE CASH

You can never go wrong with cash; use it for everything.

ADORE JESUS

Give Jesus one hour each day, in person or with the livestream from

St. Maximilian Kolbe’s chapel in Poland: <https://www.youtube.com/watch?v=KEv6oBxB7s4>

FIND LOCAL FOOD SOURCES

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

CORAC Website

There's a new resource on our website called **The Conversation**. This is a posting of particular topics that crop up among the specialty teams. Check out this page to see what's being discussed: <https://corac.co/the-conversation/>

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

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

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

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

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

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

Prayer

SEPTEMBER PRAYER INTENTIONS

*For Charlie, his Subaru, and CORAC gathering organizers as they plan, publicize, and hold events in Arizona, California, Oregon, and Washington during September and October; and that these gatherings bear good fruit and uplift all involved

*For CORAC courage and prudence as our members may need to resist unjust governmental mandates that have moved beyond the rumor phase in some places

*For fruitful ideas and actions as CORAC members continue to Go Forth, joining together with people of other churches to do good deeds for people in their local communities

*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

*That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

*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.

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

Please consider becoming a monthly donor to support the work of CORAC, which is offered free of charge:

<https://corps-of-renewal-and-charity.myshopify.com/collections/donation>



October is going to be a memorable month. There are multiple world events over which we have no earthly control... but all events yield to God in prayer. Make this month memorable for the time and zeal you spend in prayer.

Sheryl Collmer, editor

October 1, 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 now weathering the Storm.

The Plain Path

My favorite Psalm is the 27th. I love the translation from the King James Version particularly. In verse 11 it reads, “Teach me thy way, O Lord, and lead me in a plain path, because of mine enemies.”

During my pilgrimage I came to deeply appreciate that line. When you are walking with 70 pounds on your back, going downhill is almost as tiring (and a bit more dangerous) than going uphill. Your legs are tensed on the downhill because they act as constant brakes – and taking a spill is an ever-present danger. Falling with a 70-pound pack is significantly worse than an unladen tumble. I liked the 27th Psalm so much that I formed it into a pilgrimage prayer: “Lead me in a plain path, O Lord, turning neither to the left out of anger. nor to the right out of fear. Lead me in a plain path.”

In these crazy times that keep getting crazier, people are tempted by exotic explanations of how we got here. The truth is simple. We got here because we did not faithfully safeguard basic truths about what makes a culture healthy and edifying. In the ‘70s and early ‘80s, I was an enthusiastic recruit into the “sexual revolution.” What was not to like? To my credit, by my mid-20’s, I started thinking that maybe our grandparents were right in the idea of one man and one woman committed to each other for life. Raw lust, unanchored by committed love, is a dangerous, destructive thing.

Yet I never imagined my generation’s dysfunction would lead to the blasted landscape of transgenderism and perversion that young folks have to try to navigate today. We have not only destroyed a lot of people’s childhoods; now we have expanded to destroying their youth as well. I certainly loudly and publicly deplore it, but a part of my mind remembers that I helped put us on this slippery slope with the now downright innocent-seeming dysfunctions of a couple generations ago. On the one hand I deplore the toxic modern-day dysfunctions that threaten to topple western civilization, and on the other I cry, “Have mercy on me, a poor sinner, Lord,” for my contribution to the dysfunctions that started us down this road.

We are also tempted by exotic defenses against the depravity that rises against us. Here, I advocate firmly for the next right step. You can’t change where you have been – and you are where you are because of it. But you can change your heading. The only safe, reliable way to do that is with the next right step, always taken with reference to God. There is a reason why the man in the street is not eagerly invited to serve with special forces without extensive and exhaustive training. He has neither the skills nor the instincts to do the job effectively – and if he tried he would most likely get others and himself killed. If things required I go to ground off-grid and live off the land, I could do that – but only because I did it for a year and a half when all was relatively well with our culture. Even then, for the first month and a half it was very scary – because my instincts were not honed for living on the road outdoors.

A crisis will force you to learn unfamiliar skills, but it is a deadly time to try to pretend you already have skills you don’t. You have to adapt as you go. Adapting means, in part, acknowledging your failures as quick as you make them and trying a

different way. The modern mania for pretending you are right even after you know you are wrong will get you badly hurt or killed in an extended crisis. You must have some humility – which is just candidly acknowledging your limitations...and the difference between your armchair theories and reality when it asserts itself.

That does not mean you cannot develop new skills now. In fact, you can develop a whole host of them just by delving deeply into the [CORAC website](#), where we have a host of instructional videos and training materials. Even then, understand that a weekend warrior is not a special forces soldier. Experience will grow and fortify your skills if you let it. If you love your preconceived notions so much you consider new and contradictory experience to be its enemy, you won't make it.

The next right step will carry you safely through the wind and waves of the storm around us better than any other doctrine I know. You simply have to walk both humbly and confidently with God. In 1 Corinthians, St. Paul objures us to put away childish things when we are an adult. One of those childish things is pretending to prowess and knowledge we don't have. We have become very childish in modern times.

Eight months into my pilgrimage, I took a one-month break to help a legislator with a big problem back home (I had promised three officials if they got into a big jam while I was gone, I would give them a month). I was well-known in the Capitol and my "walkabout" had been the talk of the town. Everyone was asking me if it felt weird to be back driving cars, wearing a tie, and negotiating with high officials. It was not. The day I got back, I just seamlessly went to what was already part of my territory of normal life. But there was a difference. The first month and a half I had been on the road, finding new shelter every day, it had been very scary. When I went back on the road, the day I got to it, I was pleased to see that this way of living had now become part of my territory of normal life.

For most of us, after we become about 30, we quit dramatically expanding our territory of normal. Modern events will likely force us to start dramatically expanding it again. God is with us if, acknowledging Him, we commit to the next right step. But we can't expand our territory if we pretend we already know it. Things are getting scarier by the day, no doubt. But God is inviting us to relive the joy of discovery that so animated us when we were young. To be childish is to exaggerate your own prowess and knowledge. To be childlike is to trust God and delight in new discoveries. The way to be childlike without being childish is to firmly commit to taking the next right step under God.

Lead us in a plain path, O Lord.

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.

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

God's Plan Begins to Reveal Itself... If You Relax
Are We There Yet?

BRIEF UPDATES – short snippets from Charlie

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

Belling the Cat (4 minutes)

It Is the Religion of Ignorance That Tyranny Begins (6 minutes)

BE READY COALITION

BRC is an Catholic online training ground for men and women, young and old, in spiritual, mental and physical readiness. Doug Barry and his family are your trainers, in ways that sync well with the goals of CORAC. Through CORAC's alliance with BRC, you can join "Indomitable" and get an incentive gift from CORAC. Check it out here: <https://corac.co/indomitable/> Doug Barry lives what he teaches, and makes an excellent coach!



News

OCTOBER MILEPOSTS

We are living in a watershed moment in salvation history. October *must* be a month of intense prayer for our Church and our world, for the unborn, the innocent, the vulnerable who fall prey to those with evil intent. Join the 54-day Rosary Novena (elsewhere in this newsletter) beginning on October 7, visit the Blessed Sacrament on as many days of the month as you can manage, answer Mary's request to pray the Rosary every day. We who have the sacraments and know Jesus Christ are standing in the breach.



* St. Teresa was canonized at the same time as Ignatius of Loyola, Francis Xavier, and Philip Neri.

Reformers of the Church, pray for us.

THE SYNOD

Apparently some people are calling the upcoming Synod "Vatican III," which is enough to keep me up at night. We haven't even faithfully implemented Vatican II yet, reclaiming the Church from the distortions of those who pirated it for their own agendas. Facts about the upcoming synod:

- Opens Wednesday, October 4
- Closes Sunday, October 29
- 363 voting representatives, including lay people who have an equal vote with the bishops
- 14 American bishops will be included
- 5 of those bishops were elected by their peers: Broglio, Dolan, Barron, Kevin Rhoades, Daniel Flores
- The other 9 bishops were either tapped by the Pope or were included by virtue of their Curial position: Cupich, McElroy, Gregory, Tobin (the "nighty-night, baby" Tobin), Farrell, Etienne, O'Malley, Prevost, Skurla
- Non-episcopal representatives include Fr. James Martin, Fr. Ivan Montelongo, several college students, women religious and other lay people. There are representatives with LGBTQ connections, but no representatives from Traditional Latin Mass communities.

Resources to prepare yourself:

- The Synodal Process Is A Pandora's Box: https://store.tfp.org/search.php?search_query=pandora%27s+box&Search=Print copy is \$10.95; ebook is free. Excellent resource.
- What You Need To Know About the Synod: <https://www.ncregister.com/cna/what-you-need-to-know-about-the-synod-on-synodality>

SIX ESSENTIAL STATEMENTS OF THE CATHOLIC FAITH

Bishop Strickland has been working his way down a list of the Six Essential Statements of the Catholic Faith, issuing pastoral letters as needed. These are handles to hold onto, as the Synod begins its deliberations.

1. The Catholic Church is guided by truth that God has revealed to humanity through His Son Jesus Christ and the doctrine of the Church protects us from natural errors that arise in human culture. Allowing these errors to go unchecked has devastating consequences for Christian life.
2. Modernism is the term that captures the spectrum of these errors in our present world. Pope Saint Pius X addressed these errors in the early 20th Century in his encyclical *Lamentabili sane* in 1907.
3. The constant vigilance of the Church from her beginnings in the 1st Century and the rigorous conservation of the truth revealed to us by God constitute her fundamental duty to defend and transmit the doctrine of the faith without compromise or any diminishing of their force.
4. The absolute duty of the Church to guard Orthodoxy is expressed in 1 Timothy 6:20 and 2 Timothy 1:14 “Guard the deposit entrusted to you”. St. Paul gives this unequivocal significance in Galatians 1:9 “If anyone preaches to you a gospel other than the one that you received, let that one be accursed”. To fail to fulfill this duty is an absolute betrayal of Christ and His Church.
5. The teachings of the Catholic faith were not invented by the Church, they are a gift divinely revealed and ultimately completed by Jesus Christ Truth Incarnate. The Church receives the treasured truth of the faith and has the grave responsibility of guarding it, witnessing to it, mediating it, and deepening her understanding of it.
6. The joyful responsibility of the Church, the Bride of Christ, is stubbornly, uncompromisingly, and vigorously to conserve the Truth she has received and transmit this Truth, ever ancient, ever new, to every generation. The world has and will label this as intransigent and outdated, but when the world urges an easier, more relevant approach She must respond with Apostolic fervor, we cannot. Acts 4:20 “It is impossible for us not to speak about what we have seen and heard”.

More from Bishop Strickland here: <https://www.bishopstrickland.com>



THE “AMERICA’S BISHOP” PHENOMENON

Today I met a couple from Pennsylvania who drove for four days to get to Tyler for a Mass with Bishop Strickland presiding. People from other dioceses tithe to Tyler. Lay apostolates in other states who can’t get episcopal support for good projects call Bishop Strickland, and he gives his support, even when it means a tight schedule and wearying travel.

It’s clear the laity are starving for strong, moral leadership. Why in the world are lay apostolates having to go outside their own dioceses to get it? There would be no “America’s Bishop” phenomenon if all the American bishops were pastoring their flocks.

Now the bishops will be waiting to see what happens in the Synod. If it’s as subversive as some fear, a response will be required. Write to the bishops and shore them up. Let them know they have your support in speaking up for the Truth that was handed on to the Apostles.

We must build a united front.



54-DAY ROSARY NOVENA FOR CHURCH & COUNTRY

Bishop Strickland of Tyler Texas has requested the 54-day Rosary novena beginning this Saturday, October 7, to storm heaven for the Church, our country and the world. The novena will coincide with the Synod.

<https://ewtn.co.uk/chpop-texas-bishop-calls-catholics-to-storm-heaven-in-54-day-rosary-novena-starting-oct-7/>

Online instructions for the novena can be found here: <https://everydayprayerco.com/blogs/news/how-to-pray-the-54-day-novena-rosary-pdf-guide>

Or you can order the booklet here: https://www.amazon.com/Rosary-Novenas-Our-Lady-Novena/dp/150286682X/ref=sr_1_1?keywords=54+day+rosary+novena&qid=1696179136&s=books&sr=1-1

Bishop Joseph Strickland and the Diocese of Tyler
invite you to join us in prayer

54 Day Rosary Novena Oct. 7 - Nov. 30

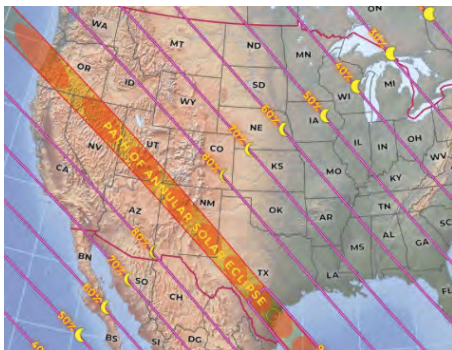


"God is love, and whoever remains in love
remains in God and God in him." 1 John 4:16



RING OF FIRE

The annular eclipse that will occur on October 14 is known as the "ring of fire" because a new moon will be seen in between the earth and sun, darkening only the center of the sun. Visible from 8 American states, from Oregon to Texas, the moon will cover about 90% of the sun along the Path of Annularity. Here in east Texas, we will see about 80% coverage. Check your own location on this map, and get ready to look up on Saturday the 14th. But don't forget your eclipse glasses, necessary for the protection of your eyes. Order now so you have them in time.



Check this article for times: <https://www.space.com/annular-solar-eclipse-2023-guide-ring-of-fire>



EMERGENCY BROADCAST TEST ON OCTOBER 4

I think this falls in the "better safe than sorry" file. Some people are warning that the EAS signal could react with nanotechnology in the body and cause harm. At the last national test, it was speculated that the government could be somehow backwriting code in our phones (that didn't happen, as far as I am aware.) It is all speculation, but it's an easy thing to turn off your phone and electronics for an afternoon. The signal should go out around 2:20 pm Eastern this Wednesday, October 4.

Dr. Lee Merritt, who I have trusted on covid matters, advises that you turn off your phone, tv and other electronics that afternoon. Go for a walk and forget about electronics for a while. See her explanation here:

<https://www.brighteon.com/692b472b-3373-40fe-9782-cfba4a95786f> (5 minutes long)

If you've been considering building a Faraday cage, this might be a good motivator to get 'er done. DIY instructions here: <https://www.askaprepper.com/10-faraday-cages-you-can-make-at-home/>



YES OR NO, HOLY FATHER?

It was made public today that five Cardinals submitted *dubia* to the Pope ahead of the opening of the Synod. The five are Cardinals Raymond Burke, Walter Brandmüller, Robert Sarah, Juan Sandoval Iníiguez and Zen Ze-Kiun. (Burke and Brandmüller signed the 2018 *dubia*, which were never answered.) The current *dubia* were sent on July 10, in private, and

received a response from the Pope on the following day. Because they judged the response to be unsatisfactorily vague, the five Cardinals reformulated their request for clarification in a format requiring simple “yes” or “no” answers, and sent it on August 21. No response has been received, so the text of the *dubia* was released to the faithful.

The average age of the five signers is 85, which is a warning klaxon to us, the faithful, that younger prelates must rise up to defend the Church.

The *dubia* asked for clarity on five points:

- Can the Church teach something contrary to what She has previously taught in faith and morals?
- Can a priest bless a same-sex union? And does every sexual act outside marriage constitute a grave sin?
- Can a synod of some selected bishops represent the supreme teaching authority of the Church?
- Does the Church have the authority to ordain women to the priesthood?
- Can a penitent with no intention of amendment receive sacramental absolution?

These are not difficult questions, but they do hold the feet of the Pope and participating bishops to the fire. If they answer in ways contradicting the clear teaching of the Church, they are exposed as betrayers the Deposit of the Faith. The need for prayers for all participants in the Synod is desperate.

Full article here: <https://www.catholicnewsagency.com/news/255534/cardinals-send-dubia-to-pope-francis-ahead-of-synod-on-synodality>. This is worth studying, as we must understand what the issues are, and what we may be called to do.



J6 NEWS

Journalist Lara Logan has begun a series, “The Rest of the Story” to chronicle some aspects of the J6 ambush. The first two episodes concern dear **Matthew Perna**, who was tormented to death by Federal authorities. He committed suicide on February 25, 2022, dying of what his loved ones described as a broken heart, a boy who’d never gotten into any trouble at all and who loved his country. Watch: <https://rumble.com/v3hqz4o-lara-logans-rest-of-the-story-docuseries.html>



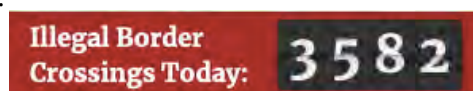
GOVERNMENT-SANCTIONED CHILD TRAFFICKING

The Biden administration is essentially running a child trafficking delivery service, according to Tim Ballard, founder of Operation Underground Railroad. The open Southern border encourages cartel trafficking, which victimizes women and children most of all. Full article and videos of Ballard’s testimony before Congress: <https://thepostmillennial.com/breaking-tim-ballard-tells-congress-biden-admin-has-become-a-child-trafficking-delivery-service>

Meanwhile, the American Catholic bishops mounted opposition earlier this year to the Secure the Border Act of 2023, thus aiding the cartels, whether by naivete or malice. <https://www.catholicworldreport.com/2023/05/08/u-s-bishops-condemn-secure-the-border-act-of-2023/>

The act which passed the House in May as HR 2, calls for resumed construction of the border wall, tightened asylum standards, criminalization of visa overstays, increased number of Border Patrol Agents, defunding of organizations receiving tax dollars to traffic illegal aliens throughout the heartland, prohibition of Homeland Security using an app to assist illegal aliens, and more. The companion bill awaits passage in the Senate.

This clock ticks up about every 8 seconds, day and night.



(10:30 am)



AT LEAST 1 IN 10

Like so many other stories that were originally dismissed as “conspiracy theory,” the idea that the government is populated, in large part, by pedophiles and Satanists is gaining awareness. It’s “fringe” when less than 1% of the people believe it, but 10% is somewhere in the tens of millions of people who say the government is in the hands of Satanic pedophiles.

<https://thenationalpulse.com/2023/06/09/at-least-1-in-10-americans-say-satanic-pedophiles-run-the-government/>



Members of the Biden administration... but I'm sure it's just a conspiracy theory.



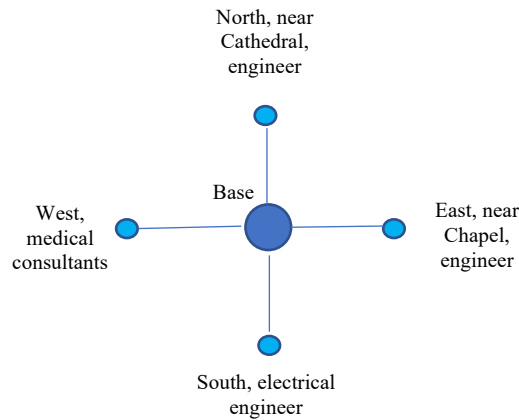
THE RADIO PROJECT

I'm a radio dunce; missing gene or something. For this reason, I've decided to chronicle my process to set up a GMRS radio network for CORAC members in Tyler. My expert advisers include Paul Allred in Dallas, Stuart Bottom in Oregon, and the rest of the Signal CORAC Comms Helpline participants who are so generous with their expertise.

If *I* can do it, *anyone* can do it. So this series can serve as a blueprint for others who feel inadequate in the radio arena. I'll make the mistakes so you don't have to.

First step: envision your network. Our plan is to use GMRS handhelds to connect members in designated parts of the city with a central base station located at my house, which happens to be on a slight elevation. It is designed like spokes in a wheel: my house is the hub, and members north, south, east and west will have GMRS handhelds. The handhelds are battery operated, and the base station at my house will have backup power. We happen to have engineers who live at propitious locations, plus a doctor and nurse practitioner on one spoke. That means critical troubleshooters in the basic design.

Basic Plan of CROSSNET



Stay tuned, so to speak. More details to come, as we test our equipment and design protocols.

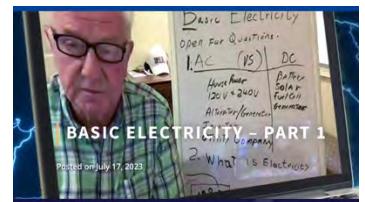
Meanwhile, let's all take the Basic Electricity course on the CORAC website to get ready.

Basic Electricity, part 1: <https://corac.co/2023/07/17/basic-electricity-part-1/>

Basic Electricity, part 2: <https://corac.co/2023/07/18/basic-electricity-part-2/>

as well as familiarizing ourselves with GMRS comms:

<https://corac.co/2022/10/09/how-to-create-an-emergency-plan-using-gmrs-radios/>



IN THE THEATER

Mother Teresa and Me: a story of two vocations, one that of a privileged Indian woman who finds herself with child, and the other that of a young Mother Teresa. Opens **this week** Thursday, October 5. <https://www.mother-teresa-and-me.film>

CORAC NATIONAL TEAMS

Is everyone familiar with the structure of CORAC's national teams? We have teams for:

- Health & Wellness
- Communications
- Sustainable Living
- Prayer
- Education

These teams include experts and interested parties from across the country, and now, around the world. I am fairly confident that the collected knowledge of these people can answer any question in their area of expertise, and they do not quit until they have. We don't have to rely on just a few people; we have whole communities with decades of experience. Questions are discussed on various Signal threads, and when there is consensus, the teams put it up on the website for everyone's edification.

If you have a question, submit it to your regional rep or regional coordinator, who will refer it to the pertinent national team. You can also join the open discussion on the CORAC General Discussion thread on Signal. Download the Signal app and register your account. Then search "CORAC General Discussion" and request to be added.

FORAGING BOOK

The national Health & Wellness team has put together a marvelous book about foraging, in addition to a video series. Foraging successfully will build your confidence, as you discover all the treasure of nutrition and healing that God has built into the world around us. If you can forage, you will not be so subject to fear about supply chain issues and inflated prices. But it takes practice and knowledge. Start with this beautiful booklet: <https://corac.co/wp-content/uploads/2022/06/hw-foraging-class1.pdf>

The accompanying video series is here: <https://corac.co/category/specialty-teams/health-and-wellness/foraging-herbal-medicine-wild-foods/>



EAT WEEDS (NOT BUGS)

Purslane is easy to grow in most areas, tasty to eat, and has multiple medicinal uses. Many consider it a weed, which implies it is useless and pesky, which is far from the truth. The leaves are full of antioxidants and vitamins, and are pleasant to the taste. You can eat them fresh in a salad or sandwich, or pickle them. It may have use in treating diabetes and asthma, and can be used topically as an anti-inflammatory.

<https://gardenerspath.com/plants/herbs/grow-purslane/>

As with all new remedies or wild foods, confirm the plant's identification before ingesting. Try a small amount first to make sure you don't have a reaction. Follow the rules set out on page 7 of the CORAC foraging booklet <https://corac.co/wp-content/uploads/2022/06/hw-foraging-class1.pdf>

- Skin test
- Tiny taste test
- Bigger taste test
- Eat a small amount, and wait 8 hours



SURVIVAL GREASE

Every garage has a can of WD-40 somewhere. Dust it off, and see what inventive uses you can make of it: insect repellent, stain remover, fire starter, waterproofer and more.

https://www.askaprepper.com/15-shtf-uses-for-wd-40/?utm_source=newsletter&utm_medium=AAP



Immediate Action

USE CASH

Pay for everything in cash only.

ADORE JESUS

<https://www.youtube.com/watch?v=KEv6oBxB7s4>

FIND LOCAL FOOD SOURCES

<https://www.localharvest.org>

CORAC Website

There's a new resource on our website called **The Conversation**. This is a posting of particular topics that crop up among the specialty teams. Check out this page to see what's being discussed: <https://corac.co/the-conversation/>

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

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

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

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

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

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

Prayer

OCTOBER PRAYER INTENTIONS

*That CORAC members experience the divine efficacy of The Brazen Serpent Prayer and related prayers: "Come, Lord Jesus, purify this food and drink and all I consume in any way. Let it lead me to strength, to apostolate, and to take the next right step; at all times, in all places, and in all situations <https://corac.co/2022/04/11/the-brazen-serpent-prayer-2/>

*For a fresh outpouring of the Holy Spirit on our lives as we strive to live the Gospel and be a sign of hope to others

*For CORAC courage, discernment, protection, and grace as our members encounter "many dangers, toils, and snares" in these days

*For fruitful ideas and actions as CORAC members continue to Go Forth, joining together with people of other churches to do good deeds for people in their local communities

*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

*That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

*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.

Newsletter 2023-19

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

I came to cast fire on the earth, and would that it were already kindled.



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

Please consider becoming a monthly donor to support the work of CORAC, which is offered free of charge:

<https://corps-of-renewal-and-charity.myshopify.com/collections/donation>

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Suddenly there are so many things of great moment happening that I dare not hold a strong opinion yet. From the last three years, I know that We the People have been the unwilling subjects of psychological manipulation, to such a great extent that it is no longer advisable to believe most that we are officially told. The bioweapons forced upon us as “health care” have turned out to be deadly. Ukraine was a front for criminal operations of the most sordid kind. The whole world has been whipped up like a meringue buttercream. Now we have Israel and Hamas thrown at us, and there are too many convenient advantages to the Deep State to swallow it all whole and undigested. From the psy-ops of the last three years, I have learned:

- Things are rarely what they seem at first reporting.
- When an argument relies heavily on emotion, I need to step back until reason ascends.
- Watch those who come speak out the loudest. Those who have sold themselves to evil are a good barometer of un-truth.

Meanwhile, innocent people are still the victims of those who would control world events, and we pray for them... and for us.

Sheryl Collmer, editor

October 15, 2023

sherylc@coracusa.com

From the cockpit of the Subaru



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

First Things

The most important tool of analysis I have developed is a devotion to what I call “first things,” fundamental principles through which everything I say or do must be vetted before I say or do them. Though this does not eliminate error and contradiction, it dramatically reduces it. A couple of basic examples to start...

God loves us and is good.

All things were made by God.

All things made by God are good.

When you start from these principles, it colors all your thinking and allows you to come up with consistent answers that, though sometimes subtle, are internally coherent.

Are there bad things in the world? Of course. Aren't these things made by God? Yes, but some are combinations by man of things that are, in themselves, good but combined in a way God does not intend. Others are bad because they are used in a way that God did not intend. Free will gives us moral agency and is one of the primary ways in which we are made in the image and likeness of God. Silly people sometimes ask why evil is allowed to exist at all if God is good. They should rather ask why God values free will so highly that he does not bar the evil that some men choose. It is because He made us to be heirs to the Kingdom - and not mere pets in His household. He is perfectly able to deal with those who abuse their free will by choosing evil at the time He has appointed.

We were made for eternity. This life is just the womb of the eternity where our real lives will play out.

All too often, people judge the good by how it affects our standing in this life. If you have internalized the reality that this life is our prelude to eternal life, you become very careful in your judgment of what the good is by what happens here. Instead, you start pondering how different events shape our lives to fit us better for eternity. Think of all the “bad” things that have

happened in your life. Then think of how many of them shaped you to be better and more in tune with God. Often, God is toughest with those who are most devoted to Him – because He knows they will take the lesson to grow more in accordance with His will for them.

Want to know why the wicked often seem to prosper? Because God knows they will NOT take the lesson and they are headed for destruction unless they dramatically change their ways anyway. Why bother with them? The gold, power and willfulness they so cherish are not even dross in the Kingdom of heaven. Yet even so, everything God does is calculated to give people opportunity to choose heaven. Thus, when a whole age has gotten shallow and materialistic, God often sends trials and tribulations that more might see that their blessings are not the work of their own hands, but of God's grace and mercy.

Seek to boil down everything you believe into first things, the fundamental principles you live by. Then live them rigorously. It works in purely temporal analysis, too.

Just two more purely temporal things:

Truth will stand the test of examination.

This entails absolute devotion to free speech. Efforts to curtail free speech are efforts to prevent examination of assertions. Supposedly noble efforts to ban disinformation are simply efforts to suppress examination of favored narratives, for fear that they cannot stand such a test. Where speech is truly free, those who express abhorrent positions discredit themselves. Speech tests are not an expression of confidence, but of cowering fear. This concerns the realm of policy and ideas: trying to color pornography and such under the color of free speech is simply trying to baptize dysfunction under a principle that does not apply. A community may choose to allow such things, but will reap the consequences for that choice.

The iron rule of human behavior and economics is that what you reward, you will get more of and what you punish, you will get less of.

Current leaders who punish initiative and productivity while rewarding sloth reveal their intellectual bankruptcy. They do the same by enabling violent crime while trying to disarm innocent people. They destroy society while claiming enlightenment and charity. These charlatans have their reward, having repudiated what God gave as their birthright.

When trying to make intellectual arguments people are all too often opportunistic in choosing what their weapons will be, choosing planks to win a current dispute that undermine their position in other areas. If you go to first things, rigorously seeking them out and living by them, you develop a system of mind, principle and action that are very difficult to assail. It is a lot of work, but if you want to build a good society, it is indispensable. Building a house is a lot of work – but is a lot more useful and defensible than the pile of lumber that forms its raw material.

Things are about to get a lot harder in this world. Fortify yourself and your family by devoting yourself to first principles, under God.

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>

The Simple Truth About Islam

Rules of Regency I, II and III

BRIEF UPDATES – short snippets from Charlie

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

A Game of Baseball (10 mins)

Blessing of the Lost Girls (10 mins)

DOUG BARRY: REVIELLE EP. 2

In Episode 2, Joe interviews Doug Barry, a long-time self-defense and Christian survival veteran. Doug is a founder of the Be Ready Coalition, and he talks with Joe about better, mental, spiritual and physical preparedness. CORAC and BRC have allied to bring members the BRC program “Indomitable.” Check it out here: <https://corac.co/indomitable/>

News

THE SYNOD

If you've been reading Cardinal Mueller, Bishop Strickland and the authors of the various *dubia*, you are inoculated against much of the foolishness going on in Rome. The Synod is ongoing until October 29, in the frightfully depressing Paul VI Audience Hall, below a questionable modern sculpture of the Resurrection (why does the Vatican commission such horrific works of art?) tricked out with banquet tables to facilitate the "listening process." I tend to think that even people in love with their own ideas will tire of the interminable "listening" well before the closing ceremonies. It may be that 25 days of sitting in a small group is its own punishment.



Though there is a semi media embargo, there are still trickles of news: both faithful and un-. Sources of the most trustworthy news would be Edward Pentin, Diane Montagna, National Catholic Register (*not* Reporter), The Catholic Thing and the Catholic Herald in the UK. All these sources are putting out current news and views on the Synod.

Edward Pentin: <https://edwardpentin.co.uk>

Diane Montagna on X: <https://twitter.com/dianemontagna>

NCR Special Coverage: <https://www.ncregister.com/topic/synod-on-synodality>

The Catholic Thing: <https://www.thecatholicthing.org/?s=synod+synodality>

The Catholic Herald: <https://catholicherald.co.uk/section/vatican/>

As of today, the Synod has been in session for 12 days. The Pope had initially imposed a "media fast," but after strong criticism, it was walked back on the second day, leaving to the judgment of each person whether or not to talk to the media. Last week, a fraternal delegate from Eastern Orthodoxy strongly refuted any similarity of the "synodality" of this "Synod" with the historical Synods of the East. The second week was said to have focused on the expansion of the role of women in the Church, with a female presider, and on "discernment" about homosexual activity and gender ideology. A commission of "experts" was chosen to write the Synthesis when the Synod concludes.

It shocked me that the term "LGBT" has been officially used by the Synod, by those purporting to be Catholic. Careful Catholics never use the alphabet soup designations because they degrade a person's core identity as a child of God. Sexual confusion or disorder can *never* be a person's identity; no more can someone's core identity be "gossiper" or "atheist." Those are things we do or errors we fall into, but not our identity. No one working within the genuine Catholic tradition would make that mistake, especially in official documents. They have tipped their hand, again.

Two weeks to go; brace yourself. And pray; nothing is beyond the Holy Spirit, and He will, no doubt, surprise us.

WHAT CAN WE DO?

Crisis editor Eric Sammons and OnePeterFive editor Timothy Flanders talk about practical things Catholics can do in response to the Synod. A Catholic response to the Synod: <https://crisismagazine.com/podcast/the-catholic-response-to-the-synod-on-synodality-a-1p5-crisis-joint-podcast>

CONFUSED AND CONFUSING

Cardinal Zen of Hong Kong joined four other cardinals in the *Dubia* released to the public just before the opening of the Synod. Just afterward, the Catholic Herald got this interview with the Cardinal on his views of the Synod, the *Dubia* and the selection of bishops in China. <https://catholicherald.co.uk/confused-and-confusing-cardinal-zen-talks-to-the-herald-about-his-ongoing-synod-concerns/>

BISHOP STRICKLAND

Maybe I'm parochial, but until some other bishops come forward as faithfully as Joseph Strickland, I will continue to feature him. Since the last edition of this newsletter, Bishop Strickland has issued two more pastoral letters: on human love and marriage. and on the error of universalism. We are holding our collective breath for the future of the Tyler diocese, and praying more novenas that I can keep up with... and the bishop serenely goes forward, doing what he was commissioned to do: teach, sanctify and govern. He enjoins us to be joyful, receive and adore Jesus in the Eucharist, love Mary and trust God. What else should a bishop say than that?

Read all his pastoral letters here: <https://www.bishopstrickland.com>



A CATHOLIC GENTLEMAN

As hard as it was for me to hear anyone speak civilly about pro-abortion Senator Diane Feinstein, Archbishop Salvatore Cordileone of San Francisco set a beautiful example of generosity and grace worth emulating. Upon Feinstein's death, the archbishop released a statement, not praising her errors, but respecting her as a daughter of God. He told one story that made even me feel a bit more kindly toward her. We need such acts of charity in our society if we are not going to fracture irreparably. <https://www.ncregister.com/commentaries/a-true-shepherd-0mv0adny>

NEWSWORTHY

Sourcing your news has never been more important, with the larger media outlets in league with corporate interests against us. Here's a new entry on my "Trusted Media" list: Jeff Childers is a Florida attorney who was galvanized into action by the unconstitutionality of mask mandates in 2020. He filed successful lawsuits against masks, vaccines, and the various travesties against J6 defendants, and he started blogging. He's a Christian, and now a thought leader. If all you read was Jeff's "Coffee and Covid," along with the Catholic "Loop," you'd get most of the relevant and truthful news of the day and save a lot of time!

Coffee and Covid: <https://www.coffeandcovid.com> You can sign up to receive his daily letter, or catch him on Telegram. The Loop: <https://catholicvote.org/getloop/> Sign up to get the daily update.

THE 10 NEWS STORIES YOU DIDN'T HEAR THIS WEEK

One more great source of news, because these days, the most important events are the ones the media deliberately hides from view. Vigilant Fox publishes a new list each week, with links. This week's list: <https://vigilantfox.substack.com/p/media-blackout-10-news-stories-they-1a5> You can sign up to get updates directly into your email box.

1000 DAYS IN THE GULAG

J6 defendant Jake Lang has now been languishing in prison for over 3 years, without trial, much of it in solitary confinement. He was 25 years old on January 6, 2021; he's now 29. The Gateway Pundit has been attentive, giving the J6'ers a voice in the press. Read about Jake's horrific milestone here: <https://www.thegatewaypundit.com/2023/10/horrific-milestone-1000-days-incarcerated-no-trial-jan/>

CIVIL WAR REMEDIES

Due to hardship, supply chain issues and the yet-future advent of "modern medicine," people in the 1860s still relied heavily on natural remedies for life-threatening conditions as well as non-critical ailments. Check out these remedies for pain relief, wound healing, gut distress and immune support. https://www.askaprepper.com/10-natural-remedies-from-the-civil-war-era/?utm_source=newsletter&utm_medium=AAP

JASE CASE IMPROVED

Jase Medical has been mentioned in this newsletter previously, as an avenue of medical preparation. They feature their “Jase Case” of five common antibiotics that could be lifesaving if medical supply chains failed. Now they have added ivermectin, scopolamine, fluconazole and several other handy medications. To order, you fill out a short medical survey which is reviewed by a physician for possible contra-indications. Once you’re cleared, the basic Jase Case can be ordered for \$270. Add-ons are individually priced; check the website. Jase will also allow you to stock up on medications you may take long-term, beyond the typical 90 days. This is for emergencies only, and not meant to replace regular medical care. <https://jasemedical.com>

FALL FORAGING

Now that the dreadful summer heat has passed, and fall “weeds” are up, it’s time to go out foraging again! Check this calendar for common edible and medicinal wild plants: <https://thelostherbs.com/foraging-calendar/> Always observe the safety protocols for foraging elaborated here: <https://corac.co/wp-content/uploads/2022/06/hw-foraging-class1.pdf>

One of the most common wild foods are acorns. Our CORAC Sustainability team has some ideas about harvesting and using these omnipresent little gems: <https://corac.co/2023/10/04/foraging-acorns/>

SNARING PROTEIN

Snaring is the foraging of the animal world. It’s always heartening to know ways to use what God has provided in nature for our survival. Since snares are indiscriminate, you would use them only knowledgeably and for survival purposes. This is a very detailed article about materials and methods, and the author makes the point that a small game snare can be scaled up to be used as a perimeter alarm for home defense. <https://www.artofmanliness.com/skills/outdoor-survival/how-to-build-a-small-game-survival-snare/>

THE RADIO PROJECT – GMRS LICENSE

Last edition, I confessed to being a radio dunce, and posted the skeleton plan of our proposed Tyler radio network. From our CORAC Comms team, I learned that it is inadvisable to operate your GMRS radios without the required FCC license. Unlike the ham radio license, you do not have to take a test for GMRS. I tasked my team to get online and get the \$35, 10-year license before we start playing radio. It’s actually very easy, but of course... it’s the government, so you have to jump through a few hoops. Here are the steps:

Get FRN – FCC Registration Number

Register a user name and password on the FCC website: <https://apps.fcc.gov/coresWeb/publicHome.do> (in the box headed “Need A User Name?”)

Once you’re in, select “Register New FRN”

Complete the FRN application form.

Record your FRN when you get it.

Get GMRS license

Log in with your username and password: <https://wireless2.fcc.gov/UlsEntry/licManager/login.jsp>

Click “Apply For A New License”

Select “ZA - General Mobile Radio (GMRS)” at the bottom of the dropdown

Answer questions (you are an individual, not an entity and you are registering for an unrestricted license.)

Enter your personal information, digitally sign and submit application.

Pay fee

Click FRN Financial

Complete payment information, along with email address

When your license arrives to your email, print it out and save.

<https://www.ruggedradios.com/blogs/news/how-to-get-your-gmrs-license>

By the next edition, I hope to have some solid information on operating the radios. (Remember, this is being written for radio newbies like me. If you're more proficient, go straight here: <https://corac.co/2022/10/09/how-to-create-an-emergency-plan-using-gmrs-radios/>)

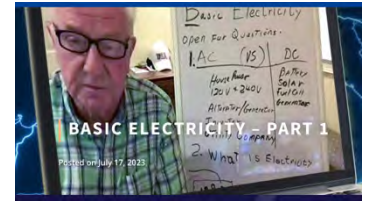
We will be using Midland GMRS handhelds, which come highly recommended by our Comms team. You can check them out here: <https://midlandusa.com>



The Basic Electricity course on the CORAC website is helpful information for newbies, too.

Basic Electricity, part 1: <https://corac.co/2023/07/17/basic-electricity-part-1/>

Basic Electricity, part 2: <https://corac.co/2023/07/18/basic-electricity-part-2/>



HOUSE PET SURVIVAL CARE

Have you considered this aspect of preparedness? Our pets keep us grounded and happy, so don't forget them! Give these ideas some thought: <https://corac.co/2023/09/28/house-pet-survival-care/>



CARE FOR THE DYING

The CORAC Prayer team leaders Sister Bear and Deacon Rick have compiled resources for families dealing with death, especially for times when a priest might not be available. Download and print out.

Catholic Prayers for the Dying: <https://corac.co/2023/10/09/catholic-prayers-for-the-dying/>

Catholic Prayers After Death: <https://corac.co/2023/10/06/catholic-prayers-after-death/>



NOT A VACCINE

I hardly need to say to this readership: don't get any mRNA shots (including flu and covid boosters.) They are *not* vaccines, never have been, and they are massively destructive. Have you noticed in your circles of friends the more and more frequent prayers for those with cancer? Dr. Ryan Cole, a pathologist whose lab surveys thousands of tissue samples per week, notes that "turbo death" is raging. These new turbo cancers don't respond to the usual therapies. This article and video might be something you show to anyone who is considering "vaccinating" themselves or their children. Be aware that the pharmaceutical companies have the stated intent of making all vaccines mRNA in the future.

<https://vigilantfox.substack.com/p/turbo-death-from-turbo-cancers-were>

Meanwhile, the rate of death from the vaxxx is now estimated at 1 death per 800 injections. With 13.5 billion doses injected around the world, that amounts to nearly 17 million deaths. We are in the middle of a genocide, and it's not in Gaza; it's all around us. We are mostly unaware because the media is steadfastly *not* reporting the massive excess mortality, the turbo cancers and heart attacks, and SADS (sudden adult death syndrome). <https://vigilantnews.com/post/author-of-bombshell-report-covid-shots-kill-1-person-per-800-injections>

Dr. Pierre Kory continues to try hard to get someone in the media to pay attention:

<https://pierrekorymedicalmusings.com/p/published-another-op-ed-trying-to>

It makes me happy to contemplate the reward that trustworthy docs like Pierre Kory will receive when God dispenses justice. I imagine a parade honoring Dr. McCullough, Dr. Kory, Dr. Bacharit, and all the others who have virtually sacrificed their careers and their lives to save humankind (and truth) in this era.

CORAC Website

There's a new resource on our website called **The Conversation**. This is a posting of particular topics that crop up among the specialty teams. Check out this page to see what's being discussed: <https://corac.co/the-conversation/>

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

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

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

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

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

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

Prayer

OCTOBER PRAYER INTENTIONS

*That CORAC members experience the divine efficacy of The Brazen Serpent Prayer and related prayers: "Come, Lord Jesus, purify this food and drink and all I consume in any way. Let it lead me to strength, to apostolate, and to take the next right step; at all times, in all places, and in all situations <https://corac.co/2022/04/11/the-brazen-serpent-prayer-2/>

*For a fresh outpouring of the Holy Spirit on our lives as we strive to live the Gospel and be a sign of hope to others

*For CORAC courage, discernment, protection, and grace as our members encounter "many dangers, toils, and snares" in these days

*For fruitful ideas and actions as CORAC members continue to Go Forth, joining together with people of other churches to do good deeds for people in their local communities

*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

*That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

*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.

Newsletter 2023-20

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

You have armed me with strength for the battle.



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

Please consider becoming a monthly donor to support the work of CORAC, which is offered free of charge:

<https://corps-of-renewal-and-charity.myshopify.com/collections/donation>



This is a meat-and-potatoes edition of the newsletter because I have been mostly off-grid on a pilgrimage for the last week. What a joy it was to take a break from emails and news, and reclaim a quiet state of mind. We all need a time-out from media manipulation and political theater, now perhaps more than ever. Give yourself that gift, if you can.

Sheryl Collmer, editor

November 1, 2023

sherylc@coracusa.com

From the cockpit of the Subaru



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

Let Your Yes Mean Yes

In Matthew 5:37, talking about oaths, Jesus commands people to let their yes mean yes and their no mean no (exact wording dependent on the translation you use). Many have interpreted this to mean it is always wrong to use deception or subtlety. Yet in the Parable of the Dishonest Steward (Luke 16:1-13) Jesus commends the dishonest steward for his shrewdness.

So what can it mean?

If, in Nazi Germany, you were hiding a Jewish family and the Gestapo came to the door and questioned you, would it be the right thing to do to deliver the Jews to their death? I should hope not.

During the Communist occupation of Poland, it was illegal for priests to have outings with young people. The young Fr. Karol Wojtyla (future St. John Paul II) often took youth groups for outings in the mountains. If accosted by Communist authorities, several of the young people would introduce Fr. Wojtyla as "Uncle Karol." Was this evasion sinful?

Confronted by King Abimalek, who was enamored of his wife Sarah, Abraham told the king that, "She is my sister." This was an evasion rather than an outright lie, as Sarah actually was Abraham's half-sister – but it certainly was deceptive.

Judith seduced the Assyrian General Holofernes in order to slay him. This stark deception made Judith a hero to Israel and was firmly approved of in the Bible.

Many great saints have been divided on the subject, [sometimes even with themselves](#).

Let me weigh in with an interpretation of my own. A person should be transparent about who they are and what they believe. During Ronald Reagan's presidency he occasionally misspoke. Even when he did, people did not hold it against him, except for the media, who called him the "Teflon President." I think the truth was very simple: it was not that lies just slid off his back, but that Reagan was so transparent in what he believed and what he was willing to fight for, that people knew what he meant and intended even when he misspoke. His "yes" consistently meant the same thing whatever the circumstances.

Even with the Iran-Contra scandal, where his subordinates surreptitiously put together a deal to trade hostages with Iran in exchange for weapons to the Contra resistance to the Nicaraguan socialists, the scandal never got the traction the leftist media hoped for. Once it came out, Reagan took full responsibility for it and agreed it was an error in judgment. The truth was, he didn't even know about it until well into the process, but he did not equivocate. People forgave him because, however grievous an error in judgment, they believed he did it in consonance with his consistent principles for freedom. It was the transparency of his motives and consistency in action that lent him the "Teflon" the press so resented.

Contrast this with Bill Clinton. Even in his most plain, declarative statements, people (even his own supporters) doubted he meant what he said. There was always the sense that you had to parse what the meaning of “is” was before you could get a handle on what he meant or intended. It drove the press nuts that he rarely got the benefit of the doubt in the meaning of what he said. Perhaps his most prominent nickname was “Slick Willie,” for his penchant to obscure his real purpose in soothing rhetoric that tended to conceal, rather than reveal, his purpose and intentions.

The great saints and theologians have never come to a single conclusion – and neither have I. But I think that a transparency of mind and purpose in your lifestyle goes a long way to making your yes mean yes, even if at times you use deception and subtlety. I know that if someone’s life depends on it, or if it is to expose a great evil, I will use deception if I can think of nothing else. I’ll take my chances at the pearly gates.

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 GLOBAL MEETING

This Sunday, November 5, Charlie will lead the next CORAC global meeting. 3:00 pm ET, 2:00 pm CT, 1:00 pm MT & Arizona, and Noon PT. He will lay out the direction CORAC is taking, and then entertain questions and discussions.

Link to join on Zoom or call-in: <https://corac.co/event/corac-global-online-meeting-2/>

A SIGN OF HOPE BLOG

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

What Is Truth?

The Devil Is In The Details

Welcome to Armageddon

BRIEF UPDATES – short snippets from Charlie

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

A Game of Baseball (10 mins)

Blessing of the Lost Girls (10 mins)

CHATTING WITH CHARLIE

Latest edition of Q&A with Charlie Johnston

<https://corac.co/2023/10/24/7-questions-no-6/>

News

THE SYNOD

I've been amazed at how even well-informed Catholics don't know, and frankly don't care, about the Synod. I wish I didn't care, but it's like dismissing the World Economic Forum because it meets in Switzerland. It may be a distant entity, but its deliberations affect nearly every part of our lives and our futures. Same with the Synod. Yes, it's foolish and tedious and the major players are unsavory, but their deliberations will affect all of us. We ignore it at our peril.



If you haven't been following the "synod" reporting this month and just need to catch up, I'd recommend listening to (1) Raymond Arroyo's interview of Fr. Murray; and (2) Eric Sammons' wrap-up.

(1) The World Over. Raymond Arroyo interviews Fr. Gerald Murray the week before the conclusion of this chapter of the "synod" <https://ewtn.co.uk/vod-the-world-over-october-26-2023-synod-2023-winds-down-fr-gerald-murray-with-raymond-arroyo/>

(2) Eric Sammons' wrap-up of the "synod": <https://crisismagazine.com/podcast/stumbling-on-the-synodal-path>

The Papal Posse wrap-up. The Catholic Thing has been reporting steadily on the Synod's workings. <https://www.thecatholicthing.org/2023/10/31/podcast-a-first-look-at-the-synods-final-report-with-fr-gerald-murray/>

My commentary on the sentimental "synod" in Crisis: <https://crisismagazine.com/opinion/sentimentalists-go-to-rome>

The English text of the official Synthesis Report. Warning: it is long, and full of Synod-speak: <https://www.synod.va/content/dam/synod/assembly/synthesis/english/2023.10.28-ENG-Synthesis-Report.pdf>

The Pope's speech to the Synod. Yes, this is the one in which he expresses horror at young priests shopping for vestments: <https://www.catholicnewsagency.com/news/255817/pope-francis-speaks-at-synod-on-synodality-clericalism-defiles-the-church>



ANTI-GLOBALIST ALLIANCE

This week in Rome, on the heels of the tedious Synod, the Rome Life Forum is meeting. This flagship conference has been held annually since 2014, and has included blockbuster speakers like Burke, Brandmüller, Schneider, and de Mattei.



This year, the theme is "**An Anti-Globalist Alliance: Resetting the World in Christ.**"

Thank God! People of influence are talking about this! It was two years ago, on November 18, 2021, that Archbishop Viganó issued his letter "...calling upon rulers, political and religious leaders, intellectuals and all people of good will, inviting them to unite in an Alliance that launches an anti-globalist manifesto..."

Among the speakers this year addressing that theme are Cardinal Gerhard Müller, Bishop Joseph Strickland, Michael Matt, and of course John-Henry Westen, co-founder and editor of LifeSiteNews, the primary sponsor. Until now, most people, at least in the Western countries, would have thought that Viganó's letter was oozing conspiracy and paranoia. Two years later, we see that he was precisely accurate.

Some excerpts from Viganó's letter:

Fundamental rights, which up until yesterday were presented as inviolable, have been trampled underfoot in the name of an emergency: today a health emergency, tomorrow an ecological emergency, and after that an internet emergency.

This global coup d'état deprives citizens of any possibility of defense, since the legislative, executive, and judicial powers are complicit in the violation of law, justice, and the purpose for which they exist.

It is the Great Reset of the World Economic Forum, the Agenda 2030 of the United Nations. It is the plan of the New World Order, in which a Universal Republic enslaves everyone and a Religion of Humanity cancels Faith in Christ.

*In the face of this global coup d'état, it is necessary to form an **international Anti-Globalist Alliance**, which gathers all those who want to oppose the dictatorship, who have no intention of becoming slaves to a faceless power, who are not willing to cancel their own identity, their own individuality, their own religious faith.*

Full text of Viganó's original letter here: <https://www.thegatewaypundit.com/2021/11/huge-exclusive-archbishop-carlo-maria-vigano-calls-people-faith-unite-worldwide-anti-globalist-alliance-free-humanity-totalitarian-regime-video/> Or watch the video here: <https://www.youtube.com/watch?v=RMNZG1CXW3U>

The proceedings of the 2023 Rome Life Forum are ongoing at this writing, so the videos have not been yet posted online. I will link them in the next newsletter, or you can watch for an announcement at: <https://romelifeforum.com>



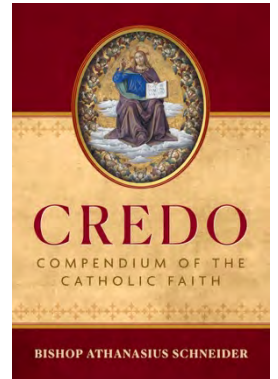
CREDO

Last week, Sophia Institute Press launched *Credo*, a compendium of the Catholic Faith, written specifically for our time by Bishop Athanasius Schneider. In his forthright style, Bishop Schneider brings forward the Catechism of Trent, updated with answers to questions we ask in the 21st century. The section on Freemasonry has received especial praise from advance readers.

The launch event in Rome, hosted by Diane Montagna and featuring Cardinal Sarah and Robert Royal, along with Bishop Schneider, was recorded, and is worth a watch: <https://www.youtube.com/watch?v=m2MUarExQCc> It was a 2-hour event, so you may want to skip around, or listen to it while walking. I would listen to Cardinal Sarah any time, any place and in any language. His very voice is a meditation.

Order *Credo* here: <https://sophiainstitute.com/promo/credo/?add-to-cart=197463>

Ever since the current pope made free to change the Catechism of the Catholic Church at his own whim, it has felt less than completely solid. It's like a dam that someone took one brick out of; the whole structure is less stable. So I can't wait to dive into *Credo* with a bishop fully committed to the Magisterium.



MEMORIZING SCRIPTURE

After reading the novel *Into The Catacombs* by Paul McCusker, it occurred to me that one of the best things we can all do to prepare for the future is memorize Scripture. Scripture that lives in our heads becomes more powerful; it stands at the ready for times of need. When we give it a home in our lobes and fissures, it literally becomes part of us.

I started with the Book of Psalms. Pick your favorite; maybe one of the Gospels, or Proverbs. Here are practical tips to get started memorizing Scripture: <https://www.thenivbible.com/blog/10-tips-memorizing-scripture/>



HIDEY HOLES

Here are some ideas of where to stash valuables. Of course, since these ideas are on the internet, there's no guarantee that vandals wouldn't check exactly these places, but this will get your imagination started.

https://www.askaprepper.com/burglars-never-check-these-secret-hiding-places/?utm_source=newsletter&utm_medium=AAP



DEVELOPMENT OF DOCTRINE

Bishop Strickland published an excerpt from St. Vincent of Lerins, to teach people what true development of doctrine looks like. This is our inoculation against any innovative ruptures that might be coming out of Rome, trying to justify themselves as legitimate development of doctrine. <https://bishopstrickland.com/blog/post/a-timely-and-important-message-from-st-vincent-of-lerins>



THE 10 NEWS STORIES YOU DIDN'T HEAR THIS WEEK

The October 29 edition from Vigilant Fox: <https://vigilantfox.substack.com/p/media-blackout-10-news-stories-they-1c1> I'm reprinting this week's Ten below, but if you go to the link above, there's bonus material.

[#10 – 97% of scientists don't agree on 'climate crisis.'](#)

[#9 – EU politician makes bold statements about Donald Trump.](#)

[#8 – Tucker Carlson declares, "The whole George Floyd story was a lie."](#)

[#7 – Man gets dragged out of Hillary Clinton rally for asking about Bill Clinton's trips to Epstein Island.](#)

[#6 – Big Pharma doesn't want you to know that statin drugs are impairing brain function.](#)

[#5 – New research finds heart anomalies within 48 hours after the COVID-19 shot.](#)

[#4 – Florida Surgeon General drops eye-opening revelations on Biden admin's booster push.](#)

[#3 – Swiss banker calls for arrest of Bill Gates and those responsible for "democide."](#)

[#2 – Whistleblower reveals startling data linking tens of thousands of New Zealand deaths to the COVID jobs.](#)

[#1 – Pfizer hid nearly 80% of COVID-19 vaccine trial deaths from regulators in order to qualify for Emergency Use Authorization.](#)

SOMETHING NEW UNDER THE SUN

Don't dismiss it too quickly; it has potential: a musical treatment of the Nativity story.



The Christmas story is so joyful, it may be entirely proper to sing and dance to it! There is also humor and drama, and of course, the shadow of the Cross is not absent. Director Adam Anders says he composed on his knees, and stayed true to the Biblical narrative, while adding a few flourishes. I haven't seen it yet, but I'm hopeful. I've watched the classic Christmas movies until I can recite them by heart. I'd be elated to find something new and truly good.

Watch the trailer here and see what you think: https://www.youtube.com/watch?v=Nb_G8libVzQ

Theatrical release begins next Friday, November 10. It will be in theaters for a week, pending initial box office counts.

Purchase tickets here: <https://tickets.journeytobethlehemmovie.com>

THE WELLNESS COMPANY'S EMERGENCY KIT

The Wellness Company is a multi-function group addressing the issues of we who do not trust the medical industry like we used to. Dr. Peter McCullough and Dr. Harvey Risch are founding board members and part of the medical staff. You can get regular consultations, supplements, and their emergency kit, which contains 5 antibiotics, plus Ivermectin and several others. You must complete a medical history questionnaire before ordering; cost is \$300. This kit is similar to the Jase Case, but includes a few extras. <https://www.twc.health/products/emergency-preparedness-kit>

THE RECEIPTS PODCAST

The Catholic Accountability Project has just begun this podcast "because every Catholic deserves the truth." There is one episode that investigates the Catholic Church's response to covid.

https://www.receiptspodcast.com/?mkt_tok=NDI3LUxwFUS0wNjYAAAGPBTVM_brNwc1zsQpDLozyovRcW6O6QHf7CGZntmwxKbCTVb25JdhqN6moku_NHpiANlm2Cuj8fkv_EgKOJT8voIyog-fAMz30PuMqNmM

RUN WITHOUT RUNNING

Personally, I love running but I can't run as easily as I used to, and some people have never enjoyed running. This exercise leader shows how you can get some running benefits with three simple floor exercises done in 10-12 minutes. It's so critical to strengthen the body, especially as we age: <https://www.youtube.com/watch?v=rVSyf-PP0e0>

Physical fitness is more important than ever in times of stress and challenge.



GETTING OUTSIDE

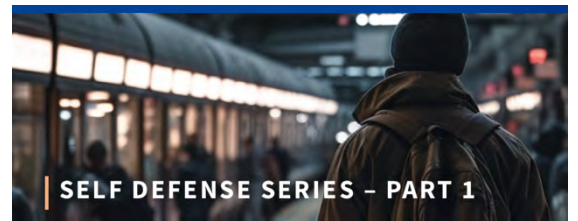
Check out 5 benefits of getting outside. Our physical health must be protected and nourished. <https://corac.co/2023/10/10/5-benefits-of-getting-outdoors/>



PRINCIPLES OF SELF-DEFENSE

The first episode of this new CORAC series is up on the website! Todd Heaton, a Catholic self-defense professional, leads this series. To approach this subject from a truly Catholic perspective, is invaluable.

<https://corac.co/2023/10/23/principles-of-self-defense-series-part-1/>



CORAC Website

Check out the website! There is so much there that will be a surprise to you. Items are being added all the time. Start at the home page and go from there, or zero in on your specific interests.

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

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

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

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

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

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

Prayer

NOVEMBER PRAYER INTENTIONS

*As we move through what Charlie has identified as Armageddon ~ the long-foretold decisive battle between good and evil, happening now ~ that CORAC members will acknowledge God, take the next right step, and be a sign of hope to those around us

*For the spiritual gift of discernment, that we be able to distinguish truth from falsehood or error and act accordingly

* For continual trust in God's Divine Providence and his infinite mercy in these times of uncertainty

* That through Our Lady's Rosary, the Flame of Love, other Christian devotions, and Jewish prayer forms, all of our loved ones will return (or come to) the fervent and joyful practice of our Judeo-Christian faith as quickly as possible

* For healings and restoration to occur for all who are sick and battling disease in the body or mind, healing that will defy medical rationale and can only be explained by the healing power of our Lord, the Divine Healer

*That our daily spiritual journeys to holiness be nourished by God's abundant grace: for more focused meditations, more pointed fasting, and more selfless charity to others ~ all to honor God's great love for us!

*That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

*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.

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Newsletter 2023-22

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

Bear your share of hardship for the gospel with the strength that comes from God.



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

Please consider becoming a monthly donor to support the work of CORAC, which is offered free of charge:

<https://corps-of-renewal-and-charity.myshopify.com/collections/donation>



In both spiritual and secular realms, we are more battle-ready when we clearly see the tactics of the opposition. This newsletter will focus on the spiritual, trusting that all of you are accessing reliable independent journalists for secular news. (If not, check the Ten News Stories You Didn't Hear This Week in this issue.)

Sheryl Gollmer, editor

December 1, 2023

sherylc@coracusa.com

From the cockpit of the Subaru



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

Chosen...for WHAT?

There is a pronounced savagery in human nature. You can see it even in a couple of toddlers fighting over a plastic truck. "Mine!" one will shout, just before the other clouts him upside the head wailing the counter-argument, "Mine!"

In the ancient world this innate savagery took on some very dark forms indeed, when combined with religious sentiment. Religious sentiment is natural. People long to know where we come from and to what purpose. But without knowledge and given our savage nature, it quickly degenerates into raw tribalism.

It is not just us who long to know our origins: our Creator wants us to know Him as well. So, in the ancient world, He chose one of the various tribes striving for dominance to carry His word and His nature to an otherwise savage world. He entered into a covenantal relationship with Israel for this purpose – to bring the knowledge of Him to the world. He had chosen individuals before for this task. Neither Abraham, nor Jacob, nor Job was Jewish. But He had never called an entire tribe to serve Him intimately.

Many people treat the idea of being "chosen" as a sort of Divine Teacher's Pet which makes them special and exempt from consequences for their own bad behavior. A reading of the Old Testament ought to disabuse them of that notion but somehow, it does not. One who is chosen is special and, indeed, privileged. But it is a covenantal relationship which imposes great responsibility. If the "chosen" one abdicates – or never even considers – the grave responsibility He has been entrusted with, his consequences are usually more – not less – dire than someone who was not chosen in the first place.

When I expressed my bewilderment at the need for animal blood sacrifice, my friend and CORAC leader Steve Baker pointed out to me that the ancients frequently practiced human sacrifice, even infant sacrifice, to appease their image of gods that were even more savage than they themselves were. Animal sacrifice was a huge step towards acknowledging the dignity and primacy of man. It was from the Jews that we learned that, in the beginning, God created man in His own image. The revulsion among Jews at the idea of human sacrifice was not just a repudiation of raw savagery, but a nascent understanding of the nature of God.

Among the Greeks and Romans, the pantheistic gods they served were seldom as savage as those of some of the more primitive tribes, but their gods were scheming, manipulative, dishonest beings of great power. It was from the Jews that we learned that God is a just God, not a manipulating conniver like the Greeks and Romans worshipped. It was from the Jews we learned that God is One, not a conniving race of beings of vast and capricious power. This is for what they were chosen: to live according to God's word and display His reality to a world broken by sin and savagery.

Then came the Incarnation – again from the Jews. Jesus Christ is God, the Eternal Son, who chose to take on our humanity, to become part of our family that, after His resurrection, we might become part of His Divine Family. Before departing at the Ascension, Christ set up a Church and gave rules for its governance, knowing from the start that some of those who would claim to lead in His name would be unworthy.

That was part of the reason why He chose Judas from the start. So we would know that He knows...and in times of trial would trust that He will prevail despite the depredations of men who have a form of godliness but deny the power thereof. This was an amazing and radical departure from any church that had gone before it. There were no regional or ethnic qualifications required to be fully grafted into this Church. All that was required was that one follow Christ's teaching and confess Him as Lord. We went from savagery to tribalism to a universal call to salvation to the entire family of man. As John's Gospel says from the very first chapter, "...to all who received Him, who believed in His name, He gave power to become children of God." (John 1:12)

Human nature is still savage. Those today who pride themselves on their tolerance and compassion busy themselves arguing that people who disagree with them should be put in re-education camps – and argued not long ago that anyone who did not get the untested shots they tried to mandate should be denied medical care. I have heard very few apologize now that it is known that the shots killed many and are causing a lot of serious health problems. That is because the tolerance and compassion are just a pose, a flimsy camouflage over a generation that clutches power to itself shouting, "Mine!" They are just savages with a PR plan.

Yet many who have been chosen through Baptism to bring Christ to the world are not behaving much better. They ignore altogether the obligation they have while smugly claiming privileges that they have abdicated. This is why I get so angry when people engage in triumphalism or kid themselves that they will be protected from the darkness by rapture or angels leading them to refuges. God chose you to bring His light to the world. Do it – and do not think He is going to look at your abdication as a virtue to be rewarded. When He chose you, He expected a return on His investment.

God has expectations of us. We are His chosen. Try to live up to those expectations by bringing others to the light instead of just asking the Almighty to smite them. If the latter is all you have, what an unprofitable servant you have been!

It is our great privilege to be chosen. Whether we will maintain that status depends on how well we live the responsibility it entails.

Charlie Johnston

CORAC is a grassroots organization dedicated to the traditional values of faith, family and freedom.

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>

Cast Into The Deep

The Mission of Christ

The Strickland Saga

CHATTING WITH CHARLIE

Latest edition of Q&A with Charlie Johnston

<https://corac.co/2023/10/24/7-questions-no-6/>

News

BISHOP STRICKLAND

The Bishop has re-formatted his website <https://bishopstrickland.com> to conform to his new situation as a teaching bishop without a diocese. You can find his pastoral letters and messages, social media feed and links to his new YouTube channel there.

Watch the first YouTube message on Bishop Strickland's new channel here:

<https://www.youtube.com/watch?v=28oQUiWJ17M>

The Road Ahead: Five Questions with Bishops Strickland and Schneider:

<https://www.complicityclergy.com/2023/11/24/watch-five-questions-with-bishop-strickland-and-bishop-schneider/>

Two steadfast bishops discuss the state of the Church, and what we can do.



A TOAST TO BISHOP STRICKLAND

This week, Bishop Strickland celebrated his anniversary of episcopal ordination. To commemorate the occasion, an anonymous Catholic wrote the following:

A Litany of Thanksgiving from Catholic America

- Thank you, Bishop Strickland

- For pointing us to Jesus all the time, first and foremost
- For your honesty and for challenging us to speak the Truth, who is Christ
- For urging us to pray to Jesus' mother, Our Lady, for help
- For having the courage to challenge your brother bishops
- For speaking always about Jesus' Sacred Heart and the Immaculate Heart of Mary
- For your example of obedience
- For your charity even during personal attacks
- For talking about your flock and declining to abandon it
- For being a humble man from East Texas and not being ashamed of it
- For having the audacity to stand with our Lord in the streets of Tyler for all the world to see
- For taking up your cross and being joyful during the carrying of it
- For asking people for prayers
- For being a good steward and manager of the Tyler diocese
- For not being cowed by naysayers
- For asking Catholics to not leave the Church
- For sharing with us the thoughts you have during your meditations on the rosary
- For raising up strong priests

- For being approachable
- For your smile and kind words
- For your laughter and sense of humor
- For helping save babies and families from the horror of abortion
- For supporting the Latin Mass
- For perpetuating the practice of Eucharistic Adoration
- For having Eucharistic processions
- For saying the rosary with us
- For supporting priests and sisters who had no place to go
- For attracting us to a life — a life lived like Christ

All praise be to God for gifting us Bishop Joseph Strickland.



THE PASSION OF THE CHURCH

US Grace Force hosts Daniel O'Connor talking about the Passion of the Church.

<https://usgraceforce.com/grace-force-podcast-episode-221-bp-strickland-now-is-the-passion-of-the-church/>

Bishop Strickland's first pastoral letter after his removal, referencing the Passion the Church is undergoing. The full text of this letter appears in the appendix to this newsletter.

<https://bishopstrickland.com/blog/post/letter-to-the-faithful-november-272023>






INDULGENCES

Many Catholics have never been catechized about indulgences, which received a black eye during the Protestant Rebellion. Indulgences are powerful gifts to us! Learn all about them here:

<http://indulgencecooperative.org/index.asp>

A plenary indulgence removes all temporal punishment from birth until the moment the indulgence was earned. It renders a soul as if newly baptized.

The three constants of plenary indulgences are confession, communion and prayers for the Pope. With an indulgenced act such as visiting a church on its titular feast day, praying the *Te Deum* on the last day of the year, or praying the Way of the Cross on Good Friday. There are many more, and the value of a plenary indulgence is nearly unimaginable, removing all suffering due to sin.

		
Go to Sacramental Confession	Receive Eucharistic Communion	Pray for the Pope's Intentions
Good for several plenary indulgences. Must be done 20 days before or after the prescribed work.	Preferably done on the day of the prescribed work.	One Our Father, and one Hail Mary can satisfy this requirement. Preferably done on the day of the prescribed work.



THE 10 NEWS STORIES YOU DIDN'T HEAR THIS WEEK

[#10 - Natural immunity proves to be seven times more protective than vaccinated immunity.](#)

[#9 - Business Insider theorizes what happens if Donald Trump dies.](#)

[#8 - UK data unveils alarming increase in cancer deaths among young people.](#)

[#7 - Native American group sues NFL team owner over Redskins name change.](#)

[#6 - Tucker Carlson warns the upcoming year will be particularly chaotic, unlike anything the country has gone through.](#)

[#5 - Police officer convicted of killing George Floyd gets stabbed in Federal prison following the Supreme Court's decision not to hear his appeal.](#)

[#4 - Pfizer 'knowingly distributed' adulterated drugs to children, according to unsealed legal action.](#)

[#3 - Populist wave sweeps across the Netherlands. Voters choose to "get their country back."](#)

[#2 - Moderna gets caught spying on your vaccine discussions online.](#)

[#1 - Javier Milei stuns the world in landslide victory as Argentina's next president, a triumph propelled by his continual humiliation of liberal ideology.](#)

See more at Vigilant Fox's Substack: <https://vigilantfox.substack.com/p/media-blackout-10-news-stories-they-e8d>



WHAT ABOUT THE CHILDREN?

Federal whistleblowers testified before Congress about the tragic situation of children exploited by our own government agencies. Yes, I know, I don't want to watch it either, but we owe it to the children. We'll never be able to stop the evil if we are unaware of it. "Where Did the Children Go?" a 40-minute video of the whistleblower testimony. <https://www.americasfuture.net/where-did-the-children-go/>



TRUST YOUR GUT IN 2024

Tucker Carlson gave a 30-minute talk at Risk On 360! Conference last week. He believes next year will be like nothing we've ever seen before and he urged people to stay strong and continue to speak the truth even when it is polarizing or difficult. He suggests several things that can help us keep anxiety in check.

<https://townhall.com/tipsheet/saraharnold/2023/11/22/tucker-carlson-issues-a-grim-warning-for-the-us-in-2024-n2631558>



RADIO

If you have a shortwave radio and need to practice tuning, don't forget the Sunday night netcasts.

<https://corac.co/wp-content/uploads/2023/10/corac-radio-network-schedule-update.pdf>



SUGAR BEET MOLASSES

Beet sugar molasses are a simple way to obtain a very concentrated (and thus efficiently stored) sweetener that is shelf-stable pert near forever, from a renewable resource that's way easier and cheaper than keeping bees. Beet molasses are extremely high in iron (for those who might be anemic) and B-vitamins (which everybody needs).

<https://corac.co/2023/11/22/homemade-vinegar-sugar-beets-discussion/>



CATHOLIC CHRISTMAS GIFTS

You're buying gifts anyway; you might as well make them reminders of the Catholic faith!



Reversible scarf \$25. Nice and warm.
From St. Benedict Center in Massachusetts.
Check out their website, True Devotionals.

<https://shop.saintbenedict.com/viva-cristo-rey-reversible-scarf/>



Catholic Coffee, \$15-17. Roasted in North Carolina
Cleverly packaged with patron saints, like St. Therese French Roast and Our Lady of Mount Carmel Salted Caramel.
Ground or whole bean

<https://www.catholiccompany.com/coffee-brands-locally-roasted-c6530/>



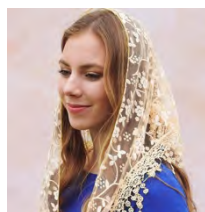
St. Michael Defend Us t-shirt \$22
Men's sizes S-XL

<https://www.7point62design.com/products/st-michael-defend-us-7-62-design-premium-mens-t-shirt?pos=1&sid=1c9fc00d0&ss=r>



Cast bronze keepsake box \$55
Six inches

https://www.amazon.com/dp/B00BAYJC3Q?psc=1&ref=ppx_yo2ov_dt_b_product_details



Chinese Blossom Veil \$17

More women are veiling these days, at both Latin and Novus Ordo Masses.
Veils By Lily has veils at multiple price points. The one pictured is at the low end.

<https://www.veilsbylily.com/chinese-blossom-veils/>



God's Superheroes
Inspirational children's books \$16 each
For children ages 8 – 12

[Boys](#)

[Girls](#)



God's Brave Boy and Glorious Girl
Board books for toddlers \$15 each
For ages 0 – 6

[Boys](#)

[Girls](#)

CORAC Website

Items are being added all the time. Keep exploring!

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

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

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

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

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

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

Prayer

DECEMBER PRAYER INTENTIONS

*For the prompt-enough prudent development of the CORAC Defense League, using trained personnel both at the local level to defend our communities, and at the national level to develop and share strategies

*That all people of good will draw closer to Christ ~ the Way, the Truth, and the Life ~ during these days of confusion and persecution occurring even within religious institutions

*That all of our loved ones will return (or come to) the fervent and joyful practice of our Judeo-Christian faith as quickly as possible

*For healings and restoration to occur for all who are sick and battling disease in the body or mind, healing that will defy medical rationale and can only be explained by the healing power of our Lord, the Divine Healer

*That our daily spiritual journeys to holiness be nourished by God's abundant grace: for more focused meditations, more pointed fasting, and more selfless charity to others ~ all to honor God's great love for us!

*That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

*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!

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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.

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An Open Letter to the Faithful from Bishop Joseph E. Strickland:
(November 27, 2023)

As I am sure you have heard by now, I have been removed as Bishop of the Diocese of Tyler. I was asked to meet with the Apostolic Nuncio to the United States, and in that meeting I was read a list of the reasons I was being removed. I would make these reasons available to you if possible; however, I was not given a copy of this list at that time, and I have not been able as of yet to obtain a copy despite my requests.

In the reasons that were read to me, no mention was made of administrative problems or mismanagement of the diocese as the reasons for my removal. The reasons given seemed to be related, for the most part, to my speaking the Truth of our Catholic faith, and to my warnings against anything that threatened that Truth (including things that were being brought up at the Synod on Synodality). Also, mention was made of my not walking alongside my brother bishops as I defended the Church and her unchangeable teachings, and of my not implementing the *motu proprio Traditionis custodes*, which were I to have implemented, would have required me to leave part of my flock unfed and untended. As a shepherd and protector of my Diocese, I could not take actions which I knew with certainty would injure part of my flock and deprive them of the spiritual goods which Christ entrusted to His Church. I stand by my actions as they were necessary to protect my flock and to defend the Sacred Deposit of Faith.

This is the time for everything now covered to be uncovered, and everything now hidden to be made clear. In fact, it was in a time when things were being hidden regarding disgraced now-former Cardinal Theodore McCarrick and the Church sex abuse scandal that it seems I first entered the Vatican's radar. My main crime, then as now, seems to always have been about bringing to light that which others wanted to remain hidden. Sadly, it now seems that it is Truth Himself, Our Lord Jesus Christ, that many desire to be hidden.

Although I am now without a diocese, I am still a bishop of the Church and therefore a successor of the apostles, and I must continue to speak Truth even if it requires my very life. I want to say this to all of you today – DO NOT ever, ever leave the Church! She is the Bride of Christ! She is now undergoing her Passion, and you must resolve to stand resolutely at the Cross! It is important to attend Mass every Sunday and as often as possible, to spend time in adoration, to pray the Rosary daily, to go to confession regularly, and to call always upon the saints for assistance! I urge you to persevere that you might say in the end, “I have fought the good fight to the end; I have run the race to the finish; I have kept the faith.”

May Almighty God bless you, and may our Holy and Blessed Mother intercede for you and point you always to her Divine Son Jesus as we enter this Advent season.

I remain your humble father and servant,
Bishop Joseph E. Strickland

Newsletter 2023-23

18208 Preston Rd Suite D9-552, Dallas, TX 75252
He who obeys Me dwells in security, in peace, without fear of harm.



Read this newsletter in PDF format for greatest clarity.

If CORAC has provided value to you this year, please consider making a donation. We provide everything free of charge, but rely on donations to pay expenses.
<https://corps-of-renewal-and-charity.myshopify.com/collections/donation>



This will be the last newsletter of the year, as we move toward Christmas. It's hard to do serious research in this season, so I'll keep it short and light. Merry Christmas; see you next year, when we will have exciting work to do!

Sheryl Gollmer, editor
December 20, 2023
sherylc@coracusa.com

From the cockpit of the Subaru



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

Back to the Manger

A little over 2,000 years ago the world was groaning in misery and despair. Not all were obviously miserable. The elites were doing just fine, thank you - at least in terms of the things and power they held tightly to themselves. But the great mass of people had few things, no power, and little hope. They were scarcely more than cattle, to be manipulated, abused and scorned at the whim of the elites. This was not in one country, but throughout the world.

The Jews taught a theology that gave hope of transcendent meaning, but Israel was held captive by Rome – and Jewish leaders were far too busy currying favor with the Roman overlords to pay much attention to Jewish teaching or the needs of the Jewish people.

Ordinary Jews could only hold onto the slim hope of ancient prophecies which foretold a coming Messiah who would one day redeem His people and wipe away all their tears. The rest of the world had not even that. There were only the elite and the enslaved, all desperately trying to scabble together some amusement and pleasure before the darkness of the tomb overtook them.

Then came one December 25th and the first great global revolution. At first it was only noticed by a few shepherd boys, alerted by an angel, and some obscure scholars from the east, alerted by an equally obscure celestial display. It started with the birth of a Child in a lowly manger.

It was certainly a slow-motion revolution. Completely hidden for almost 30 years, the early years of that Child's public ministry were an annoying irritant to both the Jewish leadership and the Roman overlords. But the man, Jesus, was picking up followers, people in whom He had sparked new and vibrant hope that life was much more than just a desperate scabble for power and things – a game they were not even invited into.

It infuriated many authorities that Jesus was convincing this rabble that they were important and beloved in God's eyes. So they did what most elite classes do when their primacy is challenged: they executed the man, Jesus.

For a few days this seemed to be the end of it. But then the tomb was found empty and great crowds reported sightings of Jesus teaching again throughout Judea. The disciples who had been in hiding in the first few days after His Crucifixion suddenly were preaching boldly again in His name, filled with the conviction that this was not the end, but the beginning. Jesus had not just conquered the Roman occupation; He had conquered death itself.

For several hundred years the Romans tried to suppress the movement, persecuting Christians wherever they found them. But like a balloon held beneath the water, they would not stay submerged. As Rome quietly became dependent on Christians to help care for the poor and sick, the Empire finally succumbed and declared Christianity a favored religion. The religion spread throughout the known world, spawning a great Western Civilization that progressively insisted that man is not made for bread alone, but to serve God by serving and caring for each other.

In the process, all nations who came sincerely to the man, Jesus, found prosperity and meaning in their lives. The rough edges remained: man will not be perfected on this side of the veil. But it was firmly established that the purpose of government is the good of all the people, not just the powerful elites – and that any legitimate government derives its just powers from the consent of the governed.

Now we are faced with a new global crisis. Once again a small cadre of elites seeks to impose its will on all people using means both fair and foul (but mostly foul) to refuse accountability to the people they are called to serve. They cagily declare all their depravities to be for the “common good” even as they enrich themselves and declare all dissenters to be enemies of the people. We who are genuinely Christian are not the aggressors in this godless battle for rule, but we are not without blame. All too often our only reflections on the manger have been sentimental and superficial. We have entered into the corrupt bargain of overlooking the sin in our neighbors provided they overlook the sin in us. We find ourselves swimming in a cesspool of sin.

From a temporal standpoint, just as it was a little over 2,000 years ago, the powers arrayed against us are too strong and orchestrated to overcome. But if we take to heart the image of that manger and the teachings of the man-God who emerged from it, we are unstoppable. We must care for each other, care for the sick, bind up the wounds of the injured, and commit our whole substance - not just our surplus - to accomplish it. We must live the Gospel every day of the week, not just for an hour on Sunday. It must fill our lives and animate our decisions. If we are once more to be a holy people, we must each decide to live holiness as best we can, neither excusing our sin nor being discouraged by its persistence.

In doing so, we will live a New Advent, looking back to the manger that we have neglected, just as the ancients, groaning under sin and oppression, looked forward to it. When we do that with our whole hearts, the Lord of Hosts will abide with us, with results as startling and improbable as in the First Advent. Those who put their hope in the things of this world – which are always passing away – cannot hope to overcome those of us who put our hope in the eternal Kingdom -which will never pass away.

We hold in our hands the power to spark the second great global revolution of charity and brotherhood. To do so simply requires that we deny ourselves, take up our cross, and follow the same Master who sparked the first global revolution. Let us turn our faces resolutely toward Bethlehem.



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 – Analysis and reflections from Charlie Johnston

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

Journey Back to Bethlehem

Three Crises

Cast Into The Deep

REVEILLE – In-depth interviews with special guests

<https://corac.co/reveille-2/>

Kyoshi Scott Maczuga Interview on Christian Warriors

Jesse Romero Interview on Defense

BRIEF UPDATES – Charlie’s short reflections on video

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

What a Glorious Christmas!

Dare Greatly

Leave the Gun; Take the Cannoli

News

BISHOP STRICKLAND

America’s “cancelled” bishop has been on retreat for several weeks. Upon his return, he published *A Letter to My Brother Priests*, which is now on his website, <https://bishopstrickland.com>. He urges priests to become more Eucharistic and Marian, just as St. John Bosco did. You can read about Bosco’s dream of the twin pillars of Mary and the Eucharist here: <https://www.catholiccompany.com/magazine/vision-john-don-bosco-two-columns-mary-eucharist-5978> Bosco’s dream envisioned a dangerous, storm-tossed time, and I think we’re there.



LATEST WHIPPING FROM ROME

In what feels like serial punishment from the Vatican, *Fiducia Supplicans, On the Pastoral Meaning of Blessings* specifically for homosexual couples and irregular unions, was published on December 18, with the approval of the pope. Good luck getting through this self-contradictory declaration from Cardinal Fernández: https://www.vatican.va/roman_curia/congregations/cfaith/documents/rc_ddf_doc_20231218_fiducia-supplicans_en.html It basically affirms the traditional teaching on marriage, while allowing actions that undermine the traditional teaching on marriage. That is a particular strategy, to affirm one thing in action and the opposite in words. It’s been done multiple times in this papacy.

The 2018 book *The Dictator Pope* gives an explanation of this strategy: “He is Juan Perón in ecclesiastical tradition.” Perón’s signature style was to agree with everyone, even in direct contradiction. For example, as President of Argentina, Perón closed the country to Jewish refugees during and after World War II. But then he would allow a boatload of Holocaust survivors for the good press, while granting entry to hundreds of Nazi war criminals escaping justice. He played both sides. His yes didn’t mean yes, and his no didn’t mean no.

You can see Perónism on display in *Fiducia Supplicans*. Cardinal Fernández, a fellow Argentinian, is the prefect for the Dicastery of the Doctrine of the Faith. He was actually under investigation for his theology by the former CDF, and may have an axe to grind now that he holds power. He proves to be a willing protégé of the pope in the art of double-speak.

Video commentary of Robert Royal and Fr. Gerald Murray:

<https://www.thecatholicthing.org/2023/12/18/podcast-will-the-church-now-bless-same-sex-couples-with-fr-gerald-murray/>

Thorough explanation and background on the Declaration from The Pillar:

<https://www.pillaratholic.com/p/fiducia-supplicans-what-does-it-say>

Commentary from Fr. Thomas Weinandy on The Catholic Thing:

<https://www.thecatholicthing.org/2023/12/19/gods-blessings-and-magisterial-teaching/>

Bishop Strickland asks for all bishops to present a united front:

<https://www.complicitclergy.com/2023/12/18/watch-bishop-strickland-urges-brother-bishops-to-say-no-to-francis-blessings-of-homosexual-couples/>



THE 10 NEWS STORIES YOU DIDN'T HEAR THIS WEEK

[#10 - Alex Jones makes a series of terrifying predictions coming to the West.](#)

[#9 - John Kerry farts loudly while lecturing about reducing emissions.](#)

[#8 - Tucker Carlson explains why you'll never get an apology for what happened during COVID. #7 - Super scary "white lung disease" turns out to be an adverse event of special interest in Pfizer's COVID-19 vaccine documentation.](#)

[#6 - Vivek Ramaswamy calls the climate change agenda a "religion" and a "hoax" — and proves Nikki Haley doesn't know basic Ukraine geography.](#)

[#5 - 49-year-old develops severe heart problems after new 5G antenna installed.](#)

[#4 - Robert Kennedy Jr. unmasks the 'principal villains' behind the COVID cover-up.](#)

[#3 - Slovakia shocks the world: new prime Minister rejects signing the WHO pandemic treaty.](#)

[#2 - Hunter Biden indicted on multiple felony tax charges, including "office expense" deductions for "over-the-hill" strippers.](#)

[#1 - NZ whistleblower arrested for exposing the truth about the jabs: here's the data they don't want you to see.](#)

The Ten Stories series has become so popular, you can now listen to it on video:

<https://vigilantfox.substack.com/p/media-blackout-ten-news-stories-they>

See more at Vigilant Fox's Substack: <https://vigilantfox.substack.com>



THE HONG KONGER

The trial of Catholic pro-democracy activity Jimmy Lai began this week in Hong Kong. The Chinese Communist Party shut down his newspaper and arrested him three years ago, attempting to make an example of those who speak out for freedom. Lai has many supporters in the United States, who nevertheless have little hope for the fairness of his trial. Cardinal Joseph Zen and Jimmy Lai are good friends, and face similar tribulations in China.

National Catholic Register: <https://www.ncregister.com/blog/cardinal-zen-and-jimmy-lai-holy-warriors-who-need-our-prayers>

Catholic News Agency: <https://www.catholicnewsagency.com/news/256298/trial-begins-for-jimmy-lai-hong-kong-catholic-activist-imprisoned-for-3-years>

EWTN: <https://www.youtube.com/watch?v=9JJ77mA4mU0>

A feature film about Jimmy Lai: <https://www.youtube.com/watch?v=8YwotPHoNm8>

CHRISTMAS COCKTAIL

Here's something to dress up your holiday party or dinner: the Kir Royale. It's a beautiful jewel-tone red, and it's got backstory for a conversation starter.

Kir is named after Canon Felix Kir, a Catholic priest in France during World War II. When the Nazis occupied Burgundy, they stole the cherished red wine, the pride of the Burgundian region and their livelihood. Canon Kir restored the spirits of the people when he took the local white wine and mixed it with Crème de Cassis, made from black currants, creating something that at least *looked* like the celebrated Burgundy wine. The encouragement of the people helped them resist despair under occupancy. The good Canon also helped prisoners escape from a nearby Nazi POW camp, for which he received the Legion of Honor award.



Add 2-3 teaspoons Cassis first to the glass, then fill with champagne or sparkling white wine. Make garnish by impaling a cranberry on the stem of a rosemary sprig. Cheers!

CHRISTMAS MOVIE

I would never have called it a Christmas movie, but it looks like *The Shift* might survive in theatres until Christmas. It's no "Wonderful Life" by a mile; it's different, thought-provoking and a little weird. If you need a change of pace from holiday sugar, this might do you. It's Angel Studios' first original production, though it's not a typical religious movie. I tell you more in this review: <https://truthforsouls.com/2023/12/08/shifted-on-the-shift/>

CORAC Website

Items are being added all the time. Keep exploring!

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

The team has just put up a ton of new information, including help for bedwetting, severe knee pain, hypoxia, where to buy essential oils, and much more. Check it out!

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

New items include powering a well pump, respiratory disease in dogs and cloth diapers.

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

New items include CB radios and a discussion of antennae.

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

See the "education cards," general guidelines and tips for a variety of homeschooling topics

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

See the "Disaster Deck" for solutions to a wide variety of scenarios

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

A good resource to print out is "Catholic Prayers for the Dying."

Prayer

DECEMBER PRAYER INTENTIONS

- *For the prompt-enough prudent development of the CORAC Defense League, using trained personnel both at the local level to defend our communities, and at the national level to develop and share strategies
- *That all people of good will draw closer to Christ ~ the Way, the Truth, and the Life ~ during these days of confusion and persecution occurring even within religious institutions
- *That all of our loved ones will return (or come to) the fervent and joyful practice of our Judeo-Christian faith as quickly as possible
- *For healings and restoration to occur for all who are sick and battling disease in the body or mind, healing that will defy medical rationale and can only be explained by the healing power of our Lord, the Divine Healer
- *That our daily spiritual journeys to holiness be nourished by God's abundant grace: for more focused meditations, more pointed fasting, and more selfless charity to others ~ all to honor God's great love for us!
- *That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries
- *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.

Newsletter 2024-1

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

<https://corps-of-renewal-and-charity.myshopify.com/collections/donation>



Read this newsletter in PDF format for greatest clarity.

Everyone says 2024 will be a wild ride, and I, for one, am excited! Didn't you always want to go on the biggest, scariest roller coaster at the fair? Wasn't the longest line always for the "E" ticket rides? The merry-go-round is a luxury, as long as the devil has so much power. We were made for the Comet Coaster at this time in history.

Everything we've learned in the past goes on steroids this year. All the stops will be pulled out before November, so keep on using cash, consulting independent journalists, and praying like your life depends on it. Strap in and let's roll in 2024!

Opinions expressed in this newsletter, unless otherwise attributed, are my own.

Sheryl Gollmer, editor

January 18, 2024

sherylc@coracusa.com



From the cockpit of the Subaru

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

What Is Changed?

Nothing is changed and everything is changed.

The fall of the Roman Republic was cushioned by preserving the forms of freedom while draining those forms of all substance. The people still had senators and representatives. They could still speak. But their representatives and their speech were powerless against the imperial will of the emperor. Many did not figure out all they had lost until the cynical Emperor Caligula contemptuously appointed his horse to the Senate.

The most effective way to deprive a people of something they cherish is to preserve the little rituals surrounding that object while removing the reality of the object. Even some serial killers take great pains to soothe and mollify their intended victims, the better to take them suddenly with little fuss.

There is an obverse to this, too. If you want to introduce an offensive innovation to which people object strenuously, carefully reaffirm the substance of community values while introducing the form by which you would subvert those values. This brings us, of course, to *Fiducia Supplicans*, the Vatican's careful preservation of the definition of marriage as between one man and one woman while expanding how blessings can be offered. Amazingly, while emphasizing the traditional definition of marriage, the Vatican now approves of exactly the form that would be used to bless illicit unions.

The response of clerics throughout the world has, roughly, fallen into three categories. The smallest, but perhaps most enthusiastic response, has been from homosexual activists and their allies who have exuberantly asserted that homosexual couples may now have their relationship blessed. The majority of Bishops have noted that, while couples of any stripe may now be blessed, it still applies to each, individually, because the definition of marriage has not changed a whit. The blessing can only apply to the individuals because it would be impossible to bless a sinful union. This majority is right, of course, but not on as firm a ground as they would like to be. For many of them it is a form of passive resistance, hearing only the reaffirmation of settled doctrine while ignoring the mutilation of form.

That can be an effective strategy. During the Cuban Missile Crisis, Soviet Premier Nikita Khrushchev had sent both a very inflammatory and a conciliatory message to the United States. While the cabinet puzzled over how to respond

to this, Atty. Gen. Robert Kennedy was reputed to suggest that the president respond to the conciliatory message while ignoring the inflammatory one, which is exactly what Pres. Kennedy did. It worked – and successfully began de-escalating the crisis.

A very large number, though not a majority, of Bishops have [engaged in active resistance by rejecting the document altogether](#) – including almost every Bishop in Africa. These Bishops recognize that *Fiducia Supplicans* is a transitional document, setting the table for overt blessing of disordered unions sometime in the future. It is important to note that both those Bishops who have chosen passive and those who have chosen active resistance are objectively accurate in their assessments. This is a dispute about tactics, not substance. The only clerics who are objectively wrong in their interpretation of the document are those who enthusiastically insist they are now able to bless irregular unions.

Priests have always been able to licitly bless any individual, even an Adolf Hitler or an Al Capone, for an individual blessing is a call to greater Christian fidelity in that person. Priests are also able to bless groups, but that is a bit trickier – for the blessing implicitly encompasses whatever it is that unites that group. Thus, Priests will gladly bless a meeting of Alcoholics Anonymous or almost any recovery group, for it is a call to greater growth in their stated purpose. They will bless a group of Missionaries getting ready to go forth. Any group whose purpose is to do something good to grow in holiness and order will be easily and quickly blessed. But few, if any, Priests would bless the Man-Boy Love Assn. or a convention of contract killers, for they know, instinctively, that a group blessing implicitly encompasses the purpose of the group. The immediate peril of this document is that it robs blessings of their efficacy. When you say that you can licitly bless couples in an illicit union because the definition of marriage is unchanged - so it doesn't mean anything - you imply that blessings, themselves, don't mean anything.

The grave danger for this Vatican is that this document has united the overwhelming majority of Bishops throughout the world into resistance, whether passive or active. While not quite the 'Bud Light-Dylan Mulvaney' moment for the Vatican, it neatly sets the stage for that moment.

Those who say this changes nothing about the definition of marriage are right. Those who say this changes everything about the meaning of blessings are also right. As Charles Dickens once said, "It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair..."

Above all, it is a time of great confusion – perhaps intentionally so. Whether choosing to hunker down and wait for the confusion to pass or to act now to put an end to the confusion, the great majority of the Bishops of the world have decided that the confusion shall not long stand. Christ reasserts Himself in His Church – and the darkness shall not prevail.

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>

Charlie's putting out some great analysis and forecasts lately!

REVEILLE <https://corac.co/reveille-2/>

Jesse Romero and Scott Maczuga on Christian warriors. This is great stuff!

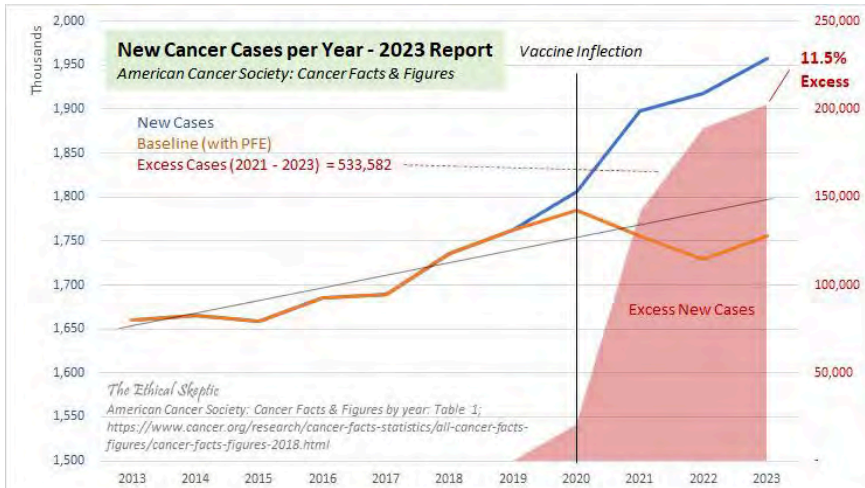
BRIEF UPDATES – Charlie's short reflections on video

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

News

VAXX DAMAGE IS NOT OVER

Yes, I'm tired of hearing about it, too, but it's not over by a long shot. It is, in fact, getting worse. Excess mortality has been high and climbing ever since early 2021, when the shots were rolled out and all the propaganda ramped up. Instead of gradually settling back down, the all-cause mortality curve has continued to rise, a full three years after the vaxx campaign began. The covid vaxx has caused harm to cardiovascular, neurological, and immunological systems, as well as causing fast turbo-cancers that don't respond to treatment. How do we know it's the vaxx? The numbers jumped after a population-wide event in early 2021, and it wasn't Tampa Bay winning the Super Bowl.



One chart showing the effect on cancer cases. The charts for cardiovascular, neurological and all-cause are similar.

The **Number 1** cause of non-COVID natural death right now is coded "Unknown." But we do know.

A new article on LifeSiteNews addresses one aspect of the vaxx crime: <https://www.lifesitenews.com/news/new-study-highlights-the-silent-global-scandal-of-excess-deaths/>

PROOF OF VAXX DEATHS

One of the hardest-working investigators and truth tellers about the Vaxx is Steve Kirsch. In the following article, he uses data from Health New Zealand to estimate that there is about 1 death in 1000 due to the shot. The data of four other countries, including the US, support his conclusions. https://kirschsubstack.com/p/data-from-us-medicare-and-the-new?utm_source=profile&utm_medium=reader2

TURBO CANCERS

These are fast-acting cancers that are resistant to known therapies. Read more about them, and how you can help the people in your life who have taken the vaxx. <https://www.twc.health/blogs/news/top-doctor-explains-why-turbo-cancer-rates-are-likely-to-get-even-worse-2>. There are actually some things that can help, if you can persuade your vaccinated loved ones to try them. Unfortunately, taking the shot seems to have made people unyielding in their belief that the vaxx is effective against covid, and not harmful in the long term.



15 COVID CONSPIRACY THEORIES THAT ARE TRUE

Vigilant Fox recently put out a list of “conspiracy theories” that turned out to be real. It’s healthy to be a conspiracy theorist. See the full list with links here: <https://vigilantfox.substack.com/p/15-covid-conspiracy-theories-that>

The list includes proof that Ivermectin is effective against not only covid, but cancer; masks actually increased the risk of contracting disease; natural immunity is 7x more effective than the vaxx against covid; email proof that the Biden White House purposefully hid vaccine harms from the public; hospitals murdered covid patients; Pfizer hid vaccine deaths in order to get the Emergency Use Authorization; modRNA does in fact alter the genome; and billions of DNA fragments per dose have been discovered in the Pfizer and Moderna shots.



HEALTH CARE AT HOME

There are now two organizations that will allow you to stock up on prescription medications ahead of any supply chain crisis. You pay out-of-pocket, but honestly, I am more than happy to use my health care dollars *outside* of any insurance system or government agency. Both emphasize that they are not substitutes for regular medical care.

Jase Medical, first on the scene, sells a handy case of 5 common antibiotics <https://jasemedical.com/case> after you complete a health screening. You can also get up to a 12-month supply of critical meds that you couldn’t survive without, like insulin for diabetics. With the purchase of the Jase Case, you can also add on additional meds like Ivermectin. See a full list here: <https://jasemedical.com/case-add-on-medications>

I have the basic Jase Case, \$270, and have used it.

The Wellness Company is a broader health care approach. You can purchase emergency meds, but you can also get a one-time consult with a high-level doc for \$60, or regular consults with their monthly subscription service. Their medical board includes Drs. Peter McCullough, Harvey Risch and Heather Gessling. You can also get supplements and articles on many topics related to health, including nutrition. <https://www.twc.health>

I have just ordered the TWC Emergency kit, \$300, which includes 5 antibiotics as well as Zofran and Ivermectin.



THE VATICAN SIDESHOW

Who can keep up with the declarations, clarifications, and threats of further declarations that will require further clarifications? There seems to be a strategy: the Vatican puts out so much heterodoxy that people can’t keep up. The whole “contextual theology” has slipped under the radar, as the uproar over *Fiducia Supplicans* takes center stage. This strategy will destroy trust in the doctrinal aspect of the Church for some time to come.

To think that the beautiful office formerly occupied by Cardinals Ratzinger and Mueller now houses a dabbler in theology who boasts his pornography in theological terms, is almost more than I can stomach. Fernandez and Rupnick are only the flavors of the month in a long line of unsavory clerics protected by the man in charge.

Leila Miller in Crisis calls them dirty old men. <https://crisismagazine.com/opinion/lets-call-out-dirty-old-men-again>. I think every girl can intuit what men are safe, and what men, dangerous; girls instinctively avoid dirty old men. You can see it in some photos of Biden with young girls, the way they shrink away from him.

When it comes to the current Vatican, I shrink away. Goodness and wisdom are not going to suddenly fall out of the mouths of unrepentant deviants. Years ago, I determined who I could trust in the Church, and I am calmly watching them, not the clown show. I include Cardinals Sarah, Burke, Mueller, and Bishops Strickland and Schneider as trustworthy shepherds.



J6

Many of the political prisoners have now spent 1.000 days in jail, some in solitary, some still waiting on their Constitutional Sixth Amendment “right to a speedy trial.” Many have taken plea deals, just to get home more quickly, though they are not guilty. The videos that would prove exculpatory for many have still not been released. It is a travesty from start to finish, but the truth is slowly leaking out.

A new film, “J6: A True Timeline,” uses video footage with timestamp to establish what actually happened and when. <https://open.ink/collections/j6>. It’s an hour long.

The filmmakers say we should be asking these questions:

- How did protestors die and why?
- How is the government misrepresenting "restricted area" to convict Americans?
- How many protestors really knew they were entering restricted areas?
- Do Americans know the Capitol police were told prior to Jan. 6 not to use munitions on the crowds?
- Were the police prepared to handle the crowds that day?
- What really happened at the "tunnel" on Jan. 6. and how did Roseanne Boyland die?
- Why did Officer Byrd shoot Ashli Babbitt when she was flanked from behind by Metro police?
- Why are police heard on videos saying they were "set up?"
- Why does whistleblower Tarik Johnson say that Capitol Police intelligence officer Yogananda Pittman is [largely responsible](#) for the chaos on Jan. 6, not former President Donald J. Trump?



LIBRARY CORNER

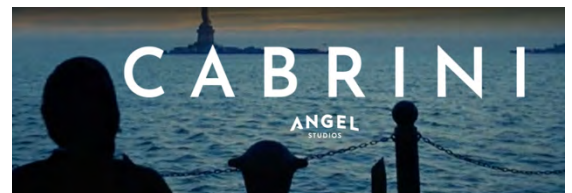
As the curator of our parish library, I am coming into contact with some outstanding books. Allow me to share some of the most interesting I’ve seen lately:

- *Credo* by Bishop Athanasius Schneider. Very clear, faithful, unapologetic catechism of our faith.
- *He Gave Us So Much* by Cardinal Robert Sarah. A tribute to Pope Benedict XVI.
- *Murder in the 33rd Degree* by Fr. Charles Murr. The investigation into Freemasonry in the Vatican.
- *That Was Father Stu* by Fr. Bart Tolleson. The real story written by a close friend.
- *The Last Mass of Padre Pio* by Alessandro Gnocchi. Padre Pio and the new and old liturgy.
- *Vatican Confidential* by Cardinal Gerhard Mueller. Reflections on the past twenty years in Rome.
- *Who Believes Is Not Alone* by Bishop Georg Ganswein. A memoir of service to Pope Benedict XVI
- *Voyage to Alpha Centauri* by Michael O’Brien. Science fiction with a Catholic edge.



MOTHER CABRINI COMING SOON

Angel Studios is bringing out another film for those who want their entertainment to inspire, and not just titillate. St. Francis Cabrini, who built the Catholic hospital system in America that has now been so compromised, is the shining star of this film. And maybe we need a dose of her courage and compassion to restore a civilization of love in this new world. The film will arrive in theatres on March 8.



Watch the trailer here: <https://www.youtube.com/watch?v=uuFkt3w-7kI&t=1s>



THE 10 NEWS STORIES YOU DIDN'T HEAR THIS WEEK

[#10 - WEF warns Disease X “could result in 20 times more fatalities than the coronavirus pandemic.”](#)

- [#9 - Nancy Pelosi issues cryptic message about Donald Trump's chances of winning.](#)
- [#8 - Scientists warn the latest COVID variant could trigger a “heart failure pandemic.”](#)
- [#7 - Kentucky Senator Rand Paul breaks his silence on the 2024 Presidential Race.](#)
- [#6 - Shocking engagement reveals how far Canada has fallen.](#)
- [#5 - German truckers team up with farmers to raise hell over disappearing fuel subsidies.](#)
- [#4 - Astrophysicist drops a nuclear bomb on the entire climate change narrative.](#)
- [#3 - Epstein documents reveal alleged sex tapes that clearly identify Bill Clinton’s face.](#)
- [#2 - Stunning evidence of voter fraud comes to light after statewide investigation in Michigan.](#)
- [#1 - Bret Weinstein and Tucker Carlson expose the truth about the COVID shots and WHO’s evil plan for humanity.](#)

The Ten Stories series has become so popular, you can now listen to it on video:

<https://vigilantfox.substack.com/p/media-blackout-10-news-stories-they-4a3>

See more at Vigilant Fox’s Substack: <https://vigilantfox.substack.com>

CORAC Website

Items are being added all the time. Keep exploring!

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

New 3-part series on **tincturing**

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

New series on **sprouting**

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

Resources on GMRS, CB and shortwave radios

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

New article: **Foundational Knowledge for Rebuilding Society**

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

Solutions to a wide variety of critical scenarios

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

A good resource to print out is “Catholic Prayers for the Dying.”



Defense League

A new initiative of CORAC. Check out the latest posts about securing your home, arming yourself and mentally preparing for a societal collapse. The last two episodes of CORAC’s Reveille podcast <https://corac.co/reveille-2/> also contribute to this topic.

Prayer

JANUARY PRAYER INTENTIONS

*As we enter 2024, that we prayerfully and attentively watch what God is doing as “[He] weav[es] together one of the great stories in salvation history. [May we] be less certain, more curious, and more eager to learn the lessons He is teaching us.” Let us not “in our eagerness to show how much we know and how clever we are . . . entirely miss the master class God is now giving us on how He redeems His people[.]” (Quotes from CJ, ASOH blog, 12/31/2023)

*That many people be healed in body, mind, and spirit through the online Physical Healing Prayer Session via Zoom, at the end of this month (date to be decided) and through many other healing prayer ministries in which CORAC members are engaged

*That we be guided in helpfully assisting the pastors of our local churches to respond to inquirers seeking God for the first time or returning to the Church after being away

*That all of our loved ones will return (or come to) the fervent and joyful practice of our Judeo-Christian faith as quickly as possible

*That our daily spiritual journeys to holiness be nourished by God’s abundant grace: for more focused meditations, more pointed fasting, and more selfless charity to others ~ all to honor God’s great love for us!

*That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

*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.

Newsletter 2024-2

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<https://corps-of-renewal-and-charity.myshopify.com/collections/donation>

Not so the wicked, not so. They are like chaff which the wind drives away.



I've heard many accounts of depression among young people, who should be looking forward to marriage and children, family vacations, flowering careers, and exciting futures. Those things have been sabotaged for them. Dating is a minefield, the vaxx has affected fertility, and the economy seems as fragile as a soap bubble in a draining bathtub. Those expectations may become realistic again on the other side, but this year we are Frodo and Sam, and the Ring must be destroyed. Much is asked of us before this country can be the healthy place for young people that it was meant to be. The youth must join us, as appropriate to their age, and that is where they will find their purpose until sanity is restored. Action cancels depression.

Opinions expressed in this newsletter, unless otherwise attributed, are my own.

Sheryl Gollmer, editor

January 31, 2024

sherylc@coracusa.com



From the cockpit of the Subaru

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

The Hour of the Ordinary Man Arrives

I am anything but sanguine about what is in store for us this year. I expect Oct. 7-style attacks to erupt in the United States and in Europe, and perhaps in Russia, too. Regional wars will erupt throughout the globe, perhaps leading to World War III for real. Islam will probably end the year at war with everybody in the world while revolution takes root within the, until now, seemingly monolithic religion. The borders of nations will shift. In the United States, it should surprise no one if the borders of states change. Federal authority is in freefall and states are likely to realign and shift to reflect the reality that we have become a polyglot nation of lawless urban hellscape and still relatively sane rural landmass. Suburban buffer zones will have to choose which they prefer.

So why am I so enthused about the promise of this year? For decades, we have meekly submitted to federal dictates – and even to fevered dictates of the aspiring authoritarians at the local health department. Suddenly, the news is filled with the story of Texas repudiating federal authority, 25 states rushing in to support them in solidarity, truckers heading to the border to help stop the invasion, and the federal agents in the Border Patrol refusing to do Biden's bidding of arresting Texas Guardsmen and cutting razor wire barriers. In France, truckers and farmers are blockading Paris *en masse* – to show entitled luminaries just how powerful they are when their food and supply lines are cut off. Though French farmers may have ignited the movement, [it is now spreading across Europe](#).

There is no changing how challenging this year is shaping up to be. But if people get up off their knees, stand on their hind legs and say no to all the authoritarian bullies, both federal and junior, we have a real chance to get through the current dystopian nightmare without complete collapse. It seems ordinary folks are figuring that out and acting on it. Whether they will hold, as panicked God-hating, leftist governments turn to more punitive actions and fomenting crises to enforce compliance remains to be seen. But, by golly, the ordinary people of the world have gotten off to an excellent start.

The more ordinary people realize that we are the sovereign, that the only legitimate governments are those that serve the peoples' interest rather than enforcing their compliance, and then act accordingly, the better chance we have of coming out of this dark tunnel back into the light with a minimum of strife and violence. We are on the cusp of a great reckoning. Will we timidly enter into a new dark age of chains and poverty – as the pathetically incompetent

“elites” want for us, or will we forcefully reassert our God-given rights to life, liberty, and the pursuit of happiness? We have begun the sequence of events that will decide that question.

Here at [CORAC](#) we have put together many of the tools you need to work together to secure our liberty under God, to bring new order from the chaos elite governance has become. Explore the website. We have hundreds of instructional videos and pdf's on the skills you need to weather a time of chaos as the old order falls away. The most important tools are the willingness to work together with your friends and neighbors to build from the ashes our governments are trying to leave us to and your determination that you will not go gently into that dark night they have prepared for you.

Our story is not told. It has barely begun. And the future belongs to all the truckers, carpenters, stone masons, builders, farmers – to all the people who do real work and produce wealth for the whole community. It does not belong to the dour elites who think the world should be divided up between them and their serfs – and their serfs (us) must be happy with whatever they give us. They think themselves titans of the universe because they produce expensive software and Netflix deals. A hundred years ago another generation of elites thought they were titans over all the little people. When the crash came, it was not the little people jumping to their deaths off Wall Street ledges – it was those who, until that moment, thought they were the invincible titans of their age.

We bear no malice towards anyone. Neither will we submit to the vanity and depravity of those who would rule us. We will live as free men and women in our own country, illuminating the path to liberty and prosperity for the whole world. If we act with jaunty confidence in God, when all is achieved, both China and Russia will be free, the Middle East will be at peace, and the whole world will give thanks to the Lord of Hosts for the blessings He has bestowed on us. The moment has come. Now is the time for choosing. At CORAC we choose faith, family and freedom. As for us and our houses, we will serve the Lord.

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

Amazing stuff on the blog recently! Check out the latest, and subscribe if you're not getting these regularly.

As Texas Goes...

Random Thoughts While on Border Patrol

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

REVEILLE VIDEOS

This was a new project last year, and Joe is putting up some energizing conversations.

Christian Warriors, with Kyoshi Maczuga

Defense, with Jesse Romero

Keeping It Simple, with Doug Barry

<https://corac.co/reveille-2/>

SEVEN QUESTIONS SERIES

Charlie discusses questions submitted by members. The latest episode covers aliens, the Brazen Serpent prayer, God the Father, abortion, Freemasonry, Pope Francis and the Saturday 9 am contingency plan.

<https://corac.co/chatting-with-charlie/>

NEWS

EYES ON TEXAS

Operation Lone Star is underway, a joint operation between the Texas Military Department and the Department of Public Safety to counter illegal immigration, the trade in illegal drugs and human smuggling. The operation began in 2021, but has come into prominence because of opposition by the Biden regime, and Governor Greg Abbott's refusal to allow them to undermine it.



Now a new convoy has formed to register the will of the people to protect the border and stem the tide of unvetted aliens, storming the border at a rate of 300,000 per month. The convoy began on Monday in Virginia Beach, Virginia. Some ludicrous numbers have been thrown around, 700,000 being the most ridiculous. The Canadian Convoy in 2022 was so huge it could be seen from space, and it was composed of only around 500-700 trucks, a historical record only possible because the vaxx mandate had put Canadian drivers out of work. American truckers right now have livelihoods to protect, and the fact is, the American public is not suffering to the point that people will turn out to rallies almost certainly infiltrated by Biden-Feds looking for another J6.

One livestreaming trucker in the convoy noted yesterday that the inflated numbers might be put out by the opposition, so that when a tiny fraction of that number shows up, it will look like a sad failure. From what I can tell so far, the current convoy is anything but "massive." I hope it picks up numbers, but this morning, it's small enough that the opening rally speaker didn't even need a microphone.

The convoy spent Monday night in Jacksonville, Florida, Tuesday night in Baton Rouge and should arrive in Drippin' Springs, Texas (near Austin) on Wednesday night. By the time this newsletter goes out, the convoy will have proceeded to Quemado, a ranch approximately 30 miles from the border, where a rally is scheduled for Saturday. You can see routes and schedules here: <https://takeourborderback.com>

There's quite a discussion online as to whether it is prudent to take part in any of this. The infiltrators will be agitating, the Feds will be taking names, but one thing is sure: the Convoy is helping bring attention to the disaster at the border. It has, for too long, been flying under the radar. Although fully half of the US/Mexico border is in Texas, it is not solely a Texas problem. It's a national crisis, with unvetted aliens and known terrorists simply jogging over the border and being dispersed all over the country. Not to mention the women and children who are indebted to smugglers for their passage, then passed into slavery on the northern side of the border.

For Convoy news, try the livestreaming truckers who stream all day long from their vehicles. Be prepared to do other things while you monitor their feeds. It's tedious, but at least they are on the scene, not making stuff up from an office a thousand miles away. The rallies Thursday - Saturday might be worth watching. Note that the livestream is only available during live hours (around 8:30 am to around 9 pm) but videos from previous days are available.

First Responders Media: <https://www.youtube.com/@1stRespondersMedia/streams>

Oreo Express: <https://www.youtube.com/@OreoExpress/streams>

I made a trip down to Beaumont to see for myself what the Convoy is up to. They had just crossed the Louisiana border into Texas, and were making a refueling stop at the Flying J in Orange. I expected maybe 25 vehicles, and there were over 100, so it was bigger than I thought, but definitely not "massive," which may be a blessing as the feds will be less likely to invest their time. More vehicles will join as the Convoy crosses the state, especially if it is clear that peace and calm heads prevail. I salute those who have joined the little Convoy, clearly having a great time, honking and flag-waving and making friends, despite a government that would prefer we cower at home, have zero fun, and be afraid of each other



Convoy lead vehicle

Men who were actually there have put together a timeline of what happened and where on January 6. This firsthand, timestamped knowledge will be useful for dismantling the lies the media and Biden regime (assuming those are two different things) has been pushing. It's definitely worth an hour to understand what hundreds of people are still suffering, as they sit in prison falsely accused, or guilty of a misdemeanor and punished as a felon.

<https://open.ink/collections/j6>.

Have you wondered about the "pipe bomb" story that is just now getting play? The emotional response elicited by a biased media, and the skullduggery of the J6 Unselect Committee has muddied the public perception of the events. Here's a look at some newly revealed facts and how the pipe bomb fit into the overall Fed strategy:

<https://americanmind.org/salvo/pretext-for-a-fedsurrection/>



MEDIA BLACKOUT: THE 10 STORIES THEY CHOSE NOT TO TELL US

Vigilant Fox's weekly list of the biggest stories the mainstream media is hiding from us has become a staple for this newsletter.

[#10 - A massive trucker convoy is gearing up to take border security matters into their own hands. \(Watch\)](#)

[#9 - Journalist destroys the leftist narrative that January 6th was a coup.](#)

[#8 - Shocking courtroom testimony exposes Dominion voting machine vulnerability.](#)

[#7 - Senator Rand Paul issues damning message to half of the Republican party.](#)

[#6 - Journalist who attacked top tennis player for refusing COVID vaccine dies suddenly.](#)

[#5 - Corrupt GOP chair resigns after leaked audio conversation emerges.](#)

[#4 - WSJ Editor-in-Chief admits, "We no longer own the news."](#)

[#3 - George Soros' son amplifies veiled violent threat against Donald Trump.](#)

[#2 - Dr. Pierre Kory drops sudden death bombshell.](#)

[#1 - Trudeau's Orwellian attack on Canadian truckers declared unreasonable and unconstitutional by federal court.](#)

See more of Vigilant Fox's reporting at: <https://vigilantfox.substack.com>



MOTHER CABRINI

While we're waiting for the new movie *Cabrini* to release on March 8, it's a good time to read more about this remarkable nun, America's first saint. She and her sisters founded more hospitals, schools and orphan homes in the US than any other person or organization. It is evident from her own writings that she was a mystic. And she is a role model for everyone, male or female, who just wants to GSD. Get Stuff Done.



"When a group of highbidding Chicago contractors tried to get the better of the sisters in remodeling a hotel into a hospital, the little Italian nun fired them out of hand, tucked up her habit, and stumped about the scaffoldings for weeks directing the laborers herself."

She was a pistol! Here are some books to deepen your friendship with Mother Cabrini:

God's Messenger by Nicole Gregory https://www.amazon.com/Gods-Messenger-Astounding-Achievements-Frances/dp/1947431021/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1706709008&sr=8-6

Immigrant Saint by Pietro di Donato (out of print but available as Kindle e-book)

https://www.amazon.com/Immigrant-Saint-Life-Mother-Cabrini-ebook/dp/B06Y4FP848/ref=tmm_kin_swatch_0?encoding=UTF8&qid=1706709008&sr=8-3

Mother Cabrini: Missionary to the World by Frances Parkinson Keyes (for youth 9-15)

https://www.amazon.com/Mother-Cabrini-Missionary-World-Vision/dp/0898705991/ref=sr_1_5?crid=3365ZL5DYE1GR&keywords=mother+cabrini&qid=1706709008&spreffix=mother+cabrini%2Caps%2C161&sr=8-5

BISHOP STRICKLAND

The good bishop has been busier'n a one-armed paper-hanger since he was taken from the people of Tyler. In between some pretty stout travels, he's been issuing a weekly letter in support of priests, which you can read here: <https://bishopstrickland.com>.

He also has a YouTube channel with weekly postings of short videos: <https://www.youtube.com/@BishopStricklandOfficial>



If you just can't get enough of Bishop Strickland, you can watch 188 back episodes of the Bishop Strickland Hour on Virgin Most Powerful Radio! <https://virginmostpowerfulradio.org/our-shows/thebishopstricklandhour/> with a new episode every Tuesday.

Meanwhile, be watching for Patrick Coffin's interview with the bishop coming soon: <https://www.patrickcoffin.media/show/>

There's been some controversy about Bishop Strickland's visit to Medjugorje, as there always is when that apparition is mentioned. Many of us have had beautiful and transformative experiences there, but others are certain it is false. The bishop approached it with an open mind, simply wanting to find out. He had a very good experience, which he explains briefly here: <https://www.youtube.com/watch?v=II6IOewHBI0>

For a longer explication of the Faith, with Medjugorje as the background, here is a longer interview with the Bishop. <https://marytv.tv/fruit-of-medjugorje/?smid=Oaon63sDetB&slid=9PIw6LzMsy>

APPLE SUGAR

Refined sugar has been linked with many chronic diseases - higher blood pressure, inflammation, weight gain, diabetes, and fatty liver disease – but we still want sweeteners for baking, coffee and tea, and comfort food. Here's an alternative. This recipe uses the skin and pulp of apples and a food dehydrator. <https://learningandyearning.com/apple-sugar>



BIG NEW TOOL ON THE WEBSITE!

You asked, and our website guru answered! You can now bulk-download CORAC's info sheets and emergency cards for reference, or to print them out. On the top toolbar of the website, choose MEMBER RESOURCES. To the far left, you'll see the national teams:

- Health & Wellness
- Prayer
- Communications
- Sustainability
- Education
- Crisis Scenarios
- Defense



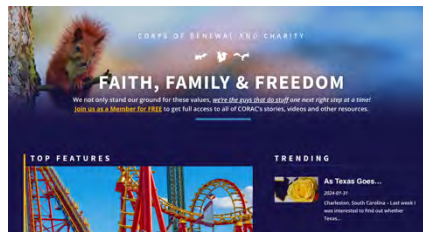
When you click through to each team, you'll see the download button, where all the articles for that subject have been consolidated for one bulk download. There's a lot of helpful info on the website, and this makes it easier to access. You can print out and put in a binder with tabs if you want. The most volume of data is in Sustainability and Health & Wellness.

But wait, there's more! On each team page, there's also a search index, so let's say you're looking for articles about foraging on the Sustainability page. Just type "foraging" into the search box and it will return everything that mentions foraging.

The website just became a lot more manageable for us. (Thanks, MP!)



WEBSITE



If you're new to the website, simply go to the Home page. The latest trending articles are there and will get you jumpstarted. When you find a particular interest, jump to the topic page that interests you most.

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

Tincturing, foraging, homeopathy, getting a good night's sleep

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

Sprouting, homemade vinegar, preserving eggs

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

Antennae, CBs, shortwave tuning and building a GMRS emergency network

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

Knowledge for rebuilding society, home education framework

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

Response checklists for almost any crisis or disaster

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

Prayers for the sick and dying, the Brazen Serpent prayer and rosary

Defense <https://corac.co/defense-league/>

Legitimate defense, surviving collapse, online security, and more. This is the newest national team and they are putting out a lot of great information.

PRAYER

FEBRUARY PRAYER INTENTIONS

*For Charlie's inspiration, energy, and focus as he completes the CORAC manual ~ come, Holy Spirit!

*For safe travels for Charlie in his trusty Outback and all who will attend his gatherings as he currently roams the East Coast to spread the message: Acknowledge God, Take the Next Right Step, and Be A Sign of Hope for Those Around You

*That many people be healed in body, mind, and spirit through the online Physical Healing Prayer Session via Zoom, at the end of this month (date to be decided) and through many other healing prayer ministries in which CORAC members are engaged

*That we be guided in helpfully assisting the pastors of our local churches to respond to inquirers seeking God for the first time or returning to the Church after being away

*For the peaceful repose of the souls of all whom the Lord will call home this day, in accordance with his Divine Will; and for the consolation and strength of their families and friends

*That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

*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.

Newsletter 2024-3

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

<https://corps-of-renewal-and-charity.myshopify.com/collections/donation>

You are a hiding place for me; you surround me with deliverance.



Events in our country have a way of flaming out. All the news is one thing one day, then it disappears, never to be heard from again. But occasionally something happens that's too big for the owned Left to control, and I think the Tucker Carlson/Putin interview is one. We got to see the event without the media gloss on it, and judge for ourselves... like in the days before the Thought Police took over and pre-chewed our food for us. I wouldn't be surprised if the effects of the interview ripple out for a good long while. There is still hope.

Opinions expressed in this newsletter, unless otherwise attributed, are my own.

Sheryl Collmer, editor

February 15, 2024

sherylc@coracusa.com



From the cockpit of the Subaru

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

Preparing for the Flood

*The Lord looked down from His window in the sky,
Said, "I created man but I don't remember why,
Nothin' but fightin' since creation day.
I'll send a little water and I'll wash 'em all away"*

Many people who are aware of how bad things are as they continue to spiral down are very concerned that so many people don't understand we have a serious and growing crisis at all. Have no fear. The reality is that in every case where a society underwent catastrophic collapse, only a handful of people understood that doom was on them until it came. The two notable things about the crisis that is upon us is that it is global in scope rather than regional, and how very many people, comparatively, understand the trouble we are in this time.

That you understand is a grace from God. The Lord promised Noah, after he came to dry land, that He would never wipe away all humanity with the waters of a flood. Reading and contemplating that Scripture, I interpret it to mean that God will not generally wipe man from the earth at all until the end of time. You may interpret it differently, but that is the metaphor I use for this exhortation.

We face a rapidly rising flood of destructive dysfunction. Diabolic disorientation must play a huge role because so many supposed leaders are doing things that, on their face, are massively destructive and self-destructive. Those leaders seem determined to take all of us down with them. God sees and knows – and He has a plan to save much of humanity from the dystopian nightmare leaders are driving us to. You are that plan.

When I founded CORAC three and a half years ago I knew very well that the great majority of people would not acknowledge anything at all was seriously wrong until they, themselves, were affected by the bottom falling out of society. That was okay. I didn't need to get a lot of unwilling people to see clearly what was right before their eyes. What I needed was to salt the nation – then the earth – with people who did understand how much trouble we are in and would commit themselves to learning and doing the things which, in concert with each other, under God, would allow for the successful rebuilding and renewing of the face of the earth. A skeletal framework was sufficient.

Usually when societies collapse there is a lengthy period of chaos in which various strongmen vie with each other to take the reins of power and rule over people so traumatized by the extended chaos that they are willing to take on the yoke, if only the chaos will stop. More than a few peoples have come to bitterly regret that decision. By salting the nation with people who saw the rising tide of chaos for what it is; who committed to work with each other to

preserve and expand faith, family, and freedom; and who were willing to develop the practical skills needed to rebuild from the ashes left, we are introducing a powerful new element into the mix that follows collapse.

This could not have been done with the Roman Empire or revolutionary France. It could have been done in pre-war Germany, but the people who could have done it thought they could channel Hitler to their own ungodly ends. By the time they saw that they could not, he had already seized comprehensive, plenary power, with raw terror to enforce it. To prevent a wave of revulsion from sweeping him away, Hitler offered more than a few carrots to go along with his vicious sticks. People were guaranteed a job and subsistence – which they would lose if they went outside of, or complained about, the system.

I have actively sought hardy, independent men and women for CORAC; men and women motivated by their faith. Men and women who would do the right thing simply because it is the right thing to do – and would intentionally do it before God.

What this does is give those many people who remain in denial until dystopia comes to take all they have, a new option. Instead of choosing which strong man they will cast their lot with in hopes of surviving the chaos, they will be able to turn to people in their area who are committed to the principles and virtues that once made us a great people...and *who are prepared*. Normally refugees from such storms must simultaneously acknowledge that they are not near as tough or powerful as they thought they were and bow the knee to some strongman who is rarely even as good as the folks in charge that brought on the collapse. Now they have the option of casting their lot with a group that respects human dignity, under God, and have the opportunity to become valued contributors to the reconstituting effort that group has launched.

So, I tell you two very important things here. First, as you have known almost all along, a tide of dysfunction is sweeping away almost all of the old institutions and systems we have relied on. Second, as that is laid fully bare, you will be confronted with a flood of people who do not want to bend the knee to some tyrant in waiting. I have resisted all efforts to put a premium on recruitment, preferring to be surrounded by the type of people who are drawn to this approach. Those are the sorts of people likely to stand when the flood comes.

You have to prepare yourself to deal with the flood of panicked people, finally recognizing reality, who seek something better than following some local petty tyrant in waiting. You do that by first having an active spiritual life. Seek wisdom from above – for you will surely need it. Then concentrate on the skills you will need. We have over 500 instructional videos and PDFs on the CORAC website to help you out. You do not need to learn them all. First and foremost we are about building communities that collaborate with each other. But endeavor to make sure there are people in your local and regional organizations who do specialize in the various skills. And then we work together as loving brothers and sisters to build society anew, under God. Leave others to vie over who will be the rulers and who the ruled.

Actually, with the first flood, God did not wipe away all humanity. He directed Noah to build a boat that we might endure. That is what you are called to – to become builders of a thousand boats that all men of good will may have a means to weather this great storm.

What a glorious task God has laid out before us – to become boat-builders to the world!

Charlie Johnston

Note: This article begins with the [*Opening stanza to 'Noah Found Grace in the Eyes of the Lord'*](#)

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

Charlie's blog is one of my go-to resources for understanding the events of the times

- Concerning Luisa Piccarreta
- Fire From Below
- As Texas Goes

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

REVEILLE VIDEOS

Latest episode is interview with Paul List, the author of "Mount Doom: The Prophecy of Tolkien Revealed" Lord of the Rings fans will want to hear this!

<https://corac.co/2024/02/10/paul-list-mount-doom/>

NEWS

THE INTERVIEW

Tucker's interview with President Putin is going to be a gift that keeps giving for a long time. An incredible lot was packed into that two-hour session and it is still being analyzed and disseminated.

For people who'd bought the CIA/media caricature of Putin, it was a wakeup. He is not the crazed/slaving/deathly ill person that has been sold to the American public, but rather a self-possessed, intelligent, humorous, and very physically fit man. (In fact, Putin spends several hours a day in physical exercise and is a master of judo.)



First was the history lesson. As millions of viewers with attention deficit glazed over, Putin gave a thousand-year review of Russian history, prefacing it with the remark, "I'll just give a little 30-second background..." Apparently, those familiar with Putin's style know that any time he says he just needs half a minute, it will actually be half an hour. You could see that even Tucker was getting antsy, but the history in this case was necessary. Most of us don't know the history of Kiev before 2022 when Russia rolled in, but there were major instigating events... which Mr. Putin elucidated for us.

In his demeanor, Putin couldn't help but show the difference between a determined world leader with notable intelligence, memory and oratory skill, and a foggy older man who was never very impressive with facts, even before dementia set in. While the Putin interview was still airing, Biden was shoved out in front of the cameras for a press conference. At 7:45 pm (and sundown is not kind to dementia patients) Biden gave a halting, unconvincing defense of his mental state, in answer to the special counsel's (in the classified documents case) conclusion of mental incompetence. The contrast could not have been greater.

Tucker's interview contained other jewels regarding Presidents Clinton and Bush, NATO, the NordStream pipeline sabotage, a negotiated settlement in Ukraine and policy considerations around AI.

You can watch the interview for free on either X or Tucker Carlson Network.

<https://twitter.com/TuckerCarlson/status/1755734526678925682>

<https://tuckercarlson.com/the-vladimir-putin-interview/>

TCN has kindly posted a transcript of the interview for subscribers, which I found very helpful.

<https://tuckercarlson.com/the-vladimir-putin-interview/>

The TCN timestamp chronology is free, allowing users to skip ahead or back, for those who can't invest two hours watching the whole thing. There is free content on TCN, as well as bonus items available to subscribers for \$6/month. The big networks get their money from pharma adverts, so I am more than happy to support independent journalism with my dollars.

TCN is also posting short clips on its website: <https://tuckercarlson.com>, including Tucker's trips into the Russian subway and grocery store. Highly entertaining, and eye-opening to a culture that infuses beauty and civility into daily life. <https://tuckercarlson.com/tc-shorts-the-moscow-subway-station/>

The Interview That Could Reshape the World, commentary on the interview by Eric Sammons, editor of Crisis magazine: <https://crisismagazine.com/editors-desk/the-interview-that-could-reshape-the-world>

EMERGENCY PREP SERIES DEBUT

CORAC has launched a new series, hosted by Region 11 member Ed McCullough, a former Army Ranger trained in chemical, nuclear and biological hazard defense. He's a highly experienced first responder and specialist in civilian emergency prep and evacuation. The more you know, the more likely you will make reasoned decisions.



Episode 1: Types of emergencies we might encounter. <https://corac.co/2024/02/02/emergency-preparedness-video-series-part-1/>

Episode 2: Responses to various types of emergencies. <https://corac.co/2024/02/16/emergency-preparedness-video-series-part-2/>

LETTER TO THE AMERICAN CHURCH

Eric Metaxas and Epoch Times have released a one-hour movie *Letter to the American Church* drawing parallels between our situation in America today and Germany in the 1930s, just before total control was established. There was a thin window of opportunity. If Christian pastors had stood as a united body, millions of lives might have been preserved. Full review and viewing instructions here: <https://crisismagazine.com/opinion/letter-to-the-american-church>



SEEDS FOR SPRING

If you're a new gardener, here are a few reliable sources for non-GMO seeds.

- St. Clare Seeds: heirloom, organic, open-pollinated seeds. Also sprouting seeds and seeds in bulk. <https://www.stclareseeds.com/garden-help/>
- Clear Creek Seeds: non-GMO heirloom seeds from a family business that began as a way to teach their homeschooled kids entrepreneurial skills. They've been in business for 14 years now. Advice provided by phone for those with questions. <https://www.clearcreekseeds.com>



Beginning gardening tutorial: <https://www.stclareseeds.com/garden-help/gardening-for-beginners-learn-the-basics-of-growing-a-fabulous-garden/>

10 HIDDEN HEADLINES – WHAT WE ARE NOT MEANT TO NOTICE

[#10 - Tucker Carlson breaks establishment narratives and outlines five key takeaways from his Putin interview.](#)

[#9 - Democrat Senator says the quiet part about the border crisis out loud.](#)

[#8 - Elon Musk financially backs fired Star Wars actress' lawsuit against Disney.](#)

[#7 - Former Pharma insider unveils Big Pharma's open secret.](#)

[#6 - Red flag: TSA rolls out new facial recognition technology at airports across America.](#)

[#5 - Teacher goes viral for teaching his students how to critically think.](#)

[#4 - Biden admin releases the most ridiculous jobs report in recent history.](#)

[#3 - Nine-step plan to gaslight America and blame Trump for the border crisis gets exposed.](#)

[#2 - Joe Biden inadvertently makes the case for invoking the 25th Amendment.](#)

[#1 - Dr. Peter McCullough warns of 'one-world government coming our way.'](#)



More here: <https://vigilantfox.substack.com/p/media-blackout-10-news-stories-they-a37>

NATIONAL EUCHARISTIC REVIVAL

The Eucharistic Revival was initiated by the US bishops in the wake of the research that found only 30% of Catholics believe that Jesus is really present in the Eucharist, the source and summit of the entire Christian faith. This year is the culminating event of the Revival, which concludes with a giant Eucharistic Congress in Indianapolis in July. Read more about it here: <https://www.eucharisticcongress.org>



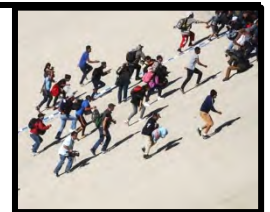
But a national awakening will not happen all in one weekend. To prepare for a great revival of Eucharistic faith, whole programs have been created to help individual parishes prepare. There are videos and study guides in both English and Spanish, featuring Catholic speakers and teachers of high quality (orthodoxy). There are Leader's Playbooks to help any layperson light the fire in their parish. Check out the resources here: <https://www.eucharisticrevival.org>

Trailer: The Bridegroom Is Coming To Heal Our Land: <https://www.youtube.com/watch?v=BTnNd5Vw2eo>

SOUTHERN BORDER

After Texas's refusal to back down to the Feds, and the little talked-about convoy in response, little has been heard about the Southern border. But the results have been dramatic. Encounters at the Texas border have shrunk to a trickle, while illegals stream more forcefully over the Arizona and California borders. It's clear that this needs to be a national effort.

Meanwhile, newsmakers warn of the high probability of a terrorist event staged by the illegals who've entered with no friendly intentions toward the US. Heads on swivel, and not a bad idea to avoid big crowds for now.



STRATEGY FOR THE CULTURE WAR

One of our best living Catholic writers is Anthony Esolen, now Distinguished Professor at Thales College, having been “cancelled” by his beloved Providence College for questioning “diversity.” The following article was published by Chronicles Magazine, and is long but valuable. We have been fighting the culture war in a way that will never work.

<https://chroniclesmagazine.org/recent-features/culture-war-whether-we-like-it-or-not/>



BULK DOWNLOAD CORAC DOCS

You can now bulk-download CORAC’s info sheets and emergency cards for reference, or to print them out. On the top toolbar of the website, choose MEMBER RESOURCES. To the far left, you’ll see the national teams:



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- Communications
- Sustainability
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Tincturing, foraging, homeopathy, getting a good night's sleep

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Sprouting, homemade vinegar, preserving eggs

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PRAYER

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*For safe travels for Charlie in his trusty Outback and all who will attend his gatherings as he currently roams the East Coast to spread the message: Acknowledge God, Take the Next Right Step, and Be A Sign of Hope for Those Around You

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Newsletter 2024-4

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

<https://corps-of-renewal-and-charity.myshopify.com/collections/donation>

I trust in the goodness of GOD for ever and ever.



Some of us are growing weary in the runup to the collision of good and evil. We need to observe ourselves, and take rest when needed. Action is necessary, but we will never succeed on our own, no matter how noble our intentions. Do what you are called to do, with vigor and enthusiasm! Then rest in the Lord's care. He saves, with our participation to the extent of our abilities.

Sheryl Collmer, editor

February 29, 2024

sherylc@coracusa.com

Opinions expressed in this newsletter, unless otherwise attributed, are my own.



From the cockpit of the Subaru

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

Choosing *The Chosen*

When I was a boy I hated the “Jesus movies” of the 60’s, 50’s and 40’s. Each and every one of them portrayed Jesus as always speaking in a breathy monotone with all the charisma of a bank examiner who just doubled his dosage of Prozac. This was not how Jesus was when He walked the earth – and the simplest layman could confirm that for himself. Jesus started a movement that swept the world. He inspired workmen to give up their jobs and follow Him exclusively. He took a nation of people groaning under the oppression of both Roman and often Jewish authorities and filled them with new, joyful hope and determination. Whatever else He was, Jesus was powerfully charismatic.

When those depictions had Him do anything substantive other than just drone on, they portrayed Him as a somber, gloomy Gus type personality. And yet children loved Him - so much so that He had to rebuke His disciples from preventing children from coming to Him. Have you ever known children to flock to anyone who did not exude joy? Perhaps this ‘Jesus’ appealed to somber types who were ostentatious about their piety, but these depictions bore little resemblance to the historical Jesus of the Gospels.

I was disappointed when one of my favorite magazines, [Crisis](#), recently published a similarly [warped view of Christ by Leila Miller](#), an otherwise sound writer on the practical application of Catholic doctrine in our daily lives. Her article was a critique of the popular streaming series, [The Chosen](#). Unfortunately, she is incorrect in many of her facts, faulty in logic, and treats her own interpretations of the Gospel as settled doctrine.

She starts by comparing the Christ of this series to the hippy, dippy, buddy “Christ” that ‘70s artists often imagined. Miller insists that this series only shows Christ as a man, with nothing of His Divine Nature. That proposition alone made me wonder how closely she watched the series. The series surely fleshes out Jesus’ human nature, but His Divine nature and power is ever present throughout. It made me think her real objection is that it shows Christ with a human nature at all. Christ is the hypostatic union of both a human and a Divine nature. To deny either one is heresy. This is not the ‘buddy Christ’ of the ‘70s. It is, though, the brother Christ of the Scriptures.

Miller posits that this series is a Protestant-Mormon presentation of a false Christ. The only [Mormons involved work for Angel Studios](#), which played a major role in distributing the series, but neither funded it nor worked in its

development. Sheesh...this is a big reach, like suggesting St. John Paul was actually Eastern Orthodox because he sometimes collaborated with them. It also does not address the reality that while Protestant Dallas Jenkins is the creative driver of the series, [he consults with various Protestant denominations, Catholics, and Eastern Orthodox to get it as right as possible](#) without it degenerating into a rah-rah section for any particular Church or denomination. Miller's proposition here is so wildly false it is hard to believe it is the work of an otherwise solid researcher.

Miller goes on to accuse the creators of admitting that it is a fictionalized Gospel with fictionalized characters. Of course it is – as every artistic, cinematic depiction of Christ has ever been. What she neglects to note is that the series creators stated upfront that they would stay true to the Gospels and that the fictional material would be only in the holes where continuity lies – and none would be contrary to the Gospels. As someone who has watched every episode of the first three seasons, the creators have lived their initial commitment well. This comment, both in what it says and what it does not say, can only be polemical.

Miller complains that Mary, the Mother of Christ, is not beautiful enough for her taste. When first viewing the series, I was struck that the actress who portrays Mary resembles a young Mother Teresa. But surely Miller knows that, contrary to our superficial understanding of beauty, our glorified bodies will mirror the beauty of our souls. The physical and spiritual will be entirely in harmony. What one's physical appearance is on earth has little to do with what their actual beauty is.

Most astonishingly, Miller does not give a single doctrinal reason for her objections. She assumes that her interpretations are the only licit interpretations possible – and so are doctrinal. That is a straw man argument that even straw men would shrink from. She complains that Christ is depicted arguing with John the Baptist at one point – and Jesus would never have done that. For crying out loud, Jesus is often found arguing with His own apostles, so why would He not have argued with John? Yes, He is the final word but that did NOT prevent discussions/arguments from cropping up.

The only moment I had when I felt some real discomfort was when the show depicted Jesus wrestling with what He was going to say at the Sermon on the Mount. He is God. He knew what to say. And yet, it is possible that while He knew all things in His Divine nature, He chose, as a matter of discipline, to only take recourse to His human nature in composing it. That is not how I think it happened, but it is not outside the bounds of licit speculation.

It seems to me that Miller's chief objection is that the artistic depiction of Christ in *The Chosen* does not mesh with her own imagining of [a somber, martial Christ Pantocrator](#). That, surely, is an authentic aspect of Christ – an aspect that is ignored by too many moderns. But it does not capture the fullness of Christ, certainly not the Brother Christ that is equally an important aspect. I'll take the whole Christ, not just the aspects of His personality that are amenable to me.

I have long said that each and every one of us is going to find that some things are not as we imagined they were in these difficult times. In the Book of Job, Job's pious friends spent the whole book defending God against Job's complaints – and condemning Job for maligning God. In the end God told those pious friends that, "you have not spoken rightly of Me as has My servant Job." God was so angry He would not even accept their prayers for forgiveness, insisting, instead that they go to Job and ask Him to pray for them. What those pious friends were actually defending was not God, but their own interpretation of what God should be.

Miller's misconceived rant was not persuasive – and the elements in it that were downright wrong cause me to question her honesty. As I said, though, she has done a lot of good work elsewhere. I am going to presume this was just an overwrought tirade because, like Job's pious friends, her lifelong presumptions are challenged by it.

As for me, along with *The Passion of the Christ*, I consider *The Chosen* as one of the two finest artistic depictions of Christ in my lifetime.

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.

WEBSITE

Our greatest asset is our website. If you haven't yet explored it, start on the home page and see what catches your attention.

Home Page: start here

<https://corac.co>

A Sign of Hope: Charlie's blog, with topics of current interest and his unique analysis

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

New: Crisis in the Church

Reveille: video series spotlighting members doing cool stuff

<https://corac.co/reveille-2/>

Chatting With Charlie: podcast guests join Charlie and Region 10 coordinator, Dr. Joe Brickner

<https://corac.co/chatting-with-charlie/>

Gear: logo apparel and drinkware

<https://corps-of-renewal-and-charity.myshopify.com>

New: "Do Stuff" logo ware

Quick-Start: user guide

<https://corac.co/help-user/>

Health & Wellness

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

Sustainable Living

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

Communications

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

Education

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

Crisis Scenarios

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

Prayer

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

Defense

<https://corac.co/defense-league/>



NEWS

THE NEWEST HOT BUTTON: IVF

Since the Alabama Supreme Court decided that the embryos created by IVF are indeed children, it's become a hot issue. Most people, even Catholics, have no idea that there are big moral problems with *in vitro* fertilization. Last week, Trump came out in favor of IVF, and Bishop Strickland admonished us to educate our politicians about this procedure. Read more here:

<https://crisismagazine.com/opinion/bishop-strickland-changes-the-game>



A video explanation of the problems, "Why IVF Is So Evil" with Dr. Damon Cudihy, MD.

<https://www.youtube.com/watch?v=YbBgNHTcGbK>

The National Catholic Bioethics Center has a wealth of resources:

<https://www.ncbcenter.org/making-sense-of-bioethics-cms/column-165-its-not-just-about-the-frozen-embryos>

<https://www.ncbcenter.org/making-sense-of-bioethics-cms/column-045-parental-desires-children-and-ivf>

<https://www.ncbcenter.org/resources-and-statements-cms/preaching-points-on-in-vitro-fertilization-ivf>

Get ready to have an answer for anyone who doesn't understand why the Catholic Church opposes IVF. Study up, friends, because this is now part of the national conversation.

LETTER TO THE AMERICAN CHURCH

If your pastor has not yet watched this movie, host him to dinner and show this movie afterwards. Even better, if your town has an interfaith counsel of ministers, priests and rabbis, reserve a hall and show it to them. Our pastors are busy; let's make it easier for them to get this important information: <https://crisismagazine.com/opinion/letter-to-the-american-church>



J6'ERS

Please read this letter from Jeffrey McKellop, a former Green Beret, sitting in prison:

<https://j6patriotnews.com/letters-from-prison-jeff-mckellop-green-beret-021824#>

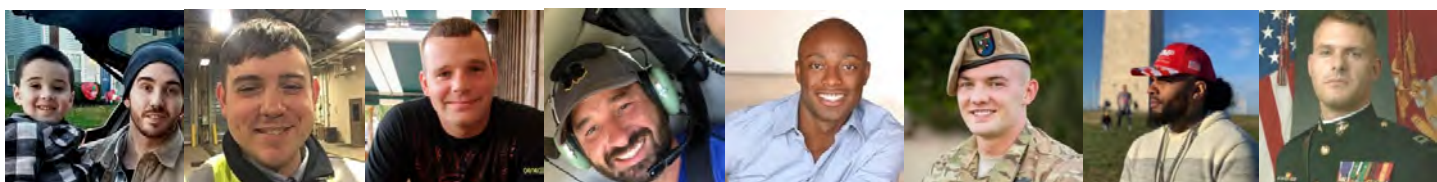
A great way to support the J6ers is to order the American Gulag book. It's a compilation of letters from the J6 prisoners. Profits are donated to defense funds for the J6ers, many of whom must rely on public defenders. <http://www.americangulagchronicles.org>



A new short film is coming out, *1000 Days of Terror*, which clearly shows that there was no agitation in the crowd until police began shooting. It makes me sick to my stomach to watch, but we have to know the facts, not what the guilty Congressmen and media want us to believe. Truth is our best defense. <https://1000daysofterror.com>

If you're not already writing to one of the J6 prisoners, please consider doing so. When everything you hold dear is taken from you and justice is elusive, it's hard to hold on. They need us. Visit this website and pick a J6er to write. You could be helping to save a life with just a few words of encouragement.

<https://www.patriotmailproject.com>



Fathers, military veterans, firefighters, pilots, brothers and husbands, actors, law enforcement officers, mechanics, writers and film makers. You might even call them representative of our best and brightest. Some have been sitting in stinking prisons for over 1,000 days, their families impoverished, their reputations trashed, their young lives treated with contempt. Exonerating evidence has been destroyed by members of Congress, and new victims are still being arrested. There have already been a few deaths. The horror is going on right this minute, to people just like us.

JUSTICE FOR J6. Please pray for all these men bearing the burden of the vile gulag our country is becoming.

CABRINI

Advance reviews have been overwhelming positive for this lovely movie. Angel Studios has hit another home run. Theatrical release begins next Friday, March 8. Watch trailer and buy tickets here: <https://www.angel.com/movies/cabrini>

The masterpiece quality of this movie is worthy of the first American saint.



SOLAR ECLIPSE

Mark your calendars now for Monday, April 8! The path of totality of the Great American Eclipse crosses 13 states, affecting 32 million people.

Don't even THINK about looking skyward without eclipse viewing glasses. You can cause permanent damage to the retina. Your regular sunglasses are nowhere near strong enough. Proper eclipse glasses are rated ISO 12312-2.

Don't use eclipse glasses from a prior year, and don't use any that are scratched. Buy yours now before the best ones are sold out (and unscrupulous vendors start selling fakes to turn a quick buck.)

Order yours soon. Some of the best models are already unavailable and there are warnings that counterfeits will soon flood the market.

Recommendations:

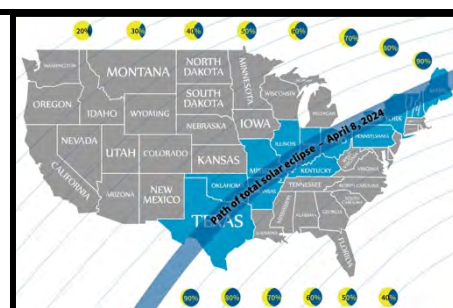
[Celestron 2-pack on Amazon](#)

[12-pack NASA-Approved on Amazon](#)

[American Paper Optics 20-pack](#)

More information on safe ways to view the eclipse, with great ideas for kids:

<https://www.sciencefriday.com/educational-resources/five-ways-to-view-the-solar-eclipse/>



SPACE www.SPACE.com

HOW TO LOOK AT THE SUN AND NOT GO BLIND

DO NOT look directly at the sun. Unfiltered sunlight will damage your eyes and could cause permanent blindness. Sunglasses will not provide sufficient protection. **ONLY** look at the sun through an approved solar filter. Even safer is to observe indirectly by projecting the sun's image with a pinhole or binoculars.

SAFE SOLAR VIEWING

- "Eclipse" glasses or welder's goggles rated 14 or higher
- Specialty designed solar telescopes or solar binoculars
- Telescopes, cameras and binoculars WITH approved solar filters
- Pinhole projector

A card with a small hole punched in it will project an image of the sun.

A pair of binoculars will also project a solar image. Leave the lens cap on the unused side.

DO NOT WEAR U.S. NATIONAL FIREARMS ASSOCIATION © 2024 SPACE.com

10 HIDDEN HEADLINES – WHAT THE MEDIA WON'T SAY

[#10 - Massive study reveals more bad news for the COVID vaccinated.](#)

[#9 - Leaked recording exposes extensive global influence and election interference operation.](#)

[#8 - Jeffrey Epstein had secret surveillance room to monitor and record his “guests.”](#)

[#7 - Dr. David Martin reveals who is pulling the strings behind the World Health Organization.](#)

[#6 - Dr. Phil drops bombshell discoveries from the Southern border.](#)

[#5 - El Salvador President blasts George Soros in fiery speech.](#)

[#4 - Elderly UK couple ordered to sell home to house migrants.](#)

[#3 - WARNING: self-spreading vaccines are closer than you think.](#)

[#2 - Mike Benz makes presents damning evidence that the 2020 election was RIGGED seven months in advance.](#)

[#1 - Data the CDC tried to keep hidden is now available — and it shows disturbing rates of adverse events.](#)



DEMOS II

When Cardinal Pell was alive, he pseudonously penned a memo which seemed to be a compilation of discussions with other cardinals, on the state of the Church under the current regime, and the qualities needed in the next Pope to correct things. Now a new Demos has come on the scene, expanding on the points that Pell made in 2022. It is meant to circulate to all the cardinals who would have a vote in the next conclave.

<https://newdailycompass.com/en/a-profile-of-the-next-pope-writes-cardinal>



ACTIVE LISTENING

Active listening can help us negotiate the obstacle course of all our modern conversations. So many topics raise our hackles, and we're often tempted to make emotional responses that don't further the dialogue. The more polarized our Church and our society become, the more we need to be able to genuinely listen in order to evangelize and fulfill God's desire to save all.

I used to think active listening techniques were kind of... well, baloney. But they've been introduced in my workplace, and I can see that they totally works to create respect and cooperation. It's a great skill for marriages and families, especially. I want to get better at this! <https://www.verywellmind.com/what-is-active-listening-3024343>



EMERGENCY PREP SERIES

CORAC has launched a new series, hosted by Region 11 member Ed McCullough, a former Army Ranger trained in chemical, nuclear and biological hazard defense. He's a highly experienced first responder and specialist in civilian emergency prep.

Episode 1: Types of emergencies we might encounter.

<https://corac.co/2024/02/02/emergency-preparedness-video-series-part-1/>

Episode 2: Responses to various types of emergencies.

<https://corac.co/2024/02/16/emergency-preparedness-video-series-part-2/>



BULK DOWNLOAD CORAC DOCS

You can now bulk-download CORAC's info sheets and emergency cards for reference, or to print them out. On the top toolbar of the website, choose MEMBER RESOURCES. To the far left, you'll see the national teams:



- Health & Wellness
- Prayer
- Communications
- Sustainability
- Education
- Crisis Scenarios
- Defense

When you click through to each team, you'll see the download button, where all the articles for that subject have been consolidated for one bulk download. There's a lot of helpful info on the website, and this makes it easier to access. You can print out and put in a binder with tabs if you want. The most volume of data is in Sustainability and Health & Wellness.

PRAYER

MARCH PRAYER INTENTIONS

*Continued prayers for Charlie's inspiration, energy, and focus ~ come, Holy Spirit!

*For all CORAC members on various teams who are working on downloadable content for the CORAC website, that we, too, be given inspiration, energy and focus ~ come, Holy Spirit!

*That many people be healed in body, mind, and spirit through the online Physical Healing Prayer Session via Zoom, at the end of this month (date to be decided) and through many other healing prayer ministries in which CORAC members are engaged

*May the Lord draw all people of good will ~ Catholics, Protestants, observant Jews, and others ~ closer to himself; may he make us holy; and may we live our faith with fidelity, courage, love, and joy as we pray the Prayer of Doing

*For the peaceful repose of the souls of all whom the Lord will call home this day, in accordance with his Divine Will; and for the consolation and strength of their families and friends

*That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

*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.

Newsletter 2024-5

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

<https://corps-of-renewal-and-charity.myshopify.com/collections/donation>

They are happy who dwell in your house, continually singing your praise.



Friends assume I'm the pinnacle of "ready-ness" because I read and write so much about it. But at the crossroads where people decide whether to go all-out or make-do with less, I chose the latter. I'm not advocating that; it was just my personal choice as a single person with no dependents. From years of camping and trekking, I know that it is possible to live perfectly well with very little. I'm reasonably prepared for the obvious things: stored food and garden, rainwater harvest system, rocket stove, first aid and antibiotics, backup batteries. There's no guarantee I've made the right choices, but I'm peaceful with them. That's the goal, because everyone has a different threshold. The one thing I can't live without, and can't stock or provide for myself, is the Eucharist. That's worth having a plan for.

Opinions expressed in this newsletter, unless otherwise attributed, are my own.

Sheryl Collmer, editor

March 17, 2024

sherylc@coracusa.com



From the cockpit of the Subaru

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

Are You Ready?

Last Wednesday when I went to bed all was well. There was a touch of rain, but all was well. When I woke up Thursday morning there was no power, and a foot and a half of snow on the ground. And it was still coming down hard. That happens in Colorado a lot. No biggie. Except I was supposed to head out Thursday morning towards Missoula, Montana for a talk on Saturday. Missoula is the only place in the country where I have ever had to cancel a talk (when I had Covid real bad). I was not about to cancel twice.

The night before, I had told Bob Scheich, the fellow who gives me the bottom floor of his trilevel (yep, when home, I live in a friend's basement) as my home, that I thought this spring he probably ought to give serious thought to developing a wood-burning capacity for the house, because the things we took for granted all our lives are no longer reliable. The next morning, as we sat drinking milk and soda (can't have coffee without electricity or a Coleman stove, at least) he chuckled and asked if I thought maybe this was God's way of saying, "Can you hear me now?"

By the time you read this, that is history – but I am living it as I write it. I don't yet know how all the details are going to play out. But they will play out as God allows. I have had two other times when a scheduled talk was threatened.

A few years ago, in West Stockbridge, Massachusetts, I had a major car breakdown that was going to take weeks to repair, in the middle of a tour. And the breakdown happened in the middle of a blizzard. I found a wonderful auto shop less than a mile from where I floundered. It was an old family-owned business that did NOT take new customers. But they had pity on me. Meantime, I was stuck in West Stockbridge.

But wait, there's more: the CORAC team reacted like the Justice League of America to a distress call. Charlie Domen of Michigan flew out to meet me and drove me to my next port o'call. Then some folks who have a solid company used miles to secure a rental vehicle for me until my car was ready again. When it was ready, I was 1,500 miles away. So Mark and Sue Hill, also of Michigan, drove out to pick up the car and then drove it back to deliver to me as my tour was in progress (See why the folks of Michigan have such a special place in my heart?).

The upshot was that I did not miss a single scheduled talk. In fact, while I was in Stockbridge some of my friends there scheduled an extra talk at Dan and Jane Potvin's home in Vermont. That talk was on my birthday. Jane is a British ex-pat and makes the greatest scones ever - in fact, one of only two scone recipes I like at all, and I LOVE

hers. (*See recipe in Appendix.*) So I broke down and ended up doing more than if I had not broken down, visiting anew with dear friends while getting a special treat for my birthday.

Another time, my steering went out in Oklahoma, two days before I was to give a talk in St. Louis. I had to leave the car with a note at a little repair shop that had been recommended to me. I was an hour from the airport – but one of the housekeepers at the hotel I was at had her boyfriend take me there. Again, through the kindness of both friends and strangers everything went smoothly. When I got back to Oklahoma, I was trembling awaiting the bill for the repair, as I was completely at their mercy. When it came, it was about one-tenth of what I expected it to be.

CORAC members are always kind and helpful to me. But across the country strangers are almost always kind and helpful, too. I am amazed at how many times, when I have gotten into a pickle, people I've never met before get vested in helping me figure out a way to get what I need done – and then lend a hand to help make sure it works.

The truth is that, despite media and political efforts to portray people as constantly at each other's throats, the heartbeat of the American people is strong and good. When people see or sense that you are of good will, they return that good will back to you. Each time that happens, another strand of the social fabric is repaired. I'm no Pollyanna; there are some people who are filled with malice almost beyond repair. It is simple truth, though, that there are a LOT fewer than the idiot media tries to convince us there are.

Are we ready for sudden, massive dysfunction? No – but we wouldn't be with even another year or two of ceaseless preparation. The most important preparation you can make is your mindset. When a great difficulty disrupts what you intend, do not wring your hands and ask, "Why me, Lord?" Let's leave the perpetual wailing of victimhood to the Godless left. Rather, ask, "What do you intend for me in this circumstance, Lord?" Then go on about your business as best you can. Sometimes you direct your way and all goes according to plan; sometimes God redirects your way. It still goes according to His plan. It is in community with God and with each other that our course is set.

Are you ready? No, you're not. But God is. Wait on Him.

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.

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Sustainable Living	https://corac.co/sustainable-living-teams/
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Education	https://corac.co/education-team/
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Prayer	https://corac.co/category/prayer-teams/
Defense	https://corac.co/defense-league/

NEWS

FREE SPEECH: MO v BIDEN

One of the biggest cases of this era, *Missouri v Biden* will be heard at the Supreme Court this week. This case concerns the influence of the Federal government over social media platforms, dictating who could speak and what could be said.

Any real information about “covid” and the vaxx was censored at the Federal level, with bureaucrats issuing instructions to social media companies. No wonder we couldn’t get any traction with friends and family; everything they were hearing was the censored version.

Watch next week for information about the case. Good sources are:

Gateway Pundit <https://www.thegatewaypundit.com>

Vigilant Fox <https://vigilantfox.news>

On Monday, as the case goes to court, Children’s Health Defense will be staging the Rally to Reclaim Free Speech on the steps of the Supreme Court in Washington. Check news and sign up for updates here:

<https://childrenshealthdefense.org/the-rally-to-reclaim-free-speech/>



DR. PIERRE KOURY – TRUSTED DOC

Dr. Koury was the first trusted doc I found in 2020, raising his lone voice in favor of ivermectin. We now know that ivermectin had to be suppressed so the vaxx could get its Emergency Use Authorization. It was all a massive manipulation to drive people to the vaxx. Now Dr. Koury is treating thousands of vaxx-injured patients. <https://tuckercarlson.com/the-tucker-carlson-encounter-pierre-kory/>
Or <https://twitter.com/TuckerCarlson/status/1768033041568727391>



BANKS & MONEY

Our current banking system operates on trust. There’s nothing inherently valuable in a green piece of paper; you can’t eat it or shelter under it. So it’s important to consider the trustworthiness of the system.

Last week, the Biden Treasury Department issued a memo to major banks entitled “Bankrolling Bigotry” (Spoiler: *WE* are the bigots they’re talking about.)

The Treasury urges vendors like Amazon, Facebook and Zelle to cut off services to “hate groups,” apparently relying on the “hate list” compiled by the reprehensible Southern Poverty Law Center. The stated goal is to prevent “hate groups” from raising money for their activities.

SPLC has put groups like Conservative Republicans of Texas, the Ruth Institute, Fatima Crusader, Tradition in Action, Catholic Family News, the Remnant, and Protect Texas Kids on their “Hate Map.

The Treasury letter was sent to the Big Boys, including Chase, Citi, Bank of America and Wells Fargo. You might want to re-think where your money is resting. This latest development is one more brick pulled from the Jenga tower that is our banking system.

<https://www.lifenews.com/2024/03/13/biden-admin-wants-banks-to-close-pro-life-groups-bank-accounts-theyre-hate-groups/>
or

<https://www.louderwithcrowder.com/bankrolling-bigotry-christians>



GENERAL FLYNN MOVIE

He's one of the true-blue military generals, and he's paid a price for it. When the history is written of the restoration of our nation, I believe he'll be a significant figure. This documentary is due out in selected theaters, at which he will make personal appearances, beginning in April. A rare opportunity! Check the schedule for a theater in your area:

<https://www.flynnmovie.com/showings/>

Watch the trailer here: <https://www.flynnmovie.com/general-flynn-movie/>

General Flynn's book, *The Citizen's Guide to Fifth-Generation Warfare*, is a short read and a helpful perspective:

<https://www.generalflynn.com/5gw>



10 HIDDEN HEADLINES – WHAT THE MEDIA WON'T SAY

[#10 - Tucker Carlson warns, "They're going to STEAL the election."](#)

[#9 - Donald Trump makes shocking statement on COVID vaccines.](#)

[#8 - New study finds ivermectin, once labeled 'horse dewormer,' led to faster recovery times in 5,413-person trial.](#)

[#7 - Pro boxer says he watched elites rape children in the woods.](#)

[#6 - Centuries of evidence make a damning case that vaccines cause sudden infant death syndrome.](#)

[#5 - A new study unearths unexpected findings about red meat.](#)

[#4 - Strange connections continue to emerge surrounding Fani Willis.](#)

[#3 - New law would make COVID vaccine manufacturers liable for injuries and deaths.](#)

[#2 - Washington's Secretary of State has weaponized artificial intelligence \(AI\) to conduct mass surveillance ahead of the US 2024 Presidential Election.](#)

[#1 - Elon Musk issues warning for America: "Groundwork is being laid for something far worse than 9/11."](#)

You can hear these summarized by Maria Zee, with her charming Australian accent, to these at:

<https://vigilantfox.news/p/media-blackout-10-news-stories-they-795>



FAKEBOOK

Facebook's capitalization is determined by how many users they have. Users finance the enterprise that facilitated the overthrow of the last election. When you stop using it, FB loses money and power. More here:

<https://www.thegatewaypundit.com/2024/03/facebook-is-enemy-people-i-think-facebook-is/>

JUST STOP. You can see photos of your grandkids on other platforms.



Donald J. Trump
@realDonaldTrump

TIKTOK IS LESS OF A DANGER TO THE USA THAN META (FACEBOOK!), WHICH IS A TRUE ENEMY OF THE PEOPLE. THEY SPENT \$500,000,000 AGAINST ME AND OUR GREAT REPUBLICAN PARTY, "LOCKBOXES" AND ALL, AND SHOULD NEVER HAVE BEEN ALLOWED TO DO THAT.

My “pen pal” has been moved from the DC Gulag to a Texas prison, nearly 3 years after his life was torn apart by a Federal SWAT team swarming his home. He has 17 more months to serve, but at least he’s out of DC, where J6 political prisoners are tormented without Constitutional protections. His business went under without him there to operate it, and his wife has had to take refuge with her parents. All he wants is to be free to resume his young life.



We owe so much to these guys who have suffered irreparable harm. Please “visit” them virtually (one of the Corporal Works of Mercy) by visiting these websites. If you are able, write some letters. It’s little cost to us, and great benefit to them.

<https://www.patriotmailproject.com>

<https://www.patriotfreedomproject.com>

<http://www.americangulagchronicles.org>

PLANDEMIC IN FILM

We so much want this horror to be over, but it’s not. And the more we know about how they did it to us, the better armed we are for the future. There is hope.

This series is highly acclaimed and worth watching:

Plandemic (26 minutes) seen now by over a billion (with a “b”) people worldwide

<https://plandemicseries.com/plandemic-1/>

Plandemic II Indoctrination (1 hour, 15 minutes)

<https://plandemicseries.com/plandemic-2-indoctrination/>

Plandemic III The Great Awakening (1 hour, 40 minutes) Best Doc at the Santa Monica Film Festival

<https://plandemicseries.com/plandemic-3-the-great-awakening/>

Plandemic IV The Musical... yes, that’s what I said, it’s a musical. It’s not online yet, but a member saw it in preview and said it’s actually good! Color me amazed.

Trailer here: <https://plandemicseries.com/plandemic-the-musical/>



MOVIES

There are more good Christian movies in the pipeline than I can ever remember. The enthusiastic reception of things like *The Chosen* and *Sound of Freedom*, which were donor-funded, have made studios take a second look at the Christian market. The bio-drama about Catholic writer Flannery O’Connor, *Wildcat*, is due out in the next few months. >>>

An adaptation of a Karen Kingsbury novel, *Someone Like You*, concerns embryo adoption, an essential part of the IVF discussion, and will be out in April. A documentary about Noah and the Great Flood, *The Ark and the Darkness*, will play on March 20-21.

And then there’s *Jesus Thirsts: The Miracle of the Eucharist*, playing June 4-6, perfectly timed for the culmination of the National Eucharistic Revival in July.

A good place to find these small films is on Fathom Events <https://www.fathomevents.com>. Fathom is a distribution company, long known for bringing big-screen simulcasts of the New York Metropolitan Opera to local theaters, as well as re-screenings of classic movies like *Rear Window* and *Gone With the Wind*. They’ve expanded their offerings, and now you can find great films, new and old, every week, playing at AMCs and Cinemarks in your community.



Some movies are truly meant for the big screen, but if you have to stream, check out Angel Studios, the distributor and hosting site for many of them. <https://www.angel.com>

Vote with your dollars for goodness, truth and beauty... and someday, the Red Carpet will be trod by people with clothes on.

SOLAR ECLIPSE APRIL 8

Even in my little town of Tyler, which is on the Path of Totality, city officials are issuing warnings like: stock up on food, fill your tank with gas, don't plan to drive anywhere. In some places, they are activating the National Guard! It sounds over-the-top, but with millions of people flocking to cities on the Path, there will doubtless be some issues.

Delta is offering a few special flights that will track the path from southwest to northeast, starting at \$750 for a one-way flight. The idea was so popular that Delta is adding additional eclipse flights. <https://news.delta.com/eclipse-viewing-30000-feet-delta-offer-path-totality-flight>



Total eclipses are not common. The US got to see one in 2017, and will see another in 2044. What makes this one more compelling is that it will cross many cities, last a long time (for an eclipse) and tracks a wide path. Even more, I think people are hungry for something awesome, not political, something that we all participate in, that we all can be awed by.

Don't even *think* about looking skyward without eclipse viewing glasses. You can cause permanent damage to the retina. Your regular sunglasses are nowhere near strong enough. Proper eclipse glasses are rated ISO 12312-2.

Some of the best models are already selling out. Order now!

Recommendations:

[Celestron 2-pack on Amazon](#)

[12-pack NASA-Approved on Amazon](#)

[American Paper Optics 20-pack](#)

More information on safe ways to view the eclipse, with great ideas for kids:

<https://www.sciencefriday.com/educational-resources/five-ways-to-view-the-solar-eclipse/>

PRAYER

MARCH PRAYER INTENTIONS

*Continued prayers for Charlie's inspiration, energy, and focus ~ come, Holy Spirit!

*For all CORAC members on various teams who are working on downloadable content for the CORAC website, that we, too, be given inspiration, energy and focus ~ come, Holy Spirit!

*That many people be healed in body, mind, and spirit through the online Physical Healing Prayer Session via Zoom, at the end of this month (date to be decided) and through many other healing prayer ministries in which CORAC members are engaged

*May the Lord draw all people of good will ~ Catholics, Protestants, observant Jews, and others ~ closer to himself; may he make us holy; and may we live our faith with fidelity, courage, love, and joy as we pray the Prayer of Doing

*For the peaceful repose of the souls of all whom the Lord will call home this day, in accordance with his Divine Will; and for the consolation and strength of their families and friends

*That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

*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.

APPENDIX

Jane's English Scones

8 oz Flour
2 oz butter
1 oz sugar
1/4 pint milk
pinch of salt
1 heaped teaspoon baking powder
(can add 2 oz raisins, if desired)

Heat oven to 425°
Grease baking tray or line with parchment paper.
Mix flour, salt, baking powder. Rub in the butter.
Stir in the sugar and milk.
Mix to a soft dough and turn onto a floured board,
Knead lightly then roll out to 1/2 inch thick
Cut into 2-1/2 inch rounds
Bake for 10 to 12 minutes
Serve with jam and clotted cream

Clotted Cream

Place 2 pints heavy cream in crockpot on low for one hour
After one hour, turn to warm for about 8 hours.
Place in fridge overnight in the crockpot.
The next day, gently skim the clotted cream off the top and stir.
Serve over scones with jam.
What's left in the crockpot can be used as milk in baking.

White Chocolate Chip and Cranberry Scones

2 cup flour
1/3 cup sugar
2 tablespoons baking powder
1/2 teaspoon salt
1/4 cup butter
2 eggs
1/2 teaspoon of vanilla
1/2 cup cream
1/2 cup white chocolate chips
1/2 cup dried cranberries
1/2 cup plain sunflower seeds

Heat oven to 375°
Combine flour, baking powder and salt, rub in the butter.
Add choc chips, cranberries and sunflower seeds
Mix eggs, vanilla and cream, add to dry mix
Press into 2 x 8-inch rounds, 1/2 inch thick
cut into 6 pizza slice shape pieces.
Bake in oven for 15 - 20 minutes

Newsletter 2024-5

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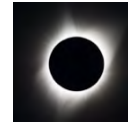
<https://corps-of-renewal-and-charity.myshopify.com/collections/donation>

You are near, O Lord, and all your commandments are true.



Happy Easter, CORAC friends! Here in Texas, we're getting ready for the eclipse next Monday. Tyler is on the Path of Totality, as are Dallas, Austin and San Antonio. Interestingly, the relic of St. Jude will also be in the Tyler Cathedral that day, just after totality concludes. There has been a lot of speculation about the path of totality being a warning from God, or false flag operations being planned by bad actors for that day. There may be something to it all, but primarily, an eclipse is an occasion of wonder. Protect your eyes, gather some friends, and enjoy the astronomy lesson! The heavens are telling the glory of God.

Opinions expressed in this newsletter, unless otherwise attributed, are my own.



Sheryl Gollmer, editor
April 2, 2024
sherylc@coracusa.com



From the cockpit of the Subaru

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

Danger Ahead: Pathfinders Wanted

As the American frontier was tamed, the job of pathfinder was lonely and dangerous – but absolutely vital to all those forging ahead into the wilderness. A pathfinder had to be sober and deliberate, while simultaneously bold and courageous. If he was timid, he could never find a path through the wilderness to begin with. If he was given to recklessness, he could lead people into some deadly situations because a path looked good to begin, but he had not explored it fully for hidden dangers. Once he chose a path, he was obliged to prepare people realistically for the challenges they would have to confront. He was very much a man set apart from the fellows he served, spending little time with them because he had to spend so much forging ahead to find the way to safety for them.

The confidence of the people he served and his dependence on God were what sustained the pathfinder. If he led those people into unexpected danger, that confidence was eroded. If he took too long to make a decision, that confidence was eroded. Sometimes, despite his best efforts, a faction would choose to go in a direction that looked easier, ignoring his warning of the dangers that lay that way. He either had to stand his ground and lead those who would follow in the safer path, or devise an effective way to deal with the hidden dangers the rebellious faction was set on in order to hold all the people together. Neither approach was optimal. If he did not have the capacity to choose between which was less dangerous, he was in trouble with God.

Beginning 11 years ago, I have told you true about the dangers that have suddenly risen all around us, dangers that threaten to capsize the American experiment entirely. Very soon I think we are going to be facing an entirely different – and largely unexpected sort of danger.

I speak occasionally of the “invasion of Poland” moment. At the cusp of the full outbreak of World War II, Winston Churchill was a back bencher in Parliament, derided by all factions and held in particular contempt by the ruling class for his constant warnings of the real danger Hitler's Germany presented. People desperately wanted for there to be an easier way, and hated Churchill for constantly telling them there was not – and that they must gird their loins. He was a pathfinder who told them true. Opinion surveys at the time suggested that a good 70% of the British population considered Churchill an alarmist clown.

Then came Hitler's invasion of Poland, after having solemnly declaring he would do no such thing. Over the course of the next 48 hours, the most spectacular turnabout of public opinion in history took hold in England. Across the nation, hand-painted signs declaring, "We need Churchill" and "Churchill Now!" sprung up. Suddenly, the people who just hours before had held him in contempt knew that Churchill was the indispensable man because he, unlike the ruling class, had told them true for a decade regardless of the contempt and derision it drew him.

Oh, the ruling class continued their contempt for him, but grudgingly brought him into the government because public opinion demanded it. Truth was, the smug establishment class was already a dead man walking, for the ordinary Brits would bear no more of their "peace in our time" cant. Meantime, France was quickly occupied by the Nazis because it dithered, still pathetically hoping things would work out.

I think the biggest surprise we will have in the next few months will be the utter collapse of the "woke" project in America. Like the invasion of Poland was for Britain, I suspect we will have an event that will fully expose it for the dangerous folly it is. Oh, there will still be a good faction of wokesters out there, but they will be looked at with even deeper contempt than they have showered their opponents with up to this time. They will be blown away like so much chaff in the wind this change will bring.

It will immediately become much less disorderly in this country, but it will usher in the singularly most dangerous period of this Storm, a period that, by design, is forged to ensnare even the most pious.

First, the slow-burning flame of armed conflict around the world is likely to erupt into full conflagration – at a point where we are badly hobbled by all the absurd fantasies we have indulged for so long.

Second, most of the local petty tyrants who revealed themselves during the Covid scare will not change their ambitions, only their methods. They will pretend to be pious and claim they have the answers if you just do what they say, answers they have never had and do not care about anyway.

Third, there are many people on our side who, having gotten comfortable being dissident leaders, will want to set up shop permanently for themselves, directing you on what you must do to be acceptable to Christ. If you are following any that seek to direct your conscience rather than help you form it, you are following diabolical frauds. But oh, they will sound so pious that they will even deceive the elect for a time.

I am in the home stretch of completing the **CORAC Organizational Handbook and Manual on Forming Functional Communities in Difficult Times**. It is the largest, most complicated task I have ever taken on. How to be comprehensive while also being concise and accessible is always the most difficult task. It relies on you to be a moral and religious people to build in your home town. It relies on CORAC being the primary support system for what you create, rather than a source of remote decrees. It relies on you becoming pathfinders, turning neither to the right out of anger nor to the left out of fear, but walking in a plain path before God and man.

We must not be delivered from the insane chaos around us just to get into a contest over who shall rule. That contest always brings with it the seeds of its own destruction. Rather, we are called to care for each other as loving brothers and sisters, offering our talents and respecting the expertise of others in the endeavor to build each other up in harmony with God, rather than trying to dominate or tear each other down.

It is a lonely job, fraught with peril. But I call on you to find a path through this wilderness, blaze a trail to God that cuts through all the undergrowth. Do it the simple, sure way. Help those around you build the skills they need. Respect their free will and dignity, given by God, even as you protect each other from efforts to coerce your conscience or undermine your community. Authentic Christianity is not for wimps. It is simple, but not easy. Let your triple lodestar be: acknowledge God, take the next right step, and be a sign of hope to those around you. Do this, and you will be a profitable pathfinder.

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.

WEBSITE

Our greatest asset is our website. If you haven't yet explored it, start on the home page and go perusing from there.

Home Page	https://corac.co/
Quick-Start	https://corac.co/help-user/
A Sign of Hope	https://corac.co/newsroom/#c-media-a-sign-of-hope
Reveille	https://corac.co/reveille-2/
Chatting With Charlie	https://corac.co/chatting-with-charlie/
Gear	https://corps-of-renewal-and-charity.myshopify.com
Health & Wellness	https://corac.co/health-and-wellness-teams/
Sustainable Living	https://corac.co/sustainable-living-teams/
Communications	https://corac.co/communications-teams/
Education	https://corac.co/education-team/
Crisis Scenarios	https://corac.co/crisis-scenarios-team/
Prayer	https://corac.co/category/prayer-teams/
Defense	https://corac.co/defense-league/

Be sure to catch the latest from Charlie on his blog <https://corac.co/a-sign-of-hope/> and on the Brief Updates <https://corac.co/charlies-brief/>

NEWS

ABOUT THE ECLIPSE

If the eclipse fascinates you (it does me), check out some of these links:

- How this eclipse differs from the 2017 full eclipse: <https://science.nasa.gov/solar-system/skywatching/how-is-the-2024-total-solar-eclipse-different-than-the-2017-eclipse/>
- Glossary of eclipse terms: <https://eclipse.aas.org/eclipse-america/eclipse-glossary>
- Why this eclipse is a big deal: <https://www.sciencenews.org/article/total-solar-eclipse-sun-science-viewing-2024>
- How to see it, what to know: <https://www.astronomy.com/observing/how-to-see-the-2024-eclipse-times-livestream-and-a-state-by-state-guide/>
- How to make sure your eclipse glasses are safe: <https://brobible.com/culture/article/warning-fake-eclipse-glasses-what-to-do/>



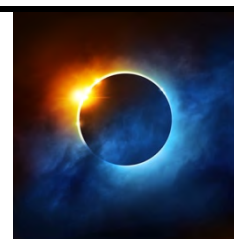
ECLIPSES IN THE SCRIPTURES

Joel 2:31. "The sun shall be turned to darkness, and the moon to blood, before the great and awesome day of the Lord comes." (There was a blood moon on March 25.)

Amos 8:9. "And on that day," declares the Lord God, "I will make the sun go down at noon and darken the earth in broad daylight."

Rev 6:12. "I looked when He broke the sixth seal, and there was a great earthquake; and the sun became black as sackcloth made of hair, and the whole moon became like blood."

Acts 2:20. "The sun shall be turned into darkness and the moon into blood before the great day of the Lord comes."



Sounds sobering, doesn't it? And then there is the news that the path of totality will pass through seven towns named Ninevah. It could almost sound like a warning. The warnings of Scripture have always been there, through every eclipse since their writing; it is just that now we *know* that we need warning. We sense that the roller coaster is about to jump the tracks. But we will be fresh and clean from Divine Mercy Sunday, and with a plenary indulgence, we will be ready. Do not neglect the grace of the powerful plenary indulgence available on Divine Mercy Sunday!

DIVINE MERCY PLENARY INDULGENCE

“Never will your soul be cleaner, other than the moment of your baptism, than it is on Divine Mercy Sunday.” - *Fr. Chris Alar*

“The soul that will go to confession and receive Holy Communion shall obtain complete forgiveness of sins and punishment. On that day, all the Divine floodgates through which graces flow are opened. Let no soul fear to draw near to Me, though his sins be as scarlet. (Diary, 699)

For the grace of the indulgence:

- 1) Go to Confession (20 days before, on, or after Divine Mercy Sunday)
- 2) Receive Holy Communion (20 days before, on, or after)
- 3) Pray for the Pope
- 4) Recite an Our Father, the Creed, and a prayer to the Merciful Jesus in the presence of the Blessed Sacrament, or, participate in services honoring the Divine Mercy devotion.



<https://ewtn.co.uk/chpop-how-to-obtain-the-unique-plenary-indulgence-jesus-offers-on-divine-mercy-sunday/>

BIG MONTH OF APRIL

Devil Comet

This month, we will also be able to see the “Devil Comet” with the naked eye. It may be visible during the eclipse. This comet has a 71-year orbit around the sun, so we won't see it again in our lifetimes (most of us). It's also known as the “Mother of Dragons” because of the horns formed by bursts of gas and dust.

Read more here: <https://www.astronomy.com/science/the-devil-comet-is-headed-our-way-and-thats-still-ok/>

Cicadapocalypse

Cicadas brood underground for many years before emerging. This April, two giant broods will emerge simultaneously and close together, in central Illinois. And I thought 2023 was a big year for cicadas! The chickens will be very happy, but I don't know what a Cicadapocalypse (also known as Cicada-geddon) will look like for the rest of us. Stay tuned!

More here: <https://today.tamu.edu/2024/03/21/what-you-should-know-about-aprils-cicada-double-emergence/>

DEAR FBI

It's not a conspiracy theory that the DOJ is targeting people for holding traditional values, the very values that no one would have disputed 30 years ago. I'm afraid this is a real thing. Be forewarned and forearmed.

Catholics in the Crosshairs: <https://crisismagazine.com/opinion/christian-nationalists-in-the-crosshairs>

How the FBI “does” uncover operations:

https://www.americanthinker.com/articles/2024/03/the_fbi_s_otherwise_illegal_activity.html

10 HIDDEN HEADLINES – WHAT THE MEDIA WON'T SAY

- [#10 - Court filings reveal full list of celebrities named in Diddy's sex trafficking lawsuit.](#)
- [#9 - US braces for major supply chain disruption following Baltimore Bridge disaster.](#)
- [#8 - Joe Rogan exposes Big Pharma's immunity from C19 jab liability.](#)
- [#7 - Caller drops bone-chilling question on Robert Kennedy Jr. live on air.](#)
- [#6 - Australia's 'Ministry of Truth' threatens X with \\$782,000 fine for Canadian man's criticism of trans person.](#)
- [#5 - CDC data shows cancer 'red flags' among young people.](#)
- [#4 - Jon Stewart slams Trump for overvaluing his properties — then gets caught for doing the exact same thing.](#)
- [#3 - FBI demands identities of users who watch certain YouTube videos.](#)
- [#2 - FDA study admits C19 shots cause seizures in toddlers.](#)
- [#1 - Julian Assange wins right to appeal extradition to the United States.](#)



You can hear these summarized by Maria Zee, with her charming Australian accent, here:

https://vigilantfox.news/p/media-blackout-10-news-stories-they-6f1?utm_source=profile&utm_medium=reader2

PILGRIM FEET

We search about for answers to so many complex questions, and often the best answers are the most mundane ones. Walking, for example. If you're watching *The Chosen*, haven't you been struck by all the walking? Some of the best conversations, the most dramatic conversions, the most problematic questions all happen while they're walking. And that's not an invention of the series; they were indeed pilgrims through Israel.

Read more about the ridiculously easy benefits of walking here:

<https://aleteia.org/2024/02/27/want-to-live-happier-and-healthier-then-start-walking/>



You don't need a program to start walking. That's one thing that's so great about it: you just leave your house and start. Go to the post office or the grocery store (take a backpack) or to a local trail. Do what Jesus did: walk.

CRISIS SCENARIO TEAM

John McConnel is the new CORAC Crisis Scenario team lead. He has 9 years experience in disaster relief, with 18 missions, many of which he led. He had some good insights:

“Something most of us don't realize until we have experienced a disaster is that after all the fear, panic, and shock from something so devastating as a massive hurricane (like Katrina) or a category-5 tornado (like Joplin, Missouri), and after the utter devastation and all that goes with that, there is no holier ground on earth. You see and feel God's grace and mercy everywhere. We came to realize very soon that our primary function was to be an instrument of God and provide love and attention to the victims. That helped them get back to reasonable "normal.”

“I have seen people with the blank stare, totally unaware of what's going on. We learned to gently walk up to them and place a hand on their shoulder and reassure them that God's mercy is there, and that all will be better now. It never ceased to amaze me, the effect that such a simple thing would have on people. Then you let them speak, and you listen as they tell their sad story. Then we (the mission team) would gather around them and lay hands upon them, and each of us would contribute our prayer. Then we would go to work clearing out the debris. It is so beautiful to watch these people come back to “normal” and actually regain their hope and determination.

“My hope is that we prepare ourselves and others to provide such aid (and other aid as well) when it becomes necessary.”

Read more here: <https://corac.co/2024/03/29/regarding-the-francis-scott-key-bridge-disaster/>

HEALING SESSIONS

CORAC members have been conducting healing sessions by Zoom on the last Wednesday of the month. Mark your calendars now for April 24. Details for signup and tune-in will follow in the April 15 newsletter. These sessions are led by Mark Kollar, a veteran evangelist who has seen many miraculous healings. Hear more from Mark on the latest Reveille video here: <https://corac.co/2024/04/01/mark-kollar-catholic-healing-evangelist/> to get ready for the next healing session on April 24.



PRAYER

APRIL PRAYER INTENTIONS

*For all CORAC members in the boat to keep their eyes on Christ as he calmly walks on water toward us in the midst of the Storm [For understanding and inspiration, consider watching Bishop Barron's sermon, "In the Storm? Look to Christ" ~ on YouTube.]

*Continued prayers for Charlie's inspiration, energy, and focus as he completes the CORAC Handbook ~ come, Holy Spirit!

*That many people be healed in an online international CORAC event, praying The Brazen Serpent Prayer Rosary together live via Zoom ~ Sunday, April 21, at 3:00 p.m. PT, 4:00 p.m. MT, 5:00 p.m. CT, and 6:00 p.m. ET

*May the Lord draw all people of good will ~ Catholics, Protestants, Jews, and others ~ closer to himself; may he make us holy; and may we live our faith with fidelity, courage, love, and joy as we pray the Prayer of Doing

*For the peaceful repose of the souls of all whom the Lord will call home this day, in accordance with his Divine Will; and for the consolation and strength of their families and friends

*That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

*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.

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Ave Maria, Stella Maris!



PRAYER HOTLINE

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

<https://corps-of-renewal-and-charity.myshopify.com/collections/donation>

As for me, I will cry to God and He will save me.



The last few weeks have been good ones, and busy. The work on our local GMRS radio network has progressed, it's time for spring gardening and foraging, and I've been reading some good books. It proves to me once again that I'm most at peace when I'm engaged in action.

Opinions expressed in this newsletter, unless otherwise attributed, are my own.

Sheryl Gollmer, editor

April 15, 2024

sherylc@coracusa.com



From the cockpit of the Subaru

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

Hidden Treasure

Several years back I was invited to spend a couple of days at [the Shrine of Our Lady of Peace in Santa Clara, California](#) – right in the heart of the Silicon Valley. The invitation came from Fr. Joseph LoJacono of the Fathers of the [Institute of the Incarnate Word](#), then the director of the Shrine. They have four Masses each day. I went to the eight a.m. Mass. Fr. Joseph told me afterwards that I needed to stop by the Noon Mass. I did – and was astounded. There were 750 people there, in the middle of the day, right there in the heart of the Silicon Valley. Fr. Joseph told me that they have that almost every day...that a crowd of 500 worshippers is a very off day.

While I was at Mass that morning, when the Priest was returning the Hosts to the Sanctuary, I was startled at a beautiful full-color image of Our Lady of Tepeyac (commonly called Guadalupe) painted at the inner back of the Sanctuary. After Mass, I asked the Priest if I could get a closer look at it. He asked me what I meant, then opened the sanctuary. There was nothing painted at the back. Yeah, even with my experiences, I am struck by some of the unexpected little graces.

While I was there, Fr. Michael Pintacura was introduced to me. He took me on a tour of a huge warehouse full of [artifacts of the faith he has collected](#) over the decades. Fr. Pintacura is a delightful, charming Priest bubbling over with enthusiasm and wonder. He wears the biretta almost all the time – which I think is glorious – and he explained the striking theology the biretta represents. He has opened the warehouse to the public and hopes to get all these things into a larger, more formal showroom. Well, he should, for the items are more striking than those in many museums. Fr. Pintacura is the USA Vice-Postulant for the [Cause of Canonization of Blessed Anna Maria Taigi](#).

The invitation came in the midst of a west coast tour I was doing, so I found a hole of a couple of days and accepted it. Boy, was I glad I did. To see so many taking time to worship regularly in the middle of the day in the heart of the Silicon Valley was a revelation: we have far more allies behind the secular lines than we know. When I was invited to see Fr. Pintacura's collection I expected to see a roomful of stuff, some interesting, some mundane. I did NOT expect to see a warehouse full of bona fide, fascinating treasures, but that is what I got.

I love and admire all the great, faithful people I meet in the most anti-Christian, deepest blue states who are determined to make their stand where they are, resolved that they will not allow the insane class that has taken transient rule to drive them from their homes. They are great treasures, dramatically sharpened and hardened by the constant challenge they face.

Traveling across the country and visiting with the faithful so much, in so many nooks, I realize we have a vast trove of God's hidden treasure in this country, just beneath the surface. The anti-God mob cannot see it at all, but it will soon be dispositive.

Over the last year I have wrestled with the hardest project I have ever taken on. What started as a CORAC handbook has evolved (if you will pardon the word) into a manual on how to effectively and peacefully take back society from the millions of petty little tyrants who think it is their job to tell us all what to do rather than to act as our faithful agents and ministers before God.

I have approached it much like I did the first statewide political campaign I ever ran. I evaluated the unique problem we faced, and developed an original, unconventional approach specifically to address those challenges. It was, to use another much-abused word, holistic. Each of its parts was designed to magnify each of its other parts. At the time, most of the experts, including many from our own side, thought it all a pipe dream because it involved so many things that had never been successfully accomplished. In Illinois, no solid conservative had ever gotten more than 30% of the vote in a statewide Republican primary in my lifetime. All my critics were criticizing me because I did NOT adopt the conventional strategy that had never gotten more than 30%. We won – and after that, most state politicians tried to adopt and imitate the strategy they had previously scorned. None understood more than a few pieces of it. (Ironically, the guy who did the best job of imitation was a Democrat, Rod Blagojevich, who used it to win his nomination for governor.)

The great challenge is not some cleverly designed marketing tool or slogan (though one should not discount the power of using those things well). The great challenge is to unlock, deploy, and unleash the creative power of all the ordinary folks who make up a great movement. Leftist activists have long had a chant that I rather like: “The people, united, shall never be defeated.” I think it very true - but am baffled at why the people who say this always seem to think the way to unite “the people” is to dictate exactly what they must do and how they must do it. Treating people like cogs in a machine has never seemed a particularly unifying principle to me. How to truly unite and ignite their imaginations and then fill them with a determined resolve is the key to everything. Start from the premise that this IS the hour of the ordinary man.

I am in the final stage now, mainly tweaking, refining, and focusing the manual. I expect to hear from many how impossible or contrary to standard practice this is. Standard practice has got us into this situation. I don't care, any more than I did nearly 30 years ago when I set out to WIN, not to place or show well, according to conventional rules. When you face unprecedented challenges, you had better come up with an unprecedented response – or be defeated by your devotion to the conventional. I don't need everybody, or even 50% - or even 20%. A fully determined, committed, and engaged, tiny cohort can move the world and quickly become self-replicating when they are owners of a grand, unifying cause, rather than cogs in a machine of someone else's dictate. What they need are some details on how to do what will bring and breed success.

CORAC will not be the master of this drive. Rather, it will be the vital arsenal of the ordinary man as he rises from hearthstones throughout the country to take his home territory back from the bureaucrats who treat him as an afterthought. Much is already there to provide that ammunition in the over 500 videos and PDF's on the CORAC website. We will do this and sweep all before us – because we have access to treasure carefully hidden for us by God. The hidden treasure is you – and I know how to unleash it.

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.

Charlie's Latest

What Is Truth? <https://corac.co/2024/04/10/what-is-truth-2/>

Beware Spiritual Bullies <https://corac.co/2024/04/10/beware-spiritual-bullies/>

You Can't Go Home Again <https://corac.co/2024/03/27/you-cant-go-home-again/>

WEBSITE

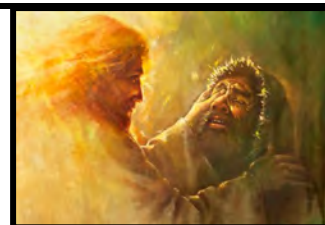
Our greatest asset is our website. If you haven't yet explored it, start on the home page and go perusing from there.

Home Page	https://corac.co/
Quick-Start	https://corac.co/help-user/
A Sign of Hope	https://corac.co/newsroom/#c-media-a-sign-of-hope
Reveille	https://corac.co/reveille-2/
Chatting With Charlie	https://corac.co/chatting-with-charlie/
Gear	https://corps-of-renewal-and-charity.myshopify.com
Health & Wellness	https://corac.co/health-and-wellness-teams/
Sustainable Living	https://corac.co/sustainable-living-teams/
Communications	https://corac.co/communications-teams/
Education	https://corac.co/education-team/
Crisis Scenarios	https://corac.co/crisis-scenarios-team/
Prayer	https://corac.co/category/prayer-teams/
Defense	https://corac.co/defense-league/

NEWS

PHYSICAL HEALING PRAYER SESSION

The CORAC National Prayer team has been conducting physical healing sessions on the 4th Wednesday of each month, and are seeing physical healings every month. The next session will occur on April 24th at 7:00 pm CDT. Capacity is 100, so sign up soon if you have need of physical healing.



HOW TO JOIN: Send an email to Mary Jane maryjanekeppler@gmail.com.

She'll register you and send you the link to get into the ZOOM Room, (which you'll receive a day or so before April 24th.) You **MUST** be on time for the Healing Session which begins promptly at 7pm with the door closing at 7:05pm. Each participant must be on camera as being able to see the one for whom prayer is offered is an essential part of the prayer process.

Remember: This is a **PHYSICAL HEALING ROOM**. If you know of anyone who needs physical healing, please, have that person sign up now.

PLEASE DO VIEW THESE TESTIMONIALS, FOR THEY WILL BUILD YOUR FAITH IN JESUS' HEALING TOUCH:

<https://kwainvest.sharefile.com/d-s75cc94eea7bc45e580f8fb05da3e4654>

<https://kwainvest.sharefile.com/d-s473f0a5580d94f0598742deb67ab141a>

<https://kwainvest.sharefile.com/d-sbb042efee8404233ae1c49d22e068e73>

<https://kwainvest.sharefile.com/d-sf3ef0cdd9ac9481fa09473fd46764a49>

If you'd like to know more before joining the session, watch this video interview with Mark Kollar, who leads these healing sessions: <https://corac.co/2024/04/01/mark-kollar-catholic-healing-evangelist/>

10 HIDDEN HEADLINES – WHAT THE MEDIA WON'T SAY

10 – JP Morgan CEO Issues Urgent Warning

https://vigilantnews.com/post/jpmorgan-ceo-issues-urgent-warning-everyone-needs-to-hear/?utm_source=substack&utm_medium=email

9 – Ashley Biden diary leaker jailed; no mention of “showers with dad” and molestation claims

https://vigilantnews.com/post/msm-fails-to-mention-showers-with-dad-molestation-after-ashley-biden-diary-leaker-jailed/?utm_source=substack&utm_medium=email

8 – FBI quietly releases file on Ashli Babbitt... during the solar eclipse

https://vigilantnews.com/post/fbi-quietly-released-unclassified-file-on-ashli-babbitt-during-the-solar-eclipse/?utm_source=substack&utm_medium=email

7 – New WEF report reveals plan to force vaccination

https://vigilantnews.com/post/wefs-metaverse-an-enforcement-regime-for-vaccination/?utm_source=substack&utm_medium=email

6 – Dr. Phil destroys DEI advocate in under 40 seconds

<https://vigilantnews.com/post/dr-phil-destroys-dei-advocate-in-under-40-seconds/>

5 – Joe Rogan drops theory on why most doctors are silent on COVID vaxx injuries and deaths

<https://vigilantnews.com/post/joe-rogan-drops-theory-explaining-why-most-doctors-are-silent-on-covid-vax-injuries-and-deaths/>

4 – Alex Jones to sue FBI and CIA after undercover video reveals Feds targeted him

<https://vigilantnews.com/post/alex-jones-to-sue-fbi-and-cia-after-undercover-video-reveals-feds-targeted-him/>

3 – Former CBS reporter accuses network of “journalistic rape” for barring her efforts to expose corruption

<https://vigilantnews.com/post/former-cbs-reporter-accuses-network-of-journalistic-rape/>

2 – Incriminating audio Biden telling ghostwriter that he just found all the classified docs downstairs.

<https://vigilantnews.com/post/biden-caught-2016-audio-reveals-classified-docs-admission/>

1 – Esteemed Japanese professor blows whistle on entire covid scam.

<https://vigilantnews.com/post/japanese-professor-delivers-stunning-message-everyone-needs-to-hear-2/>

You can hear these summarized by Maria Zee, with her charming Australian accent, here:

https://vigilantfox.news/p/media-blackout-10-news-stories-they-2b8?utm_source=substack&utm_medium=email&utm_campaign=email-half-post&r=1d2rlz



TUCKER INTERVIEWS NAOMI WOLF

Naomi Wolf was one of the most famous liberal intellectuals in America, until she questioned lockdowns in 2020 and the vaxx in 2021. She lost all social and professional status in order to tell the truth. When you don't know who to believe anymore, look to the people who suffer loss for what they're saying; they are the prophets.

I wouldn't have touched Naomi Wolf with a ten-foot pole when she was a liberal consultant to Bill Clinton, but now she has put her substantial gifts in the service of truth. Former fans and colleagues call her a conspiracist and her Wikipedia page doesn't even list any of her books after 2020, when she started talking about the lockdowns.

Abbreviated interview here: <https://www.youtube.com/watch?v=3gtXlr1U8wM>

To hear the full interview, join the Tucker Carlson network here: <https://tuckercarlson.com>

Read Naomi Wolf's comments on the interview here: <https://naomiwolf.substack.com/p/chatting-with-tucker-carlson-about>

Recent books by Naomi Wolf (the ones Wikipedia won't mention)

- Facing the Beast: Courage Faith and Resistance in a New Dark Age (2023)
- The Bodies of Others: The New Authoritarians, Covid-19, and the War Against the Human (2022)

THE VIBE SHIFT

“The Vibe Shift is a return to—a championing of—reality, a rejection of the bureaucratic, the cowardly, the guilt-driven; a return to greatness, courage, and joyous ambition.” Read this good-news perspective here:

<https://pliego.substack.com/p/vibe-shift>

Tucker interviewed the author of this hopeful commentary here:

<https://www.youtube.com/watch?v=O4jj6L7T0bI>

HOW TO REVERSE THE INFANTICIDE NARRATIVE

In this article, former Army intelligence officer and election integrity analyst Captain Seth Keshel looks at how Republicans need to play smarter around the national abortion fracas and take incremental victories instead of losing everything in expectations of purity. We can take down legal abortion in pieces, he says, instead of rejecting everything but all-out victory. He’s a pro-life purist with a practical political strategy.

The full article is subscription-only at present. Keshel is one of the few Substacks that I financially support.

How Republicans can immediately and ethically reverse the infanticide (abortion) narrative:

<https://skeshel.substack.com/p/how-republicans-can-immediately-and>

THEY REALLY ARE GOING FOR THE FOOD SUPPLY

You’ve seen the videos of farmers in Germany, France and the Netherlands protesting in their capitols. The coercive green policies of the EU will put farmers out of business, while huge corporations produce pseudo-food and bug bars. When thousands of farmers drive their John Deeres into a city, it’s not a conspiracy theory. They really are going for the food supply. Epoch Times reporter and host of Rise of the New Media Brian Cates enjoys irritating all the right people. He comments here: <https://briancates.substack.com/p/its-not-your-imagination-they-are>



THREE YEARS IN JAIL AND NO TRIAL

Decorated Special Forces soldier and 22-year veteran of the US military, Jeffrey McKellop has now passed his third year in prison without a trial. After he identified government informants in the J6 crowd, his legal research was stolen by the government, and he lost phone and mail privileges. Of all the outrages this country is bearing right now, the J6ers are suffering the some of the worst. This man served two decades in our Armed Forces, for Pete’s sake, and now the most basic Constitutional guarantees have been denied him.

Please take the time to listen to his story here:

<https://www.thegatewaypundit.com/2024/04/former-army-special-forces-soldier-jeffrey-mckellop-leaks/>



GENERAL FLYNN MOVIE

One of our era’s great American patriots. People are raving about the movie. <https://www.flynnmovie.com>

TUCKER IS DOING THE MOST INTERESTING THINGS

Tucker interviews former prefect of the CDF, Cardinal Gerhard Müller:

<https://www.youtube.com/watch?v=r4U0ebe1v9A>

Tucker with “Christian Nationalist” pastor, Doug Wilson, who says, “If you’re a Christian pastor and you’re afraid to die, then maybe you’re not telling the truth about what you believe.”

<https://twitter.com/TuckerCarlson/status/1779915085332562039>

BIRD FLU

Avian flu is apparently the newest scare tactic to drive the population to be afraid of everything. We’ve seen it before; we knew it would re-appear in 2024 as the election cannot be allowed to roll out smoothly. But is the newest disease something we should address? Dr. Peter McCullough weighs in:

<https://www.thegatewaypundit.com/2024/04/bird-flu-dr-peter-mccullough-warns-perfect-storm/>

I do think it’s worthwhile to have a virus-fighting arsenal on hand. Check out the Wellness Company Contagion kit for \$300: <https://www.twc.health/products/covid-emergency-kit?ref=2a-PHSIZGsDPj7> In addition to Ivermectin and Hydroxychloroquine, the kit also contains a nebulizer, Budesonide and Azithromycin. That’s a stout defense.

GMRS RADIO NETWORK

We have a skeleton GMRS network up and running in Tyler! Here are the steps we followed:

- 1) Get your own GMRS units, get them charged, read the instruction manual.
- 2) Get your FCC license and call sign.
- 3) Recruit another person to be in your network and test your equipment.
- 4) Start testing the range, which is affected by trees, buildings and hills.
- 5) Get a detailed city map and pinpoint your radio contacts to see who will be able to contact who.

Because I live in the center of our city and my house is at the top of a small hill, I’m the hub. I bought a Midland 40-watt base station, and the necessary connections for AC and DC power, as well as an antenna atop a 10-foot flagpole. We have tested out 5 miles from the 40-watt base station with clarity.

Now we are recruiting a ham operator to be our contact with CORAC emergency comms. That ham will be in GMRS contact with me, and I can send out messages he receives from the CORAC ham network out on our GMRS network, thus linking local members with each other and with the national structure.

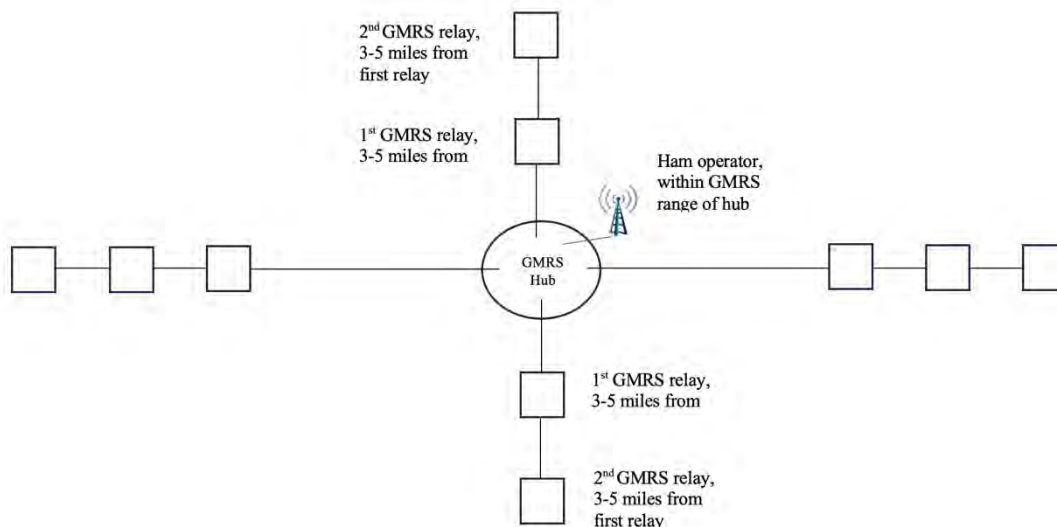
CORAC plan for GMRS emergency network: <https://corac.co/2023/10/30/how-to-create-an-emergency-plan-using-gmrs-radios/>

How to get your GMRS license: <https://midlandusa.com/blogs/blog/why-do-i-need-a-gmrs-license-how-do-i-get-it>

Reviews of GMRS radios: <https://trueprepper.com/best-gmrs-radios/>

The GMRS handhelds we are using in Tyler: <https://midlandusa.com/products/gxt1000vp4>

May be slightly cheaper on [Amazon](#)



BOOKS I'M READING

There's no reason my picks should carry any particular weight, but I'm especially enjoying these:

Life of Christ, by Fulton Sheen. Deservedly a classic, and I read it every Easter season.

Jesus and the Jewish Roots of the Eucharist, by Brant Pitre. It will change the way you understand the Eucharist.

SSPX: the Defense, by Kennedy Hall. Pierce through the common misperceptions about Archbishop Lefebvre.

A Truthful Man, by Hilary Walker. A novel that will touch everyone who cares about cancelled priests.

The Oceans and the Stars, by Mark Helprin. A seafaring novel of the Navy.

Urban Survival Guide, by David Morris. When you can't leave the city in a crisis.

The last two, I've just begun, so the jury is still out.

PRAYER

APRIL PRAYER INTENTIONS

*For all CORAC members in the boat to keep their eyes on Christ as he calmly walks on water toward us in the midst of the Storm [For understanding and inspiration, consider watching Bishop Barron's sermon, "In the Storm? Look to Christ" ~ on YouTube.]

*Continued prayers for Charlie's inspiration, energy, and focus as he completes the CORAC Handbook ~ come, Holy Spirit!

*That many people be healed in an online international CORAC event, praying The Brazen Serpent Prayer Rosary together live via Zoom ~ Sunday, April 21, at 3:00 p.m. PT, 4:00 p.m. MT, 5:00 p.m. CT, and 6:00 p.m. ET

*May the Lord draw all people of good will ~ Catholics, Protestants, Jews, and others ~ closer to himself; may he make us holy; and may we live our faith with fidelity, courage, love, and joy as we pray the Prayer of Doing

*For the peaceful repose of the souls of all whom the Lord will call home this day, in accordance with his Divine Will; and for the consolation and strength of their families and friends

*That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

*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.

Newsletter 2024-7

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

<https://corps-of-renewal-and-charity.myshopify.com/collections/donation>

See how the farmer waits for the precious fruit of the earth. Be patient, therefore, brothers, until the coming of the Lord.



More people are waking up to the lies and hard-to-fathom evil that emerge from our public officials. I sense the Awakened are no longer such a thin minority. Be encouraged, and speak to those who were previously unreachable. Nothing is normal anymore; all but the most gaslit feel it. This might be the time to gently begin giving them more information than the official drivel, so that they are not lost when a crisis comes.

Opinions expressed in this newsletter, unless otherwise attributed, are my own.

Sheryl Collmer, editor

April 30, 2024

sherylc@coracusa.com



From the cockpit of the Subaru

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

Deliver Us From Evil

When a machine blows a bearing and starts grinding down, it typically belches a lot of noise, smoke, and sometimes even fire. For all the showy chaos inherent to the process, the fundamental issue is that it doesn't work anymore. Whatever its function was, you are going to have to get a new one. Sounds a lot like American government these days, doesn't it?

Democrats have nothing of any substance to offer, so they enthuse about how they will let you kill as many babies as you want, Orange Man Bad, and there is nothing to see here as crime goes unpunished, violent criminals run rampant, everything is more expensive even as there is less of everything to be had, and the flame of needless global war threatens to become a raging conflagration. But hey, you can get as many abortions as you want. Did we mention Orange Man Bad? And don't forget about "Our Democracy"™.

Republicans note that this is all terrible and someone should do something. They sometimes make terrific sound bites on television before getting back to writing blank checks to whichever the favored country *du jour* is, and sashaying off to the next think tank cocktail party.

Our college campuses are aflame, lit by young skulls full of mush who neither know – nor care to know – any history. They call the side that sought to launch actual genocide, "victims." and the side defending itself as perpetrators of genocide. It is clear that nothing outside of the hard sciences is being taught at university any more – and even those are ever more suspect.

Modern college campuses are become a live performative experiment of [*Lord of the Flies*](#) writ large. There are no adults in sight to rescue the feral students from themselves.

These are some of the sights and sounds of the machine grinding down. As W.B. Yeats observed in his poem, *The Second Coming*, "...the best lack all conviction, while the worst are full of passionate intensity." It's not that there is anyone who does *not* see that everything is falling apart. The worst are eagerly cheering on destruction. I don't know if they think they will somehow be exempted from the consequences of catastrophic civilizational collapse or are just afflicted with [*demon brain*](#).

The best have no clue how to stop the ongoing plunge into the abyss. Our churches offer no leadership. For all the Left's caterwauling about the danger of "Christian Nationalism," we can rarely get any confident expression of

straightforward Christian doctrine from Christian leadership anymore – for fear of offending someone on our journey to the abyss, don't you know. We could use a lot more bold and authentic Christianity – locally, nationally or globally, for that matter.

A big factor in the paralysis is so many people desperately hoping that it is all going to smooth out somehow – and that they won't have to do any heavy lifting. But the Almighty has His purposes. I believe He is leaving us to our own devices until it has all collapsed.

If you want to see how we got here, read the 23rd Chapter of the Gospel of Matthew. We have tithed, “mint and dill and cummin (paid our taxes and fixated on legalistic processes) and have neglected the weightier matters of the law, justice and mercy and faith.” We thought ourselves the titans. We demanded that the God who blessed our land leave us alone. He has, and now we are in freefall – a freefall that will not end until we have fully acknowledged our responsibility for the disastrous work of our own hands.

I have made it clear that I believe that the old is fully passing away. And yet, the God who made us still loves us – and wants us back in real communion with Him. The question, then, is how will we participate with Him in building the new?

The first step is to acknowledge that, although there is a great “they” who are trying to impose destruction on us, it is our neglect that has allowed such unworthy leaders and cultural norms to take precedence in our culture. Then build anew from among the wreckage that is still crumbling around us. To do that will require each of us who would serve God and each other to get our hands dirty, to put our shoulders to the plow. This IS the hour of the ordinary man – and that is the material which God, Himself, will use to make the world anew.

This weekend I submit my long-awaited CORAC *Organizational Handbook and Manual for Building Functional Communities** for final formatting. It is a program for rebuilding, starting right now. There is no sense looking back at what was. It is already gone...and merely in the last stages of passing away.

It does not require all to sign on. It is very much a coalition of the willing. But it will give a way for those who do sign on to begin living functional community with each other under God right now. As people see those little communities that form using these principles actually work, more will sign on – and opt out of the old system already in its death throes.

We will not recover under the charismatic leadership of a man on a white horse. Jesus is our only man on a white horse who has power to save us. But this IS the hour of the ordinary man. Even as the center falls apart, Jesus is distributing white horses to all who will receive them. Jesus has a white horse waiting for each of us who are willing to pray up, saddle up, and get to work in our own little community. Then an army of men and women on those white horses will be used by God to renew the faith and the face of the world. Now is not the time to think big. It is the time to think small – and then do.

Charlie Johnston

* Watch your email for the final announcement of availability of the Manual.

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.

Charlie's Latest

- Searching for Light <https://corac.co/2024/04/30/searching-for-light/>
- Intellectual and Moral Eclipse <https://corac.co/2024/04/24/intellectual-and-moral-eclipse/>
- The Latest 7 Questions <https://corac.co/2024/04/26/7-questions-no-8/>
- (wokeness, illegal immigration, radical trust, obedience and more)
- Darkest Before the Dawn <https://corac.co/2024/04/15/darkest-before-the-dawn/>

WEBSITE

Our greatest asset is our website. If you haven't yet explored it, start on the home page and go perusing from there.

Home Page	https://corac.co/
Quick-Start	https://corac.co/help-user/
A Sign of Hope	https://corac.co/newsroom/#c-media-a-sign-of-hope
Reveille	https://corac.co/reveille-2/
Chatting With Charlie	https://corac.co/chatting-with-charlie/
Gear	https://corps-of-renewal-and-charity.myshopify.com
Health & Wellness	https://corac.co/health-and-wellness-teams/
Sustainable Living	https://corac.co/sustainable-living-teams/
Communications	https://corac.co/communications-teams/
Education	https://corac.co/education-team/
Crisis Scenarios	https://corac.co/crisis-scenarios-team/
Prayer	https://corac.co/category/prayer-teams/
Defense	https://corac.co/defense-league/
Support	https://corps-of-renewal-and-charity.myshopify.com/collections/donation

NEWS

SUPERNATURAL TRUTH

Bishop Strickland is getting even more forthright, and I, for one, welcome that. I am sick to death of those who continue to pretend that everything is normal, even as things fall apart around us. They are neglecting their duty to guard the sheepfold. But not Strickland; he calls 'em as he sees 'em, growing in boldness and courage. Pray for him; we so badly need someone who will call out the truth.

Too many prelates not only exhibit a lack of supernatural faith on their part, but they are also “hell-bent” on eliminating every vestige of supernatural faith from the Church. This has been building momentum over many decades, but we must open our eyes to the crescendo of apostasy that we are now witnessing.

See the full letter here: <https://bishopstrickland.com/blog/post/supernatural-truth>

Follow the bishop on X: <https://twitter.com/BishStrickland>

EUCCHARISTIC REVIVAL

This event has been growing for almost three years, and will culminate with a National Eucharistic Pilgrimage and Congress in July. If you haven't read about it... it's very exciting! Is there anything more glorious, more powerful, more lifechanging than meeting our Lord in the Eucharist?



The Revival began as a work of the USCCB, in response to that 30% statistic we've all heard about (only 30% of American Catholics know that Jesus is really present in the Eucharist.) The goal is to bring in those other 70%-ers and build up the 30%-ers.

To that end, a great amount of time and energy has been invested. More and more great speakers and evangelists have jumped on: Scott Hahn, Brant Pitre, Fr. Mike Schmitz, Edward Sri, Mother Miriam, and more. You can access the resources here: <https://www.eucharisticrevival.org> under the tabs READ, WATCH and LISTEN.

This is the OPPORTUNITY OF OUR LIFETIME! Can you think of anything our Church needs more than living faith in the Living Bread? Can you think of anything our *country* needs more? It's up to us to take the resources provided to us, and run with them. Sign up now, and see how you can participate.

We're about 75 days out from the climax of this revival. Hop on board NOW!

More about the Eucharistic Pilgrimage, "our national Emmaus moment" here:

<https://www.eucharisticpilgrimage.org/about-the-2024-national-eucharistic-pilgrimage>

Check the map to see which of the four legs of the cross will come near your home. You can join the perpetual pilgrims for shorter sections of their walk as part of the Eucharistic Caravan. Meet the long-distance pilgrims who will start at the Atlantic, Pacific, Mexican and Canadian borders of the country, and walk toward Indianapolis in the center.

Your participation can make this Eucharistic event as glorious as Our Lord deserves.



AND SPEAKING OF THE EUCHARIST...

A movie all about the Eucharist is coming to theaters in June, something I never dreamed I'd see. "In 'Jesus Thirsts: The Miracle of the Eucharist,' we embark on a global journey to rediscover and revive the transformative power of the Eucharist. Engaging in dialogue with notable Catholic figures, the film explores the Biblical origins of the Eucharist and shares personal stories of individuals whose lives have been transformed by the Blessed Sacrament." (from the website)

Watch the trailer here: https://www.imdb.com/video/vi2850473497/?ref=ttvi_vi_imdb_1

Buy tickets here for June 4-6: <https://www.fathomevents.com/events/jesus-thirsts-the-miracle-of-the-eucharist/>



HOME ALTARS

We all need a place in our home that reminds us to pray, teaches children to pray, makes us *want* to pray. A home altar makes a home a literal "domestic church." If you don't have one yet, here are some suggestions:

<https://www.catholicconcerns.com/blogs/prayer-candles/how-to-set-up-a-catholic-home-altar>

<https://joyfullydomestic.com/catholic-home-altar-set-up/>

Once your altar is set up, or if you already have one that meets your needs, send me a picture at sherylc@coracusa.com. The top 5 will be featured in the newsletter (10 if we get a lot of entries) and prizes will be awarded for Most Conducive to Prayer and Most Beautiful Overall. The prizes will be religious goods of some sort, and they'll be good ones.

Of course, home altars are personal, and it doesn't matter what an outsider thinks of yours. The prizes are just an incentive to get people thinking and putting together their own altars.



DELIVER THE TRUTH WHATEVER THE COST

General Michael Flynn is of our era's great American patriots. Now there is a "gripping and revealing true film exploring the life of General Flynn, from his rise in the US Military, to the severe political persecution he faced exposing corruption as National Security Advisor."

People are raving about this movie, which you can watch online at <https://www.flynnmovie.com>



10 HIDDEN HEADLINES – WHAT THE MEDIA WON'T SAY

[#10 - Explosive report unveils the shocking truth about skin cancer and the sun.](#)

[#9 - Biden's surprise live interview with Howard Stern goes sideways.](#)

[#8 - US birth rates plummet to lowest levels since 1979, failing to exceed replacement rate.](#)

[#7 - Michael Avenatti flips the script on Stormy Daniels. He says he is now willing to testify on Trump's behalf.](#)

[#6 - Robert Kennedy Jr. reveals what the NIH isn't telling you about mass shootings.](#)

[#5 - Biden wants to give himself "COVID-like" powers by declaring a climate emergency.](#)

[#4 - British thought police enter a Christian man's home over a social media post.](#)

[#3 - Arizona Governor vetoes bill requiring proof of residency to vote.](#)

[#2 - Medical whistleblower says COVID jabs caused patients to "die so horrifically, so quickly."](#)

[#1 - Elon Musk claps back at Australia's censorship regime after Senator called for him to "be jailed" for allowing "misinformation" on X.](#)



You can hear these summarized by Maria Zee, with her charming Australian accent, here:

https://vigilantfox.news/p/media-blackout-10-news-stories-they-4dd?utm_source=substack&utm_medium=email&utm_campaign=email-half-post&r=1d2rlz

TUCKER INTERVIEWS ALEKSANDR DUGIN

"Aleksandr Dugin is the most famous political philosopher in Russia. His ideas are considered so dangerous, the Ukrainian government murdered his daughter, and Amazon won't sell his books." That alone is an endorsement; I want to hear more of what this man has to say. The full interview is free here: <https://tuckercarlson.com/the-tucker-carlson-encounter-aleksandr-dugin/>



THE TEN ESSENTIALS

These are items traditionally considered to be a "must" for any outdoor adventure. The original list was assembled in the 1930s and has passed the test of time. If you have a go-bag or would expect to travel in a critical situation, this would make a good equipment list. Adapted slightly, it's a good general survival kit, even if you're not travelling. For example, a map will show you natural water sources near your house. A tent pitched inside will conserve body heat during a power outage.

1. Navigation: map, compass, GPS
2. Headlamp, plus extra batteries.
3. Sun protection: shades and protective clothes
4. First aid kit, including foot care and insect repellent
5. Knife
6. Fire: matches, lighter, tinder, stove
7. Shelter: tent or bivy sack
8. Food, beyond the minimum
9. Water, beyond the minimum
10. Extra clothes

More info and links here: <https://www.rei.com/learn/expert-advice/ten-essentials.html>



DANDELIONS

In Texas, and most parts of the US, dandelions grow everywhere. In fact, people exhaust themselves trying to get rid of them! But dandelion flowers and leaves are entirely edible, and the roots are medicinal.

Ways to use dandelion, and dosing: <https://thegrownetwork.com/using-dandelions/>

Making dandelion root tincture: <https://growingupherbal.com/dandelion-root-tincture/>

Dandelion recipes: <https://www.theprairiehomestead.com/2014/04/dandelion-recipes.html>

Whenever harvesting and consuming wild plants, follow the rules of foraging. See page 7 of CORAC's Foraging Handbook, "Identify Edible Plants" here: <https://corac.co/wp-content/uploads/2022/06/hw-foraging-class1.pdf>



ESSENTIAL OILS IN SCRIPTURE

I love the aroma of sandalwood, rosemary and cloves. But it's more than just a sensory pleasure; these essential oils have healing and sanctifying qualities. Read more about them on the CORAC Health and Wellness page: <https://corac.co/2024/04/26/essential-oils-in-scripture/>

Also on the website is a recipe and discussion of Good Samaritan Oil, which has many healing properties. <https://corac.co/2024/04/29/good-samaritan-oil/>

CREATE

My friend [Dr. Suzanne Baars](#) teaches that human beings have a creative instinct that needs expression. When it is stifled or ignored, it can cause anxiety or unhappiness. So express yourself creatively: carpentry, painting, sewing, sketching, building, gardening, writing, dance, home improvement, cooking. It's a good antidote to the angst and outrage that is all around us right now.

BUILD A ROCKET STOVE

A rocket stove intensifies the heat of a campfire for efficient cooking. Build a backyard rocket stove with cement blocks or simple bricks. It's fun for kids, too. CORAC Region 9 has posted a video for the concrete block version and a PDF for the brick one. <https://corac.co/2024/04/15/a-simple-rocket-stove/>



CAPTAIN K

Captain Seth Keshel is a military veteran who's been on the road for years working for election integrity. This article discusses the difference between muscle strains and arterial bleeds; that is, issues that cause widespread damage but can be turned around, and those that kill the country unequivocally. It's a good piece on discernment. <https://skeshel.substack.com/p/on-muscle-strains-arterial-bleeds>

PERSONAL SAFETY

Since we're living in a post-law country for now, I'd say personal safety has never been more important. The CORAC Sustainable Living team has put up a new video, hosted by a retired police officer and addressing situational awareness and practical self-defense. <https://corac.co/2024/04/22/personal-safety/>

CONTAGION DEFENSE KIT

It's not a bad idea to have a virus-fighting arsenal on hand. Check out the Wellness Company Contagion kit for \$300: <https://www.twc.health/products/covid-emergency-kit?ref=2a-PHSIZGsDPj7> In addition to Ivermectin and Hydroxychloroquine, the kit also contains a nebulizer, Budesonide and Azithromycin. That's a stout defense.

GMRS RADIO NETWORK

How is your GMRS radio network coming along? In the last edition, I suggested these steps:

- 1) Get your own GMRS units, get them charged, read the instruction manual.
- 2) Get your FCC license and call sign.
- 3) Recruit another person to be in your network and test your equipment.
- 4) Start testing the range, which is affected by trees, buildings and hills.
- 5) Get a detailed city map and pinpoint your radio contacts to see who will be able to contact who.

Since the last newsletter, I've been learning about repeaters, which can boost your range. See if there is a repeater in your area here: <https://mygmrs.com> The repeater in my area extends my GMRS range from 5 miles to approximately 30 miles. There is etiquette proper to using a repeater, so be sure to read the details before using. If you have a repeater near you, be sure to get a GMRS radio that is repeater-capable. Unfortunately, the Midland handhelds are not, though the Midland base and mobile stations are. The Baofeng UV-5G handheld *is* repeater-capable and gets highest marks from the reviewers at True Prepper (review below.)

You can get a pair of the Baofeng UV-5G's for \$50 on Amazon.

https://www.amazon.com/dp/B0CLD3M1MV?th=1&linkCode=ll1&tag=review064a-20&linkId=00bfade1fe21b6a30f4d4661ae864b27&language=en_US&ref=as_li_ss_tl

CORAC plan for GMRS emergency network: <https://corac.co/2023/10/30/how-to-create-an-emergency-plan-using-gmrs-radios/>

How to get your GMRS license: <https://midlandusa.com/blogs/blog/why-do-i-need-a-gmrs-license-how-do-i-get-it>

Reviews of GMRS radios: <https://trueprepper.com/best-gmrs-radios/>

PRAY FOR J6 POLITICAL PRISONERS

"Please don't forget about us; we are not terrorists."

- Ronnie Sandlin, J6 political prisoner

Write a prisoner and provide some sunshine: <https://www.patriotmailproject.com>

DREAM HOUSE

Forget open-concept living rooms, marble showers and cathedral ceilings; the new dream house is about self-sufficiency! I wouldn't advertise my food supply in the front yard like this, but you get the idea. I'm putting this photo on my fridge for days when I just don't feel like working in the garden!



MARTYRS CORNER

A martyr saint will be featured in each issue of the newsletter going forward. As the ultimate witnesses for Christ, they can teach us courage, which we badly need. This edition features **Margaret Clitherow**. She was “pressed to death” (a bland way to describe something hideous) on Good Friday, 1586 in England.

King Henry VIII had separated from the Roman Catholic Church in 1534, after the Pope refused to grant an annulment. Henry made himself the head of the new Church of England. Catholic monasteries and convents were seized by the government, relics taken, pilgrimages forbidden. The Treason Act of 1534 made it illegal to criticize the King or his policies. When Elizabeth I ascended to the throne in 1558, she solidified Anglicanism as the state religion.



The Priest Act was passed in 1584, ordering all priests to leave the country, on pain of death. Anyone who harbored a priest could be imprisoned or executed.

In this threatening environment, Margaret Clitherow raised her children Catholic and sheltered priests in her home. In 1586, the authorities raided the family while a Catholic tutor was schooling her children. A neighbor child, under threat of torture, revealed that priests often visited the Clitherow home to say Mass, and showed the authorities where the priestly vestments were concealed. Margaret's husband William, though chamberlain of York, could not protect her.

Margaret refused to enter a plea; she maintained she had committed no offense. She did not want her children or neighbors to be called to testify, or to have to serve on her jury. Since she would not submit to a trial, she was sentenced to “hard and forceful” punishment. The authorities stripped her naked, and laid her face up with a sharp rock under her back. Then they laid a door on her, and piled 700 pounds of stones on the door. She died after six hours, and was buried secretly to avoid inspiring rebellion. It is suspected that she was pregnant when she died.

St. Margaret Clitherow, pray for us.

More about “priest holes,” the clever constructions that saved many a priest from discovery and death:

<https://www.atlasobscura.com/articles/the-secret-rooms-that-were-custom-built-to-hide-your-priest>

PRAYER

MAY PRAYER INTENTIONS

*For all CORAC members as we study, disseminate, and implement the principles and ideas presented in *The CORAC Handbook and Manual on Building Functional Communities*, which Charlie has been prayerfully working on for more than a year, “the hardest project [he has] ever taken on”

*That many people be healed in body, mind, and spirit through the online Physical Healing Prayer Session via Zoom, on the last Wednesday of each month; and through many other healing prayer ministries in which CORAC members are engaged

*For Mark Lapchak, who passed into eternity on May 1, and for his wife, Mary, Charlie’s long-time former CORAC events scheduler ~ both dear friends of Charlie and CORAC; for special graces during this journey.

*May the Lord draw all people of good will ~ Catholics, Protestants, Jews, and others ~ closer to himself; may he make us holy; and may we live our faith with fidelity, courage, love, and joy as we pray the Prayer of Doing

*For the peaceful repose of the souls of all whom the Lord will call home this day, in accordance with his Divine Will; and for the consolation and strength of their families and friends

*That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

*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.

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

<https://corps-of-renewal-and-charity.myshopify.com/collections/donation>

With you, I can break through any barrier; with God, I can scale any wall.



In my home diocese, six months after the removal of our bishop, we have begun to realize that he was holding back a wave of demolition we weren't even aware of. Now we are, and despondency is a temptation. In the long run, we'll be stronger than ever. For now, though, we need to focus on the constructive, not the depressing.

I suspect that is the case with most of us. Therefore, this newsletter is moving toward productive, creative topics, and away from so many news items. This goes hand in hand with the upcoming release of Charlie's *Manual for Building Functional Communities*, the ultimate constructive response to destructive events. It's time to build and create.

I'll continue to post the Ten Hidden Headlines, the things the mainstream media won't say. Between those, and Jeff Childers' *Coffee and Covid*, we'll have a pretty good grip on the latest haps.

Opinions expressed in this newsletter, unless otherwise attributed, are my own.

Sheryl Collmer, editor
May 15, 2024
sherylc@coracusa.com



From the cockpit of the Subaru

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

When Authority Fails

Years ago the bishop of my son's diocese decreed that all parishes in the diocese constituted a gun-free zone. My son was a police officer and insisted it did not apply to him because officers are encouraged to carry whenever they are in public, whether in uniform or not. But the bishop was not having it and rejected my son's argument. So for a time my son either went to a late Saturday or Sunday Mass in uniform (the law required officers to carry while in uniform – and the Bishop would neither pretend he could decree the law invalid nor forbid uniformed officers to attend Mass) or drove his family 45 minutes away to Mass in another diocese. His family then became parishioners in that entirely different diocese for several years.

A bishop has no spiritual authority to order you not to be prepared to defend yourself and others. He does, however, have administrative authority to set the rules for those properties under his administrative control. That can create some unpleasant – and absurd – circumstances.

In America, the bishops, as a group, are deeply lacking in wisdom on those things that belong, generally, to the laity's prudential judgment. Even worse, by using scholastic language to dress up their ill-conceived temporal decrees, they think they are brilliant – unaware that no matter how much lipstick you put on the proverbial pig, it is still a pig.

Religious leaders the world over, through the World Council of Churches, were co-opted as a propaganda tool for the Soviet Union in 1961, pushing the West to disarm unilaterally. Now, in defense of the Council, they were too naive to realize when the Soviets decided to use them as an Active Measure against the West. (Active Measures were a specific program to use particular gambits to demoralize or weaken the West.) These religious leaders were also too morally arrogant to realize they were intentionally being used as tools to undermine the very societies that best defended actual freedom and autonomy. They are not without blame. They prolonged the Cold War and gave cover to Soviet aggression. If they had had their way, we would have lost the Cold War and a lot more of the world would have been in chains. Religious leaders pretending to authority they don't have, and wisdom they don't even bother to try to have, has done great damage in the life of the world and of the Church.

The US Conference of Catholic Bishops (USCCB) is a well-meaning, but usually feckless organization when it tries to opine on matters of public policy that belong to the prudential judgment of the Laity. It has been the partner of the leftists in facilitating the mass invasion at our border these last three and a half years, along with all the human trafficking, spikes in crime, displacement of needy citizens, and drug smuggling that has entailed. They just smugly proclaim we must be open to all and ignore the chaos they help enable. They do NOT pressure other countries to reform their toxic systems. They do NOT offer to act as sponsors, taking financial and behavioral responsibility for immigrants. They do NOT acknowledge that the US has a method for legally processing immigrants. They do NOT recognize that we all have a hierarchy of responsibilities: the first duty is to your family, then to your friends, and then to others who approach you.

The Bishops' formal position on illegal immigration is akin to saying that if a thug with MS-13 tattoos breaks into your house and sets up housekeeping in your daughter's room you are obliged to let him stay. It really is that feckless and irresponsible.

You all know that I am adamant about respecting a bishop's lawful authority. But I am also not unaware that one of the reasons their lawful authority has been so diluted is because so many of them have tried to exercise temporal authority they do not have – and have exercised their pretensions thoughtlessly and without serious attention to effective, rigorous analysis. The Covid debacle was the most recent shameful episode that did the Bishops no honor. I pray – and believe - it was a wakeup call at least to some. Their penchant for virtue signaling without commitment to rigorous analysis has done the Church and the faithful serious damage, while badly eroding respect for the authority they actually do have.

I write all this to acknowledge that you are likely to confront some tough situations as the current ugliness in the world plays out. Bishops who have serially misused, misunderstood, and fecklessly abused the concept of authority are not likely to suddenly combine the precise judgment of St. Thomas Aquinas with the humble work ethic and clear lines of thought of St. John Paul the Great. If a bishop decrees that you must forfeit any of your God-given rights under natural law in order to attend a Church of which he is administrative head, he is not speaking from any spiritual authority, but he is speaking from his legitimate administrative authority. You are NOT obliged to obey this authority generally, but you are if you enter into a property he has administrative authority over. You can – and should – protest this public abuse of authority. But you really only have three choices:

- 1) Submit and attend under his offensive terms.
- 2) Attend in another Diocese if you can.
- 3) Do not attend until the offensive rule is lifted.

Of course, many will wonder how that comports with our obligation to physically attend some Masses. We are obligated unless we are truly unable to attend. Though I am not the final word on such a matter, my take is that a bishop who needlessly requires me to offend my informed conscience in order to attend is the one preventing me from attending Mass. The sin is his – and spiritual communion is available to me.

I do not carry arms. But I have had a real instance where I lived that ethos. During Covid, I absolutely refused to attend any Mass setting that required a reservation. Either all are welcome or they are not. So there were Sundays in different places where I attended no Mass – and I did not take it to Confession, because I did NOT believe I had sinned. The bishop or priest had, delivering us timidly to the secular wolves through his own ignorance and arrogant fecklessness.

I am adamant about our responsibility to submit to legitimate authority, whether we agree with it or not. I am equally adamant that bishops and clerics must live their responsibility well, defending their flock from the wolves without bullying or abusing their sheep. I make the decisions as best I can with an informed conscience and rely on God to cover and correct my errors.

You probably will have situations where you have to make hard decisions that seem to defy authority. It would be well for all to spend some time studying what authority applies where, when it is legitimately exercised and when it is not. Then make your decision, taking full responsibility for the decision you make.

On the bright side, there are many honorable priests who will celebrate Mass privately without the temporal restrictions some bishops love to effect through their administrative authority in order to curry favor with the world.

Inform your conscience well, give notice when an offense comes that you can't abide, then live your conscience fully before God and man, taking full responsibility for what you do. Whether about defensive weapons or other restrictions, I suspect that every one of us is going to have to make these decisions in some cases going forward. It is not that God wants to trap us between a rock and a hard place, but that He wants all of us to think anew. We have gotten sloppy, cold, and sometimes cowardly. God is going to fix that by these trials.

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.

Charlie's Latest

Blog posts

- Can't Anybody Here Play This Game? <https://corac.co/2024/05/13/cant-anybody-here-play-this-game/>
- The Noonday Devil Is On The Prowl <https://corac.co/2024/05/07/the-noonday-devil-is-on-the-prowl/>
- Searching for Light <https://corac.co/2024/04/30/searching-for-light/>

Quick Takes

- Who's Going to Stop It? <https://corac.co/2024/05/15/who-is-going-to-stop-it/>
- Blowback Cometh <https://corac.co/2024/05/01/blowback-cometh/>

Podcast

- Seven Questions from Members no. 8 <https://corac.co/2024/04/26/7-questions-no-8/>

WEBSITE

Our greatest asset is our website. If you haven't yet explored it, start on the home page and go perusing from there.

Home Page	https://corac.co/
Quick-Start	https://corac.co/help-user/
A Sign of Hope	https://corac.co/newsroom/#c-media-a-sign-of-hope
Reveille	https://corac.co/reveille-2/
Chatting With Charlie	https://corac.co/chatting-with-charlie/
Gear	https://corps-of-renewal-and-charity.myshopify.com
Health & Wellness	https://corac.co/health-and-wellness-teams/
Sustainable Living	https://corac.co/sustainable-living-teams/
Communications	https://corac.co/communications-teams/
Education	https://corac.co/education-team/
Crisis Scenarios	https://corac.co/crisis-scenarios-team/
Prayer	https://corac.co/category/prayer-teams/
Defense	https://corac.co/defense-league/
Support	https://corps-of-renewal-and-charity.myshopify.com/collections/donation

NEWS

AUTHORITY IN THE CHURCH

Bishop Strickland's latest blog post, "Just Following Orders" is a good reflection on obedience and authority in a time when authority has been misused. This is a matter for serious discernment, and the good bishop helps inform the matter. <https://bishopstrickland.com/blog/post/just-following-orders>

EUCCHARISTIC REVIVAL

The National Eucharistic Pilgrimage, "our national Emmaus moment" kicks off this **Friday, May 17**. The four legs start at the borders of the US, and converge on Indianapolis.

Check this map to see if pilgrims will be walking near you:

<https://www.eucharisticpilgrimage.org/about-the-2024-national-eucharistic-pilgrimage>

A plenary indulgence has been granted to anyone who participates, subject to the usual conditions... detachment from all sin, sacramental confession, holy Communion, and prayer for the intentions of the Pope.



AND SPEAKING OF THE EUCHARIST...

A movie all about the Eucharist is coming to theaters in June! The trailer shows Chris Stephanick and Sr. Mary Grace of the Sisters of Life, so it passes the sniff test for orthodoxy.

Trailer here: https://www.imdb.com/video/vi2850473497/?ref=ttvi_vi_imdb_1

Tickets here for June 4-6: <https://www.fathomevents.com/events/jesus-thirsts-the-miracle-of-the-eucharist/>



THE EUCHARIST IS FOR US

"The Eucharist takes on the flavor we each need: if we are overcome by the ugliness of our sins, it brings us God's mercy; if we are lukewarm, it rekindles our love; if we are in battle, it encourages us; if we are fervent, it calls us to an ever closer union with the Crucified One; if we seek to grow in virtue, it gives us the perfect model of it, and so on. The Most Blessed Sacrament contains the entire spiritual boon of the Church, that is, Christ Himself.

Presbyterorum ordinis, 1965



HOME ALTARS

The home altar contest is on, and there's still time to enter. To inspire you to construct your own altar, see the Appendix for some of the early entries. Get your photos in to me before the end of May at sherylc@coracusa.com to win prizes!

Ideas for altars:

<https://www.catholicconcerns.com/blogs/prayer-candles/how-to-set-up-a-catholic-home-altar>

<https://joyfullydomestic.com/catholic-home-altar-set-up/>



COFFEE AND COVID

Jeff Childers is an attorney who began writing during the lockdowns, and he continues to deliver one of the best news sources on the internet. His daily digest is short and sweet, usually three items, and it's delivered with humor. You can read his daily offerings here: www.coffeeandcovid.com and if you like them, subscribe for emails to your inbox in the mornings. He'll make you laugh, and that's the best way to choke down the news we have to endure!



Try today's blog: <https://www.coffeeandcovid.com/p/lobstering-wednesday-may-15-2024> Jeff covers (1) the bankruptcy of Red Lobster, along with the larger problem of industries squeezed by inflation and interest rates; (2) the tariff war against China; and (3) the antics of the lead clowns in the prosecution of President Trump.

You can read it in 5-10 minutes, get a couple of laughs, pick up a few new vocabulary words, and be pretty much caught up on the news of the day.

10 HIDDEN HEADLINES – WHAT THE MEDIA WON'T SAY

- [#10 - The United Kingdom refuses to sign the World Health Organization's pandemic treaty.](#)
- [#9 - Joe Biden crumbles as CNN host unexpectedly fact-checks him to his face.](#)
- [#8 - Boeing story takes shocking turn as ten new whistleblowers come forward after two die.](#)
- [#7 - "Scarf lady," Deborah Birx says thousands of Americans could be injured by the COVID vaccines.](#)
- [#6 - Putin orders military to hold nuclear weapon drills.](#)
- [#5 - Pro-vaxxer gets schooled after challenging Robert Kennedy Jr. on the COVID vaccines.](#)
- [#4 - YouTubers catch a Hollywood producer trying to date a 15-year-old girl.](#)
- [#3 - Former CNN Chris Cuomo anchor makes a shocking U-turn on ivermectin.](#)
- [#2 - Trump classified documents trial postponed indefinitely after Jack Smith admits to evidence of tampering.](#)
- [#1 - AstraZeneca withdraws COVID-19 vaccine globally after admitting deaths.](#)

Listen to the audio coverage here: https://vigilantfox.news/p/media-blackout-10-news-stories-they-159?utm_source=substack&utm_medium=email&utm_content=share&initial_medium=video

CORAC EMERGENCY PREP SERIES

This is a 2-part video series featuring Ed McCullough, a former Army Ranger with specialized training in hazardous materials, emergencies, evacuation and survival. Part 1 describes various possible emergency situations we might encounter. Part 2 presents details about how to respond to emergencies.

Part 1: <https://corac.co/2024/02/02/emergency-preparedness-video-series-part-1/>

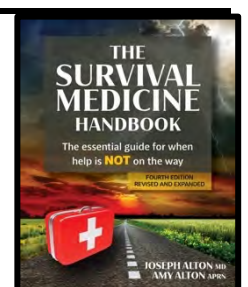
Part 2: <https://corac.co/2024/02/16/emergency-preparedness-video-series-part-2/>



SURVIVAL MEDICINE HANDBOOK

For when help is not on the way. The CORAC Health & Wellness team posted a review of this book, which addresses medical issues you might have to handle in the absence of a 911 response. Member Ruth Murray, BSN, gives it two thumbs up. It covers diagnosis, treatment and prevention for a wide variety of conditions.

Fourth edition available on [Amazon for \\$40](#) or order from the authors' [website](#) for slightly more.



CONTAGION DEFENSE KIT

It's a good chance that the powers who want to hold on to power will unleash another pandemic on us before November. And they're hinting at avian flu already. Have a virus-fighting arsenal on hand so you don't fall prey to fearmongering. The Wellness Company Contagion kit is \$300: <https://www.twc.health/products/covid-emergency-kit?ref=2a-PHSIZGsDPj7> In addition to Ivermectin and Hydroxychloroquine, the kit also contains a nebulizer, Budesonide and Azithromycin. That's a stout defense.

PRACTICAL SUR-THRIVAL TIPS

Scott Kelly, a former NASA astronaut known for spending 520 days in space, had tips in 2020 for surviving well in difficult circumstances, particularly isolation. It's a good time to bring these out again, as we are all living under duress and do not know what the future holds (except for knowing the One who holds the future.)



- Schedule: establish a daily routine
- Leisure: plan for restorative down time
- Outside: get exercise in fresh air
- Hobby: do something for pure pleasure
- Journal: for the mental boost of it, and to have a record
- Connect: be with others in whatever ways are feasible
- Info: get reliable information. Block unreliable or negative input

KIDNEY STONES

For some reason, kidney stones seem to be making the rounds in our community. CORAC's Health & Wellness team has some suggestions for remedies: <https://corac.co/wp-content/uploads/2023/08/for-kidney-stones-and-kidney-infection.pdf>

ROSEMARY

One of the few things that grows merrily in the red clay and baking summers of east Texas is rosemary. It has some beneficial effects, in addition to smelling heavenly. To make fresh rosemary oil, start by washing a few sprigs of rosemary under cold water. Remove the leaves from the stem and measure out 1 cup of leaves. Mix with 2 cups olive oil in a saucepan and heat over low for 5-10 minutes. Once the oil smells like rosemary, strain. Bottle and store.

<https://www.wikihow.com/Make-Rosemary-Oil>

Uses for rosemary oil: <https://www.organicfacts.net/health-benefits/essential-oils/health-benefits-of-rosemary-oil.html>

Recipe for Rosemary Roasted Chicken, like they serve at La Madeleine:

<https://similarrecipe.com/howto/la-madeleine-rosemary-chicken-herb-blend-recipe>

PRAY FOR J6 POLITICAL PRISONERS

"Please don't forget about us; we are not terrorists."

- Ronnie Sandlin, J6 political prisoner

Write a prisoner and provide some sunshine: <https://www.patriotmailproject.com>

STORM PRAYER

There have been some scary storm systems this spring. A member from Region 6 told this story after severe storms and tornadoes passed through Michigan and Ohio last week.



“We had a horrible, blowing storm about 3:30 pm yesterday, coming straight from the west, driving rain across the house and back yard, powerful enough to bring a branch down in the front yard. The trees were whipping and I couldn’t see the roof because the rain was beating so hard. I was home alone, and I got out the Pieta prayerbook, and prayed it for the first time. Immediately the storm calmed to a steady quiet rain.”

Here is the prayer that she prayed from the Pieta Prayerbook:

Jesus Christ, the King of Glory, has come in Peace. +
God became man, + and the Word was made flesh. +
Christ was born of a virgin. +
Christ suffered. + Christ was crucified. + Christ died. +
Christ rose from the dead. + Christ ascended into Heaven. +
Christ conquers. + Christ reigns. + Christ orders. +
May Christ protect us from all storms and lightning. +
Christ went through their midst in Peace, +
and the Word was made Flesh. +
Christ is with us with Mary. +
Flee, you enemy spirits, because the Lion of the Generation of Juda,
the Root of David, has won. +
Holy God! + Holy Powerful God! + Holy Immortal God! +
Have mercy on us. Amen!

Make the Sign of the Cross wherever there is a +

The Pieta Prayerbook is a wonderful resource to have on hand. You can order one (or several, they make great little gifts) here: <https://www.catholiccompany.com/pieta-prayer-book-i15307/>

GMRS RADIO NETWORK

Since the last newsletter, I’ve been learning about repeaters, which can boost your range. See if there is a repeater in your area here: <https://mygmrs.com>. Our local repeater in my area extends my range from 5 miles to approximately 30 miles. There is etiquette proper to using a repeater, so be sure to read the details before using.

More about repeaters here: <https://carcbradios.com/how-to-use-a-gmrs-repeater-for-longer-range/>

If you want to use a repeater near you, get a GMRS radio that is repeater-capable. The Midland handhelds are not, though the Midland base and mobile stations are. The Baofeng UV-5G handheld *is* repeater-capable and gets high marks from the reviewers at True Prepper (review below.)

You can get a pair of the Baofeng UV-5G’s for \$50 on [Amazon](https://www.amazon.com).

The Midland handhelds are probably still my favorites for newbies. They have fewer buttons and are less intimidating. If you’re trying to convince people to try radio for the first time, I’d recommend the Midland GXT1000. You can get a pair of them on [Amazon](https://www.amazon.com) for \$80.

CORAC plan for GMRS emergency network: <https://corac.co/2023/10/30/how-to-create-an-emergency-plan-using-gmrs-radios/>

How to get your GMRS license: <https://midlandusa.com/blogs/blog/why-do-i-need-a-gmrs-license-how-do-i-get-it>

Reviews of GMRS radios: <https://trueprepper.com/best-gmrs-radios/>

MORE RADIO RESOURCES

I don't intend to get my ham license, but I am nevertheless taking a free online ham course to increase my radio knowledge. You don't have to take the test to study the course. Hamtestonline.com

The CORAC electricity course is another way to up your game if you're a radio neophyte. Start here: <https://corac.co/2023/07/17/basic-electricity-part-1/>

In fact, the whole CORAC Communications page is loaded with tools to help you get more conversant in this area. Highly recommend: <https://corac.co/communications-teams/>



EASY INEXPENSIVE RAISED BEDS

From the Sustainable Living team: two videos with ideas for raised beds for the garden, the back yard, or even for the patio. They would be great for any crops that you'd grow in typical raised beds built from wood, except that these require no building and are made with materials that are inexpensive and even free. These would also be good for growing useful but invasive plants such as mint, lemon balm, oregano, nettles, soapwort, and horseradish.

A couple of points: First, chicken wire can get pretty rusty pretty fast, especially if you live in a climate with a lot of precipitation. So if your chicken wire is starting to rust, wear gloves in order to reduce the risk of contracting tetanus from a puncture.

Secondly, avoid using Miracle Gro soil, or other soils that have artificial fertilizers already added to them. You could end up overfertilizing your crops, and who knows what chemicals are being used for the fertilizer. (Also, from reviews that I have read, Miracle Gro often comes infested with gnats or fungi.)

https://www.youtube.com/watch?v=_1ykegOWgG4 cardboard box and chicken wire bed

<https://www.youtube.com/watch?v=LRLVXK3EKF8> plastic kiddie pool and burlap bed

MARTYRS CORNER

Tarcisus lived in 3rd century Rome, and was 12 years old during the persecution of the emperor Valerian. The faithful had to hear Mass in the catacombs at that time. Known Christians were imprisoned and executed, often in the Coliseum where lions mauled them for the entertainment of the Roman crowds.

At the conclusion of Mass, a deacon would hide the Eucharist on his person, and take the sacrament to Christians waiting in prison. Eventually, all the deacons were found out, and imprisoned or executed themselves. Tarcisus asked for the honor of taking the Eucharist into the prisons. Because of his youth, he thought he could get in and out without discovery.

The consecrated Hosts were wrapped in a linen cloth, and placed in a small box, which Tarcisus hid next to his heart, under his tunic. While making his way across the city to the prison, he was confronted by a mob of boys. They became intrigued with whatever Tarcisus seemed to be concealing beneath his tunic, and began jostling him, and roughing him up to the point that Tarcisus uttered a prayer to Christ.

Now knowing that Tarcisus was a Christian, the beating began in earnest. By the time a passing Roman soldier broke up the gang, Tarcisus was near death. The soldier and the boy recognized each other as secret Christians from having seen the other at Mass. Tarcisus died in the soldier's protective arms, holding the Eucharist to his heart, according to the testimony of the Roman soldier. Later it was attested that those who beat Tarcisus were unable to see or touch the Blessed Sacrament.

He is the patron saint of altar servers and first communicants. His feast day is August 15, but since we celebrate the Assumption of Blessed Mary that day, Tarcisus is not regularly venerated.



Pope Damasus wrote a poem about Tarcisius, which is translated thus:

At Rome, on the Appian way, the passion of St. Tarcisius the acolyte,
whom pagans met carrying the sacrament of the Body of Christ
and asked him what it was he was carrying.

He deemed it a shameful thing to cast pearls before the swine,

and so was assaulted by them for a long time with clubs and stones until he gave up the ghost.

When they turned over his body, the sacrilegious assailants could find no trace of Christ's Sacrament
either in his hands or in his clothing.

The Christians took up the body of the martyr and buried it with honor in the cemetery of Callistus."

More about St. Tarcisius here: <https://www.ewtn.com/catholicism/library/st-tarcisius-5891>

Video here: <https://www.youtube.com/watch?v=6yKeyuuwQC4>

St. Tarcisius, pray for us, that we not be deprived of the Holy Eucharist.

PRAYER

MAY PRAYER INTENTIONS

*For all CORAC members as we study, disseminate, and implement the principles and ideas presented in *The CORAC Handbook and Manual on Building Functional Communities*, which Charlie has been prayerfully working on for more than a year, "the hardest project [he has] ever taken on"

*That many people be healed in body, mind, and spirit through the online Physical Healing Prayer Session via Zoom, on the last Wednesday of each month; and through many other healing prayer ministries in which CORAC members are engaged

*For Mark Lapchak, who passed into eternity on May 1, and for his wife, Mary, Charlie's long-time former CORAC events scheduler ~ both dear friends of Charlie and CORAC; for special graces during this journey.

*May the Lord draw all people of good will ~ Catholics, Protestants, Jews, and others ~ closer to himself; may he make us holy; and may we live our faith with fidelity, courage, love, and joy as we pray the Prayer of Doing

*For the peaceful repose of the souls of all whom the Lord will call home this day, in accordance with his Divine Will; and for the consolation and strength of their families and friends

*That existing and new CORAC members may strongly desire and find the means to participate in financial support for our vital ministries

*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.

APPENDIX

Some of the early entries to the Home Altars contest:



Mick – Best use of vintage furniture



Marie - Best use of wall decals



Jane – Best variety of icons and statues



Kelly - Best use of an article you usually find in a church



Sheryl – Best use of garden posts



Susan- Best integration of the outdoors



Jessica - Best icon



Laura - Best use of corner space



Paul & Sylvia – Best use of what looks like a Keurig rack.