

Newsletter 2024-7

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<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

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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://tucker Carlson.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

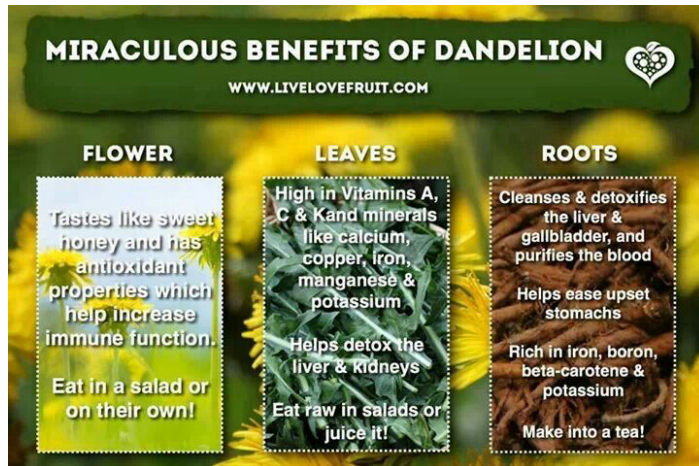
In Texas, and most parts of the US, dandelions grow everywhere. In fact, people exhaust themselves trying to get rid of them! But dandelion flowers and leaves are entirely edible, and the roots are medicinal.

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.