

Newsletter 2026-5

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Lord, teach us to number our days that we may get a heart of wisdom.

corac.co

A strange spirit is abroad in our land. People seem gripped by one theory or another, brandishing them like they are the one, great Theory Of Everything. People are more emotional than they'd normally be, and choosing sides threatens friendships and community. People are more prone to accidents, forgetfulness and illness. Whereas at the time of the last newsletter, I feared a splintering of the Catholic world, now I see that it has already been accomplished. We are fractured along multiple lines.

I have no answer to this sad state of affairs, except to follow what Bishop Strickland has repeatedly exhorted: cling to Christ and to His Church. Never give up. And I add to that: safeguard your health. The first target of stress is your immune system. Get sunshine and fresh air and exercise, eat real food, and guard against excess. We are well and truly in the storm.

Sheryl Collmer, editor
March 20, 2026
sherylc@coracusa.com

Opinions expressed in this newsletter, unless otherwise attributed, are my own.



From the cockpit of the Sienna

CORAC founder Charlie Johnston travels coast to coast speaking to groups. His long-suffering Subaru has retired with 350,000+ miles, and he's motoring around now in a Sienna van.

Living the Gospel

For about 80 years prior to the Edict of Constantine, making Christianity a favored religion in the Roman Empire, actual persecution of Christians by Roman authorities had slowed down to a halt. Many Roman officials, when they knew where a collection of Christians was, usually pretended they did not. There was a profound reason for this.

Over several centuries, through terrible waves of often intense persecution, the libelous slanders of Christian worship and practice started falling away because of the lived experience of so many in the empire of actual proximity to the followers of Jesus. For Roman officials, it had not just become okay to have cadres of Christians around; it had become downright needful. Christians had become well known for helping those in deep need, whether for health, poverty, or other reasons, without qualification. When they saw a need, Christians rushed to help, regardless of race or creed. It took a lot of pressure off of Roman officials, whose systems were inadequate to the task.

These Christians lived the Gospel according to the statement apocryphally attributed to St. Francis some 900 years later: "Preach the Gospel constantly. If you need to, use words." Certainly, the Church grew as it was watered by the blood of the martyrs – but it was nourished by the lived charity of those committed to it.

We are going to prioritize getting the Go Forth program fully off the ground this year. There are several things that Go Forth is not and will not be: It is not a program of evangelizing, except indirectly by living the dictums of our Founder, Jesus Christ. It is not any sort of orthodoxy police. It is not a mirror on the wall before which we can determine who is the most pious of them all. It is much simpler than that – living our faith in action and in communion with each other.

MP recently [reposted an article that almost perfectly encapsulates what Go Forth will, and should, be](#). At the most local level, Go Forth is an effort to identify needs and get people together to meet those needs. It does not matter

who has the need, whether they are Christian or not, or whether those who come to volunteer to help are Christian. All that matters is seeing needs in our communities and rising to the occasion to help.

I was still in my 20's when I became good friends with the man who would become my doctor, from then until my rough bout with Covid, over four decades later (after which he retired.) The man was a moderate Republican, which is usually not my cup of tea. But he was one of the most amazing men I have ever met. His name was Bill Dam. The friendship rose up as he ran for Mayor of Fox Lake, Illinois – a town which was slowly going to seed and struggling to stay afloat. He got the whole community involved in a volunteer effort to build a senior center for the town.

What a force that man was! He got everything donated, including land, materials, and labor. The whole community rose up, with all looking for what they could contribute and working together on behalf of the many seniors in the community. In the process, it truly became a united community again.

Things didn't stop there. Years later, he was the chairman of the Chain O' Lakes Waterway Management Agency. It was a big recreational area that drew tons of locals and tourists every summer. After a fatal night-time boat crash, safety became a huge priority for the agency. It had solicited bids to put up lights on every bridge in the chain. I may have my numbers wrong, but I have the proportions right. The low bid came in at \$150,000. Doc Dam was mortified and would not accept any of the bids. But committed to safety, he got battery operated lights to affix to every bridge. He built a maintenance schedule to regularly replace the batteries so that the lights stayed on and bright. Total initial cost? \$1,500.

He was a can-do guy who was not trapped within conventional thinking. We had lunch together at least once a month. (Often, he would take me to a new restaurant he had recruited into town, in order to showcase it to me). We would talk about medical issues (he started out as a research doctor before building one of the largest practices in Northeastern Illinois), politics, innovative policy issues, and regional policy needs. As members together of a regional sanitary district, we were both interested in wastewater treatment and management. We extended a lot of sewer lines to families that had previously been on old septic systems.

The key is that he was focused on solving real problems that affected real people every day. There is a joy in that, that people who are always focused on proving how special they are or amassing power to themselves will never understand. In the process, he took a dying town and revived it into a great jewel of the region once more. I couldn't tell you how many decrepit homes he bought and refurbished.

That is what I intend for Go Forth to be. And it is the most effective and easy to swallow evangelization there is. It is a form of "sweat" evangelization. It transforms and uplifts communities of people right where they are.

Live the Gospel constantly – and you will renew the faith and face of the world in the process.

Charlie Johnston

GO FORTH

CORAC's mission statement for this period of time can be stated in two words: Go. Forth. Our executive director and website admin has posted many, MANY examples of the practice of Go Forth: mentor a young person, clean up a park, start a book club, nod and smile to neighbors. It can be so simple!

Here's a Go Forth example that was almost a pop-up opportunity, not heavy on advance planning or marketing. It worked because someone asked for help and gave people a clear and simple way to show up:

<https://corac.co/2026/03/16/when-a-go-forth-opportunity-met-a-community-that-showed-up/>



Don't be afraid to propose worthwhile parish or community helping projects. Most people actually want to help.

And when you see a successful project, or organize one yourself with noticeable fruit, please let me know. I'd like to hang these projects like ornaments on this newsletter, to help others get ideas and inspiration to Go Forth.

PHYSICAL HEALING SERVICE

The next Physical Healing Prayer Service will be **Wednesday, March 25**. What better day for healing than the feast of the Incarnation? It is a zoom call hosted by CORAC's trained Prayer Teams. After preliminary prayers, healing testimonies, and corporate prayer, all attendees go into breakout rooms where trained Prayer Team members will pray with each person. When individual prayers are finished, all are returned to the main room for final prayers.

All are reminded to login by 7:00 pm Central (5 pm Pacific, 6 pm Mountain, 8 pm Eastern). The room will be closed by 7:05 so preliminary prayers can begin on time. All CORAC region members are welcome as well as others seeking healing, limited to the first 100 participants.

To register, email: maryjanekeppler@gmail.com. Then set a reminder for yourself to call into the session on time.

More information here: <https://corac.co/2026/02/02/march-25-physical-healing-prayer-session/>

THANKS TO CHARLIE

CORAC is filled with people who have known Charlie for various periods of time. Some have been reading his essays for well over ten years; others are newcomers. He has been consistent all along about what he anticipated. Several of those broad statements that have lasted through the years are:

There would be a global civil war, fought along cultural lines.

People would lose faith in every trusted public institution.

The fall of Islam would be quick, once we took it seriously.

He wrote those things long before we could see how they would manifest, and now bam! I look around and see that they are coming to pass.

1) The Deep State and all its many tentacles are on the defense against the people who just want to live their lives as God intended, and that war is happening all over the world. Ordinary people are discovering that we are many, and our overlords are few, though powerful. In country after country, people have taken to the streets, on foot and on tractors, determined to be free of the tyranny of fraudulent, evil, predatory elites. Now that there have been several countries returned to the people, other countries are taking heart.

The videos of hundreds of thousands of Iranians in the streets last fall was a fairly reliable predictor of what would come next. The Iranian people would not abandon the public streets even in the face of certain death, expressing the sentiment that they would rather die than live under the oppression they'd suffered, And indeed, they did die, in great numbers, in January. Estimates were between 20,000 and 50,000 civilians shot dead by the Revolutionary Guard for being in the streets. They meant what they said: death rather than tyranny. It seems to me that free people owe a great debt to these Iranians.

There have been the same sorts of street demonstrations in Europe and the UK, though those populations may not have yet reached the same spirit of desperation that gripped Iran. The rape gangs in Britain is the issue most capable of arousing the people to heroism. The government protects Muslim men who rape women and children as an act of degradation of non-Muslims. As filthy as the Biden administration was, the Starmer regime tops it.

2) Government was the first institution to topple in the US, even before 2020. Right now, as 85% of the people want voter ID, the Senate holds the issue hostage. Our representatives don't represent us, and meanwhile, where are the investigations into all those Congresspeople who have multiplied their net worth 10,000% while they were in office? DOGE proved, and continues to prove, that a great deal of our government is just a gigantic machine to strip wealth away from ordinary people and shift it to the elites and their puppets.

Medicine and pharma toppled in 2020-21 and have not recovered, even as the damage from the covid vaxx is still mostly hidden. Billions of dollars of welfare fraud is being exposed on a weekly basis in 2026. We've seen over and over again how education has become a progressive re-education camp where parents' rights are overruled. Distrust in central banking and the debt system has given rise to shifts to cryptocurrency. Hollywood and sports celebrities are just now being exposed for very dark deeds done in secret, often to children. Catholic NGOs and the Bishops Conference have been implicated in fraud and human trafficking. Great doctrinal confusion emanates from Rome, and huge swaths of the Catholic world no longer trust the bishops.

What's left? What major institution still deserves our trust?

3) As for Islam, there has been a great shift of public sentiment over the last year or two. Before 2025, no one dared to say anything about Islam, any more than we dared to call out drag queens in the White House. Trump's election changed everything. We can now verbalize the harmful effects of Islam and its enmity toward the rest of us. Politicians are now running on platforms promising the defeat of Sharia law. Islam has lost its shiny coat of "non-violence" with shootings, knifings and car rammings mounting up in America and around the Western world.

This period is difficult to negotiate, not least because so many people are lurching into panic and hyper-emotion. But the years of listening to Charlie and working with CORAC give us a solid foundation. We're not so driven by fear or passion because we have anticipated some of what's happening. It could be that none of our actual physical preps (canned food, stored water, cash in hidey holes) is ever strictly needed, but the process of making ourselves ready means we have already emotionally dealt with much of the upheaval. We're learning how to affect local politics, where we can make a difference. We are exploring ways to "Go Forth" and practice real charity on a person-to-person level. Our households are fortified.

Freedom from the initial paralysis as institutions fail means we are better able to approach the demands of these times with equanimity.

I say it here officially:



NEWS

COFFEE & COVID

When so many podcasts and news briefs are emotionally charged and quickly reactive to events, I still trust Jeff Childers. He observes a 48-hour holding period before making judgments on explosive events, and never exhibits undue passion; he speaks calmly and soberly, if a bit sarcastically. If he were to launch into a great Theory of Everything with a flame of emotion, I'd be looking for a new source of commentary. So far, so good.

Sign up to have the daily roundup delivered to your email here: <https://www.coffeandcovid.com>

[NATO ORIGAMI 🍷 Saturday, March 21](#)

A big picture emerges from the Iran war, putting Trump in the driver's seat; war is "winding down"; Europe's energy crisis kill box; Senator Fetterman saves the GOP again

[CONTAMINATED 🍷 Friday, March 20](#)

The RussiaGate boomerang lands in South Fla with 130+ subpoenas; Biden's CIA calls motherhood violent extremism, and cooking blogs recruitment tools; and Pritzger says quiet part out loud

[WHOSE WAR? 🍷 Thursday, March 19](#)

The Iran War is blowing up —literally AND figuratively— but in a good way, despite corporate media's mendacious framing. Here is what you need to know before diving into the hot takes

[CATFIGHTS 🍷 Wednesday, March 18](#)

Al Jazeera explains what the New York Times can't see; Schumer accidentally argues for voter ID; Fetterman crosses the aisle; 1837 procedural trick might be the SAVE Act secret sauce

[GATEKEEPERS 🍷 Tuesday, March 17](#)

Federal judge tries to crush ACIP vaccine committee; communist Cuba crumbles under economic pressure; SAVE Act debate to begin in the Senate; Trump creates Fraud Task Force

[BIRD CHIGGERS 🍷 Monday, March 16](#)

NYT sort-of admits covid vaccine injuries are real after leaked ACIP report; Tucker claims CIA is after him; NYC has one very odd monkeypox case, and health experts push vaccines

CHRIS JACKSON

If I read Jackson's *Hiraeth in Exile* every day, I fear I would sink into despondency. He does tend to call out the dark side of everything happening in the Church. However, I find him trustworthy, if a bit hotheaded. He [quickly posted, within 24 hours](#), the 1995 photograph that was identified as Robert Prevost worshipping Pachamama in South America. Ann Barnhardt, another Catholic who tends to be ahead of the curve in many things, reposted an [article from InfoVaticana](#) which asserts that the Pachamama cult is one of human sacrifice, and that it continues to be practiced. The whole Pachamama scandal just got infinitely worse.

You can subscribe to get Chris's emails each day here: <https://bigmodernism.substack.com>

BACK TO COVID

It's time to talk about the covid phenomenon again. I'd been thinking that for a while now, and then I saw a young woman with one of those blue-and-white paper masks in church this morning. The propaganda is getting to some people, and it's going to get more widespread. As the vaxx-pushers attempt to silence and shut down Robert F. Kennedy's health team, as they try to magnify and invest with hysteria any outbreak of anything anywhere in the world, we need to have our defenses in place. Knowledge is the defense.

Never forget that some powerful figures conspired to shut down the *entire world* in 2020, transferred trillions of dollars out of taxpayers' funds, outlawed actual treatment of the virus in order to get an emergency authorization for the shot that went into 5 BILLION people and caused massive death and disability. Never. Forget.

And now for 2026, we get monkeypox again, under it's new name: mpox. It was a scare tactic from the Biden years. Satanically-branded gay activist doctor Demetre Daskalakis was appointed monkeypox czar to push the panic. Through a series of deceptive photographs (which we published in this newsletter), the public was meant to perceive monkeypox as the new pandemic. Fortunately for us, it was clear that the disease was spread through male homosexual contact, and the rest of us relaxed. Now in 2026, as Jeff Childers explained [here](#), the virus has been re-branded as "m-pox" in the hope that the public will not remember that the whole thing was a big, fat nothing in 2022.



Remember this guy? Demetre Daskalakis. He was Biden's head of the COVID-19 vaccine task force and deputy coordinator of the White House monkeypox response, then head of the CDC's National Center for Immunization and Respiratory Diseases in 2023. He resigned after RFK Jr. was appointed by Trump as Secretary of Health and Human Services in the new administration.

From CORAC's May 20, 2022 newsletter:

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/>

Now here comes measles. Jeff Childers reported on March 15, 2026:

Virus hysteria is back. The [Orlando Sentinel op-ed](#), for instance, explicitly and insanely framed measles vaccination as a "life and death responsibility," and even equated easing jab exemptions with the "freedom to drink and drive," as if any non-maximal vaccine policy stance is *homicidal recklessness*.

The Orlando editorial was in response to a localized measles outbreak at Ave Maria College in Florida. The illnesses were real, but the media failed to report that natural immunity appeared to contain the spread, and that none of the cases were fatal. When the only answer, ever, is more vaccination, we should be on our guards.

The closer we get to actually defeating the Deep State, the more propaganda attacks we should expect.

"WELCOME TO ABSURDISTAN"

Elizabeth Nickson's Substack comes out once a week, and continues to fearlessly tackle the state of this corrupted world. The last two don't demand quite the iron nerves that some of her reporting on Epstein required. The latest:

Without The Save Act, We are Living in a Slave State and Our Labor Is Harvested by Crooks

<https://elizabethnickson.substack.com/p/without-the-save-act-we-are-living-772>

We don't know who is voting. We do not know if any elected official is legitimate. We are not a sovereign people if we don't know who won the election.

Remigration NOW. A Cat 5 Hurricane Builds Across the West

<https://elizabethnickson.substack.com/p/remigration-now-a-cat-5-hurricane-582>

Elizabeth reviews all the movements, across the world, who are ready to take back our civilization.

CLANDESTINE'S NEWSLETTER

I have followed Clandestine (sometimes known as BioClandestine) and found him to be way ahead of the curve on many issues. He is another indie journalist who tells the stories the mainstream media won't touch, and as a result, has a much stronger grasp on the meaning of events. On March 16, he posted this under the title, "The Global Order Is Shifting":

Trump called out Germany, South Korea, and Japan, for not willing to help with the Strait of Hormuz. What do these nations have in common? They are where we have the largest standing military presence outside the US.

I think Trump is not just setting up a withdrawal from NATO, I think he is setting up a withdrawal of our military presence around the globe, and will eventually begin the process of consolidating US MIL presence to the Western Hemisphere, once we are done with Iran and the war in Ukraine is over.

I think the end goal is normalized relations with Russia and China, and thus the permanent end to the Cold War that never really ended. This is only possible by removing US military presence off of China and Russia's doorstep, as well as ending Russian/Chinese meddling in our hemisphere, via places like Venezuela and Cuba, which is already happening.

What if the US, Russia, and China, just agreed to stop the espionage, weapons of mass destruction, proxy wars, and meddling in each other's regions? What if the superpowers were on the same side instead of against each other? It's possible, and things seem to be inching in that direction. Russia and China are losing their influence in the Western Hemisphere, and Trump is posturing like he is going to remove our presence in the Eastern Hemisphere.

I think we are witnessing a restructure of the global order, and the global "alliances" as we know them are about to shift dramatically.

The post was accompanied by a video of President Trump's press conference, in which he noted that there are 45,000 US troops in both Japan and South Korea, and 50,000 in Germany, providing defense of those countries. Yet none of them could find a minesweeper or two to help open up the Strait of Hormuz for international oil.

More from Clandestine here: <https://bioclandestine.substack.com>

PILLARS OF FAITH

The latest from Bishop Strickland is here:

Hope Is The Thing With Feathers podcast: <https://pillarsoffait.net/podcasts/hope-is-the-thing-with-feathers/>

When The World Demands Compromise pastoral letter: <https://pillarsoffait.net/when-the-world-demands-compromise/>

You can [sign up to receive updates](#) whenever the Bishop posts, and you can also [join the Fraternity](#) that is forming around the tenets of Pillars of Faith: rooted in faith, grounded in truth, living in Christ.

THE NINEVAH FAST

Bishop Strickland has announced the beginning of a nine-month fasting novena for reparation for grave evil in the Church and the world, beginning Friday, March 27.

Read more details here:

https://www.lifesitenews.com/opinion/bishop-strickland-announces-nineveh-fast-to-make-reparation-for-grave-sins/?utm_source=daily-usa-2026-03-20&utm_medium=email

Make a specific commitment here: <https://ninevehnovena.org>



MY BOOKSHELF

I'm certain all our book stacks would reveal some very interesting reads. This is my current stack, just for grins.

A Return to Beauty, by Catherine Rose, who happens to be a Tyler local. In a friendly way, the book offers suggestions for dressing beautifully as a contribution to Catholic culture and personal self-regard.

The Smoke of Satan, by Philip Lawler. Published in 2018, it could be expanded on the subject of “cowardly bishops” in 2026. Lawler lays out the biggest problems, and suggests solutions. Timely even if eight years old.

The Warrior Maiden, by Paul McCusker. Young Adult fiction, the second in the “Virtue Chronicles.” Great alternative to the secular YA selection, this series takes two teenagers back in time to historical scenarios, this one to the period of Joan of Arc. The first book in the series was *The Saintry Outlaw*, a story of Robin Hood.

Exodus, by Leon Uris. Published in 1958, long before the current crises, this novel tells a story about the foundation of the state of Israel and the initial settlers and immigrants. Leon Uris wrote many great novels back in the day.

Shard of Eden, by Eric Sammons. I actually finished this one a few weeks ago, but am including it because it was a great Catholic read. There's not a great deal of Catholic fiction; I've looked. This one is well-written and deals with the plausible scenario of the Church's response to AI gone rogue.

An Almost Insurmountable Evil, by Mike McCormick. Published last year, this book deserves more discussion. It's a well-footnoted exposition of the globalist workings between the Deep State and the Deep Church. It sounds wild, but it certainly explains a lot.

CORAC WEBSITE

It wouldn't be a bad time to just check over your preps: rotate by expiration dates, refill water sources, make a communication/meetup plan for your family.

Take a look at the [dropdown menu on the website](#) under the tab “Member Resources.” There is a category list (Health & Wellness, Sustainable Living, Communications, Education, Defense, Prayer) with many resources on each page. Check to see if there's anything that needs your attention.

CORAC SIGNAL CHANNEL

Deacon Rick posted this on the CORAC Alert channel, just as a heads-up. It concerns the threats of the Mexican cartels to attack the public if the US tries to throttle the cartels. Given that the cartels did that very thing to the people of Mexico when a US/Mexico joint operation eliminated kingpin “El Mencho” last month, it's not an idle threat. I also think that our military is prepared for such an eventuality. Nevertheless, your preps could come in handy. <https://x.com/christianfiveoh/status/2034732977549451345>

LATEST FROM CHARLIE

Charlie's Blog: A Sign of Hope

Charlie's perspective on the issues of the moment.

- Do Whatever He Tells You <https://asignofhope379.com/2026/03/19/do-whatever-he-tells-you/>
- The Emerging New World Order <https://corac.co/2026/03/12/the-emerging-new-world-order/>

Brief Updates from Charlie

- The State of the Church (18 mins) <https://corac.co/2026/03/17/the-state-of-the-church-perspectives-and-possibilities/>
- The Real Lives of Saints (8 mins) <https://corac.co/2026/02/25/the-real-lives-of-saints/>

PRAYER

MARCH PRAYER INTENTIONS

*That CORAC members serve as ministers of Peace, Truth, and Justice in these days

Download The Remnant Chaplet for the World here:

<https://corac.co/2025/06/04/the-remnant-chaplet-for-the-world/>

*That our members be inspired and equipped to Go Forth and do good in their neighborhoods and churches

*That we continue to say “AMEN” to Charlie’s prayer: “[T]hat, for everyone, whatever they do for or earnestly wish for another, it return to them twofold. For those of good heart, it is a blessing. For those of scheming hearts, it is a curse.” ~ *A Sign of Hope*, April 24, 2025

*That the Lord may heal many through the online Physical Healing Prayer Session (usually the last Wednesday of each month) and through online or downloadable prayer offerings on the CORAC website

*Prayers continue for Charlie’s inspiration, strength, and vigor to complete the CORAC manual: *Revival: A Handbook and Manual for Building Functional Communities*

*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

*That CORAC members desire and act to support financially our website and ministries

St. Gabriel, enlighten us.

St. Michael, defend us.

St. Raphael, protect us.

Ave Maria, Stella Maris!