



Standing for Faith, Family & Freedom

Region 7 (the Breadbasket)

05/01/2021



A warm welcome to the newest family members with CORAC. The Corps of Renewal and Charity looks forward to working with you, as I'm sure you are with us, as we "acknowledge God, take the next right step, and be a sign of hope for others."

I was going to address the topic of prudence this weekend. As the Good Lord would have it, something better than my thoughts came along. You might say I am acting now with prudence.

This story was shared by a CORAC member who's friend wrote of his experience recently.

"I had a very tragic encounter today at a local bakery. The owner is TERRIFIED. The fear dripping from every cell, tissue, and organ is off the chart. I was not there to force my will on the owner; I only wanted to pick up something for my wife. There were 2 large signs out front MANDATING masks to enter and GUILTING people who don't comply. SOOOOO, I called and asked them to bring the items out to me as I politely explained why I cannot enter. Eventually, he agreed to bring it to me. When he did, I engaged in a conversation with him and tried to understand his fears. Simple answer is, the media and government have convinced him that his fellow humans are his enemy. So...I offered to pray for him...right there...about his fear. During my short prayer, he started crying. I thanked him for his goods and left. Tomorrow, I am going to be dropping off some Alex Berenson's books for him. As screwed up as his thinking is, he is just a broken guy that has been fed hundreds of buckets of lies. Maybe some of us need to spend more time in prayer? There are a lot of hurting people."

I could not have said it better. Many of our family, friends, and neighbors are broken (just as we are) and feeling the oppression of the lies (which is of the evil one) from many in the government, the medical profession, society, and even the Church. Maybe one of the next right steps is not so much to

condemn but to be merciful and to ask to pray with them; right there at that moment in time out loud. Then as you pray, pray for them with a childlike faith, a trusting humility, and a firm confidence in the Lord responding to your prayer.

Members of CORAC, inside and outside Region 7, have been raising the question of how best to introduce CORAC to family, friends, and neighbors lately. That is a great question! It also is a sign of the "prayer of doing" that Charlie Johnston speaks of often. So, to "take the next right step", I recommend sharing the interview of Charlie on United States Grace Force with Fr. Richard Heilman and Doug Barry. So how does that look?

1. Ask the Lord to provide an opportunity for you to introduce family, friends, and neighbors to what CORAC is trying to achieve.
2. Listen for the opportunity to be provided (trust me, the Lord will provide one for you so it does not seem awkward). The opportunity may be a comment they make regarding the craziness in the Church or society going on around them.
3. Plug into their comment and how you came across a Faith, Family & Freedom group doing something about it.
4. Tell them you would like to forward a video of an interview with the group's founder.
5. Forward the link to them posted here: ["Evil Is Powerless If The Good Are Unafraid" with Charlie Johnston - YouTube](#).
6. Then follow up with them.
7. Invite them to a ZOOM Membership meeting or to corac.co to learn more of what you are doing to get involved. No one likes to be alone in their actions, so knowing that you are doing something already, increases the probability of them doing something with you; that and trusting the Lord will bless your efforts!

A word for new and current ACTION PACS newsletter recipients: Charlie Johnston is free to speak and write about his message(s) under obedience to his bishop. Bishop Aquila neither condemns nor endorses what Charlie is sharing. Bishop Strickland, Fr. Richard Heilman, and many others are speaking to information Charlie has shared. As always, we await final approval or disapproval from proper Church authorities.

Charlie Johnston's Latest Blogs

[Fractured Expectations – A Sign of Hope \(asignofhope379.com\)](#)

[Ask Not for Whom the Lynch Mob Comes: It Comes for Thee – A Sign of Hope \(asignofhope379.com\)](#)

EVENTS AROUND THE REGION:

- For those interested and able to attend, Fr. Richard Heilman, Doug Barry and others will be in the St. Louis area for the 22nd Annual St. Louis Marian Conference, titled The Real Presence, the weekend of April 30-May 2, 2021. [St. Louis Marian Conference \(stmarianconference.net\)](#)

- **COVID-19 Vaccines – What are the Facts?** Science, Ethics, Fertility, Kids, and Back to School Issues. Presented by A Credo of the Catholic Laity with Q &A. Expert speakers: Dr. Alan Moy, President of JPII Medical Research Institute, and Susan Quale, President of Personhood Alliance Education. Occurs **Sunday, May 2nd at 1:00 pm in St Charles, Missouri**. Live event. Click this link for more information: [CRITICAL TO BOTH VACCINATED & NON-VACCINATED PERSONS! CREDO Forum with Q&A: “COVID-19 Vaccines” What are the Facts? – Sunday, May 2nd at 1pm – Credo of the Catholic Laity](#)
- The **Region 7 Patriotic Rosary** will occur at the usual place in Iowa on **Sunday, May 2, 2021 at 2:00 pm**. If you want to attend and do not know the location, please reach out to me for information. Otherwise, plan to join them with the ZOOM link posted immediately below. The first ZOOM Patriotic Rosary during March 2021 was well received and appreciated by all. It is a humbling and powerful experience. I have also attached the Patriotic Rosary prayers as a pdf document.

Topic: **Region 7 Patriotic Rosary ZOOM**

Time: May 2, 2021 02:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/83804530691?pwd=Um5UYStzRFJ5bXAzTzNla1plaFhjZz09>

Meeting ID: 838 0453 0691

Passcode: 783398

One tap mobile

+13126266799,,83804530691#,,,,*783398# US (Chicago)

+19292056099,,83804530691#,,,,*783398# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 838 0453 0691

Passcode: 783398

Find your local number: <https://us02web.zoom.us/j/83804530691>

- **Sheriff Mack will be in speaking with the public at the Arlington Iowa Event Center on Tuesday, May 11, 2021! Meeting time: 6:00-8:00 PM. There is NO ADMISSION FEE! Learn more about Sheriff Mack and the CSPOA:** [RIDING FOR LIBERTY! Watch Sheriff Mack Interview With Trent Loos](#). With raids on various American citizens who stand for faith, family, and freedom, while release or no investigation of those who do not, learn what

you can do for and with your County Sheriff to protect our liberties.

- **ZOOM Membership Meeting scheduled Thursday, May 6, 2021 at 7:00 PM.** ZOOM link and agenda arrives in an email the day before with the title "CALL TO ACTION." Some exciting changes instituted and beginning that night in Region 7! (Hint: guest speaker) Moving forward Region 7 has two Membership meetings a month: the first Thursday and the third Monday of each month. We will adapt the schedule as the need arises and with advance notice.



Faith, Family, and Freedom

[Fr. Altman says bishops showed 'abundance of cowardice' in COVID response](#)

Contains PETITION to tell the Vatican to CANCEL 'Health' conference packed with pro-abortion, secularist speakers. The Church is not a democracy. We are to pray for our shepherds. We also have a duty to perform spiritual acts of mercy to admonish the sinner and instruct the ignorant. If not, why would Fr. Altman be so bold to speak out?

[Vocations and the 'Vaccine'](#)

I personally know of a seminarian that the contents of this video are true. All for a virus with a mortality rate of about 2% (a wee bit higher than the flu). There are safe, proven, and effective treatment protocols for the treatment of the COVID virus. I refer you to America's Frontline Doctors. Many of those in power in the medical & pharmaceutical fields did not want this information out in the beginning and even still now. If an effective treatment was acknowledged as soon as known in the beginning, the WHO, CDC, and other three letter organizations would NEVER have received EUA (Emergency Use Authorization). The experimental gene therapy agent has not received full approval as a vaccine from the FDA. Why? Because it is currently being tested on us for the results. Don't believe me? Research the issue(s) yourself. Don't take my word for it. Look under Health & Wellness below to discover how safe their experimental gene therapy agent truly is and what they are doing to cover up the truth in the future. Jesus, I trust in You.

[PETA, Project Veritas, 20 state attorneys general rally behind pro-lifers who exposed sale of baby body parts](#)

Six amicus briefs were filed in support of overturning the multimillion judgment against Daleiden and fellow pro-lifers, citing First Amendment speech protection.

[Andrew Giuliani: Americans Should Be 'Extremely Disturbed' by Feds' Search of Rudy Giuliani's Home](#)



Pray for the people in our lives who inadvertently challenge us practice greater virtue...
(forgive us our trespasses as we forgive those who trespass against us...)

Pray for all who live in fear of the present that they and we grow in fear of the Lord.
JESUS, I TRUST IN YOU!



Pray for all people, especially CORAC members, suffering with COVID.

Pray for our Shepherds, that they receive the gift to speak out boldly and lead courageously in Spirit and Truth.

Pray for men & women of good heart & good will working together.

Pray for the successful planning of the Faith, Family, & Freedom Conference.

Our Lady of the Rosary, pray for us.

St. Joseph, terror of demons, pray for us.

St. Michael, pray for us.



Health & Wellness

[Heirloom and Open Pollinated Seeds - St. Clare Heirloom Seeds](#)

[Dr. Alan Moy Catholic Citizens Luncheon 4/16/21](#)

This is probably the best video I have seen to date (and I have viewed a lot) covering scientific and moral issues with the COVID "vaccine" and the Church. Presented by a pro-life, Catholic researcher physician. He is not anti-vaccine, probably safe to say he is anti-bad science. Although a long presentation (@1 1/2 hours) it is well worth the time investment.

[Frontline-Workers-Testimonies News-Reports VAERS-data 12APR2021.pdf](#)

Someone has gathered most of the reports in the media regarding Vaccine Adverse Events Reporting System (VAERS). The original organization that had it posted on their Goggle site had it removed and not by them. This is a link to an alternate site that had picked it up.

[COVID jab safety studies completely undermined by plans to remove control group](#)

"Apparently, concern about risk to the individual only matters when vaccine makers have everything to gain. By eliminating control groups, we'll have no way of really proving the harm that these 'vaccines' might impart over time, as all participants will be in the same proverbial boat." Control groups have always been utilized to determine the effectiveness of an agent or product. The science keeps getting changed. Research how the medical powers in charge changed the definition of herd immunity.



Communications

Ultra-basic communications involve connecting with others in your communities.

[Basic Communications - Corps of Renewal And Charity \(corac.co\)](http://corac.co)

The communications team and others have placed information within the Team & Community Forums. More is in development!

Safety

[Broadcastify - Live Police, Fire, EMS, Aircraft, and Rail Audio Feeds](#)

You can download for your computer or download from your phone as an app.

[Home Defense Planning What's on your Nightstand - YouTube](#)

Video from Todd Heaton of Humilitas First
EXCELLENT VIDEO!

[Why Don't Police Shoot for the Leg?](#)

From Todd Heaton of Humilitas First
Very good article!

[Catholic Faith | Battle Ready](#)



Education

['We took an oath': Devout Catholic school board member fights back against LGBT mob](#)

[Young Catholics raise 'God cannot bless sin' banner in response to church displaying pride flag](#)



Sustainable Living

Items are being developed and placed in the Team & Community Forums and Library on CORAC's site.

*Pray as though everything depended on you,
trust as though everything depended on God.
St. Ignatius of Loyola*

William "Bill" Hammer
CORAC Region 7 Coordinator
coracshammer@outlook.com