

# CORAC Newsletter

Region 8

June 25, 2021 – National Conference edition



Many of us are currently in Rapid City, South Dakota for the Faith, Family and Freedom National Conference, which begins today. We are looking forward to hearing David Daleiden speak tonight, Desmond Birch and Chris Godfrey tomorrow and Jim Graham on Sunday, in addition to all our CORAC “specialists” in communications, health and wellness, sustainable living and prayer. And Charlie! I will get summaries of the talks in the next newsletter. Meanwhile, lots of love to Region 8; we wish you were here!

## RC Report

From our regional coordinators, Ed and Michelle



Greetings! There was no letter from us in the last issue, as it was a special Vaxxx issue. Let me stop right here and say thanks to editor Sheryl Collmer, who did a wonderful job. All the newsletters are great, but that one really stood out! Now, I'd like to follow up with my thoughts on the vaxx.

It seems there has been a progression over the past few years, one which is accelerating. First, it was Obama; I wanted to like him, but I just couldn't accept his vision of America. However I didn't dare criticize him; too many others couldn't understand why I felt the way I did. Then came Trump. I supported him from almost the beginning. But when I praised him, I was often criticized. Now the present administration - how can anyone support it? But people do, and they are critical of anyone who doesn't. With each of these steps, it has become harder to find common ground and subjects that I can talk to others about.

Even if I didn't like it, I could understand this rancor. Politics has always been divisive. Then came the pandemic. The isolation from the 'other side' grew even more pronounced. We were faced with a common enemy but it soon did far more damage to the psyche of our country than could have been imagined. The mask evolved into either a symbol of patriotism or forced obedience. Which brings us to the vaxx.

We recently returned from a road trip to South Carolina, visiting family all along the way. Everyone I talked to had received the vaxx. I didn't hide the fact that we hadn't, and don't plan to. On a positive note, everyone at least tolerated our position. We also disagree on politics so we knew to be on our best behavior. But I was struck by the conversations between friends and family that I overheard. Common themes were:

- How hard was it to get your vaxx?
- Which vaxx did you get?
- Where did you get the vaxx?
- Did you have any side effects from the vaxx?
- Has your spouse (parents, kids etc.) gotten the vaxx?

It's as if this was a required topic of conversation. No, more like a fascinating topic of conversation. I don't mind telling you it made me uncomfortable. It was almost as if they felt the need to justify and reinforce one another.

But it was also disturbing because again I felt not in 'sync' with most of my family and friends. It's bad enough to disagree on politics and social issues - it feels funny to be at odds over a public health issue. It's scary to think of what might be next...

As always, I'd like to know what you think.

Ed & Michelle Haren, Regional Co-ordinators  
In South Dakota





Some early photos of the conference opening, from left: meeting friends from all over the country; David Daleiden doing a sound check for his talk tonight; the lovely open-air conversation pit; Charlie greeting committee member.

Lots more conference photos and information coming in the next newsletter!

## Sustainable Living

Home skills for self-sufficiency



One universal piece of advice is... **DO YOUR HOMEWORK**. Please read and discern all these topics that become important when we can no longer trust public institutions to act in our best interests. It is unwise to place your family's well-being in the hands of government agencies and large corporations. No one can tell you exactly what you should do to prepare for our unknowable future; you have to do the thinking and make the decisions.

The signs of upheaval are all around us. Don't ignore them! Here are some basic preparation videos that may help.

- Daniel O'Connor is a theologian and philosopher, working as a professor at SUNY. He has often been mentioned in Charlie's blog, and is grounded in Catholicism and family life. He provides a comprehensive list of prep steps you may want to consider. If you're brand-new to prepping, this is a good place to start.  
<https://dsdoconnor.com/sober-minded-preparedness/>
- Edited by a former Army intelligence officer, this blog is incredibly detailed. The link will take you to a starter page if you are a newbie. This is not a Catholic blog; please excuse the mention of birth control in his supply list.  
<https://survivalblog.com/newbies/>
- Doug Barry, of the US Grace Force and Battle-Ready Coalition, talks about the five critical things that a Catholic should do to start preparing right now. One of Doug's main points that differs from many other preppers is that we need to plan to *thrive* in the future, not just survive.  
<https://youtu.be/p8bLT5upxig>

Remember that there is no such thing as being adequately prepared for an event which is completely unknown. You can only do what is reasonable and prudent for your family, and then attune yourself closely to God. You can convince yourself that you've done enough to avoid anything bad happening, but that is a delusion we should guard against. We must trust God, while doing our prudent part.

## Communications

Keeping in touch when channels are unreliable



This video is titled "Ham Radio and Disaster Preparedness," but it is about much more than radios. It contains good information about many preparedness topics. His best line: "Being unprepared, in 2021, is stupid."

<https://www.youtube.com/watch?v=cEmg77IPGJ4>

## Health & Wellness

Staying robust in trying times



Here's a video for people who have heart or blood pressure issues, in the event of a disaster. Someone on the last Zoom call asked about this topic.

<https://www.youtube.com/watch?v=sxmzng-zFGo>

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Although not a physician, Steve Baker has used his lifelong interest in good health to work out his own protocols for treating Covid-19 and the impacts of the Covid vaxxxines. He is an electrical engineer by training, and one of Charlie's trusted resources, having been involved with Charlie since 2014. If you are interested in reading Steve's protocols, he now has his own website. You can find his Covid and vaxxxine protocols as downloadable PDF files on this page:

<https://stevesfrontporch.com/healing/healing-protocols/covid19-protocol-short/>

Steve periodically updates these two papers with new information. You can sign up to follow his website at [stevesfrontporch.com](https://stevesfrontporch.com) so you will get future updates.

### POST-VAXX PAPER

This is becoming a super important topic. What do we do now that we know the Vaxxx is dangerous, and many of our friends and family have gotten it? [click here](#) to download the 6/6/2021 version of Steve's "vaccine" paper. He proposes some possible answers, for both vaxxed and unvaxxed people.

**NOTE:** When you click the links, a ZIP file will download. Go to your Downloads folder and double-click on the ZIP file to get it to decompress into the actual PDF file that you can read.

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This is the simplified prophylactic (preventative) protocol from the Front-Line COVID Critical Care Alliance.

### PREVENTION PROTOCOL

|                               |                                                                                                                                                                                                                                                                                                               |
|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Ivermectin<sup>1</sup></b> | <b>Prevention for high risk individuals</b><br>0.2 mg/kg per dose (take with or after meals) — one dose today, repeat after 48 hours, then one dose weekly*<br><b>Post COVID-19 exposure prevention<sup>2</sup></b><br>0.2 mg/kg per dose (take with or after meals) — one dose today, repeat after 48 hours* |
| <b>Vitamin D3</b>             | 1,000–3,000 IU/day                                                                                                                                                                                                                                                                                            |
| <b>Vitamin C</b>              | 500–1,000 mg twice a day                                                                                                                                                                                                                                                                                      |
| <b>Quercetin</b>              | 250 mg/day                                                                                                                                                                                                                                                                                                    |
| <b>Zinc</b>                   | 30–40 mg/day                                                                                                                                                                                                                                                                                                  |
| <b>Melatonin</b>              | 6 mg before bedtime (causes drowsiness)                                                                                                                                                                                                                                                                       |

## Region 8

What's going on in the "South Coast" region of CORAC



Our next bi-weekly Zoom call on June 29 is CANCELLED since we are on the road for the Conference. Watch your email for a link to the next call on July 13.

On one of our Zoom calls, we talked about writing letters to our bishops about the immorality, danger, illegality and medical risk of pushing the vaxx on the faithful. Here is a sample letter. Please personalize and add your own research and opinions.

Your Eminence:

Please do not consider using our Catholic churches and schools to facilitate the "vaccination" of the population. First of all, it is not within the competence of the Church; health care is not our commission.

Additionally, the abortion-taint of the so-called "vaccines" cannot be rationalized away. They simply were, without any debate from the manufacturers, developed and tested on the abortive fetal cell lines. No amount of time elapsed can change that fact.

Furthermore, the risks of the "vaccines" are coming to light every day. The number of deaths reported from the COVID "vaccines" on the Vaccine Adverse Events Reporting System has exceeded the number of deaths from all other vaccines combined for the last thirty years. The number of permanent disabilities and hospitalizations from the injections are in the hundreds of thousands now. However much the media refuses to report these numbers, the news will eventually be too big to gloss over, and the institutions who pushed these non-FDA-approved experimental injections will suffer grievously for cooperating.

Pastors and bishops who push the vaccine are probably going to find that it rebounds on them when the news of the dangers of the "vaccines" cannot be suppressed any longer.

Our Church doesn't need one more tragedy to try to overcome. For more information, I am enclosing a paper on the salient aspects of the Vaxx. (And I will print out my special edition Vaxxx newsletter to enclose.)

These "vaccines" are experimental. They were tested in the lab for less than a year. No one knows what the long-term effects may be because they haven't been long-term tested.

Please do not involve our Church in this scheme to get the whole population injected.

Very truly yours in Christ,

## Other Items Of Interest

Random stuff I just felt like sharing



From our Zoom call with Marie Baron of New York, CORAC Region 2:

### Prepping Best Practices

- BE CAREFUL with whom you share your preps
  - Use your imagination but stay *organized*
- ‘Two is one & one is none’ (build in redundancy)
  - Learn new skills & how to use equipment now
- Get to know your neighbors; you may need each other
  - Have **printed** maps, books & reference materials

*Do what you can & leave the rest to God.*

## Prayer

Staying right with God



From Fr. Heilman's United States Grace Force Prayer Book:

### Sacred Heart Novena

O my Jesus, You have said: “Truly I say to you, ask and you will receive, seek and you will find, knock and it will be opened to you.” Behold I knock, I seek and ask for the grace of (*here name your request*). Our Father ... Hail Mary ... Glory Be ... **Sacred Heart of Jesus, I place all my trust in You.**

O my Jesus, You have said: “Truly I say to you, if you ask anything of the Father in My name, He will give it to you.” Behold, in Your name, I ask the Father for the grace of (*here name your request*). Our Father ... Hail Mary ... Glory Be ... **Sacred Heart of Jesus, I place all my trust in You.**

O my Jesus, You have said: “Truly I say to you, heaven and earth will pass away but My words will not pass away.” Encouraged by Your infallible words I now ask for the grace of (*here name your request*). Our Father ... Hail Mary ... Glory Be ... **Sacred Heart of Jesus, I place all my trust in You.**

O Sacred Heart of Jesus, for whom it is impossible not to have compassion on the afflicted, have pity on us miserable sinners and grant us the grace which we ask of You, through the Sorrowful and Immaculate Heart of Mary, You tender Mother and ours.

Hail, Holy Queen ... St. Joseph, foster father of Jesus, pray for us.