



## Religious Exemption for Masks

Due to the following facts and laws, I \_\_\_\_\_ am claiming my religious and civil rights to not wear a mask based on the religious exemption law.

**Violation of my religion and conscience.** The Scriptures inform us that humans are made in God's image (**Genesis 1:26**) and that a believer's physical body is the temple of the Holy Spirit. (**I Corinthians 6:19-20**). Therefore, we are not to take anything into our body or wear something upon our body that could damage them physically or pollute them. This would include masks. Masks pose a myriad of potential health risks if worn. (see below)

1. **Increased Risk of contracting COVID-19:** "Mask use by the general public could be associated with a theoretical elevated risk of COVID-19 through... self-contamination," states Public Health Ontario in [Wearing Masks in Public and COVID-19](#). "By wearing a mask, the exhaled viruses will not be able to escape and will concentrate in the nasal passages, enter the olfactory nerves and travel into the brain," theorizes nationally recognized board-certified neurosurgeon, Dr. Russell Blaylock, MD (in an article at [The Centre for Research on Globalization](#)).
2. **Bacterial Pneumonia:** At an [Oklahoma Press Conference](#), Dr. James Meehan, MD testified: "Reports coming from my colleagues all over the world are suggesting that the bacterial pneumonias are on the rise" as a result of moisture collecting in face masks.
3. **Immune Suppressing:** Masks are often worn by criminals trying to hide their identity while perpetuating an offence (theft, violence, rape, murder, etc.). They produce subconscious anxiety and fear. Fear and anxiety activate the fight-or-flight nervous system which down-regulates the immune system, as shown in a study by the [American Psychological Association](#).
4. **Toxic:** Many (if not most) masks and face coverings (including cloth) are made with toxic and carcinogenic chemicals including fire retardant, fiberglass, lead, NFE, phthalates, polyfluorinated chemicals and formaldehyde that will outgas and be inhaled by the wearer. (See "5 main hazardous chemicals in clothing from China named" by [Fashion United](#)).
5. **Psychologically Harmful:** "I believe the real threat right now is what we're doing to sabotage the mental, emotional and physical health of... our children, whose development is dependent on social interactions, physical contact and facial expressions," writes Dr. Joseph Mercola of [Mercola.com](#). "Between mask wearing and social distancing, I fear the impact on children in particular may be long-term, if not permanent." In fact, there is no study to even suggest that it makes any sense for healthy individuals to wear masks in public," writes Dr. Karina Reiss, PhD and Dr. Sucharit Bakdi, MD in [Corona, False Alarm?](#) "One might suspect that the only political reason for enforcing the measure is to foster fear in the population."
6. **Cavities:** New York dentists are reporting that half their patients are suffering decaying teeth, receding gum lines and seriously sour breath from wearing masks. "We're seeing inflammation in people's gums that have been healthy forever, and cavities in people who have never had them before," Dr. Rob Ramondi told [FOX News](#).
7. **Facial Deformities:** Masking children triggers mouth breathing which as been shown to cause "long, narrow faces, narrow mouths, high palatal vaults, dental malocclusion, gummy smiles, and many other unattractive facial features," according to the [Journal of General Dentistry](#).
8. **Acne Vulgaris:** Moisture and germs collecting in the mask cause "facial skin lesions, irritant dermatitis... or worsening acne" (according to [Public Health Ontario](#)) which stresses the immune system, can lead to permanent scarring and has been linked to depression and suicidal thoughts (according to the [Journal of Dermatologic Clinics](#)). Children also develop impetigo, a bacterial infection that produces red sores and can lead to kidney damage (according to the [Mayo Clinic](#)).
9. **Germaphobia:** Masks create an irrational fear of germs and a false sense of protection from disease, leading to antisocial (or even hostile) behavior towards those not wearing a mask. (See the paper in the [Journal of Obsessive-Compulsive and Related Disorders](#) titled "COVID-19, obsessive-compulsive disorder and invisible life forms that threaten the self").

### Proof that the Masks Do Not Reduce Infections

1. **Insubstantial:** A [CDC-funded review](#) on masking in May 2020 came to the conclusion: "Although mechanistic studies support the potential effect of hand hygiene or face masks, evidence from 14 randomized controlled trials of these measures did not support a substantial effect on transmission of laboratory-confirmed influenza... None of the household studies reported a significant reduction in secondary laboratory-confirmed influenza virus infections in the face mask group." If masks can't stop the regular flu, how can they stop SAR-CoV-2?



**2. Unreasonable:** "Evidence that masking as a source [of] control results in any material reduction in transmission was scant, anecdotal, and, in the overall, lacking... [and mandatory masking] is the exact opposite of being reasonable," [ruled a hospital arbitrator](#) in a dispute between The Ontario Nurses' Association and the Toronto Academic Health Science Network. **Dr. Andreas Voss, member of the World Health Organization expert team and head of microbiology at a Dutch hospital in Nijmegen, on July 24, 2020, told [I Am Expat](#) that masks were made mandatory "not because of scientific evidence, but because of political pressure and public opinion."**

**3. Ineffective:** "Oral masks in healthy individuals are ineffective against the spread of viral infections," write Belgian medical doctors in an open letter published in [The American Institute of Stress](#), September 24, 2020. The COVID-19 virus is an aerosol virus. To evaluate mask effectiveness against aerosolized hazardous agents, Weber et al (1993) tested eight types of masks for aerosol particle penetration either through the mask or via a leak (venting). In this laboratory study, they predict that the surgical masks provide insufficient protection against potentially hazardous submicron-sized particles. (Weber, A. et al (1993) **Aerosol penetration and leakage characteristics of masks used in the health care industry. American Journal of Infection Control; 21: 4, 167-173**)

**4. Unsanitary:** "It has never been shown that wearing surgical face masks decreases postoperative wound infections," writes Göran Tunevall, M.D. in the [World Journal of Surgery](#). "On the contrary, a 50% decrease [in bacterial infection] has been reported after omitting face masks." A wet mask (i.e., a mask with exhaled moisture) has increased resistance to airflow, is less efficient at filtering bacteria and has increased venting. (National Association of Theatre Nurses (1998) **Principles of Safe Practice in the Perioperative Environment. Harrogate: NATN**)

**5. No Protection:** "There were 17 eligible studies.... None of the studies established a conclusive relationship between mask/ respirator use and protection against influenza infection," concludes a research review in the journal [Influenza and Other Respiratory Viruses](#). The masks do not form a complete seal against the face and are therefore not classed as respirators or personal protective equipment. (Stull, J.O. (1998) **New developments in standards affecting the selection of surgical masks. Surgical Services Management; 4: 24, 27-28, 30-32**)

**6. Unproven and reckless:** Dutch Minister for Medical Care, Tamara van Ark, asserted that "from a medical perspective there is no proven effectiveness of masks" after a review by the National Institute for Health on July 29, 2020 (according to [Reuters](#)). "By making mask-wearing recommendations and policies for the general public, or by expressly condoning the practice, governments have both ignored the scientific evidence and done the opposite of following the precautionary principle," writes Denis Rancourt, PhD in his 2020 paper [Masks Don't Work](#).

Due to these aforementioned points, the scripture forbids putting anything inside or upon my body (the Temple of the Holy Spirit) that poses a health risk and is, in effect, testing God in this regard. (**Exodus 20:13; Deuteronomy 6:16; Matthew 4:5-7**)

I, \_\_\_\_\_ cannot wear a mask due to my religious beliefs. My religious practices, which include moral and ethical beliefs, demands that I object to wearing a mask, which is protected under State and Federal discrimination laws, and is protected under the First Amendment ("free exercise of" clause) of the U.S. Constitution.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Print \_\_\_\_\_

Signature of Pastor  \_\_\_\_\_ Date 8-19-21  
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