

How to get a religious exemption for college, employer or medical setting by Peggy Hall, www.thehealthyamerican.org

1. Make your request **in writing** to the **highest authority** and find out who that is.

"I am seeking a religious exemption from the vaccine, tests and masks and I want to know who is going to make the accommodations – as required by law – for my request."

2. Ask if there is a **special form** they have that they want you to use.

"Do you have a special form I need to fill out?"

"Do you require this to be signed by a religious leader?"

"Does it need to be notarized?"

3. Take care of any **objections** in advance.

"Is there any reason you would refuse to accommodate this exemption, which is required by law to be accommodated?"

4. **ONLY answer their questions in writing.** Do NOT agree to a personal meeting or zoom meeting or phone call to discuss your exemption. GET EVERYTHING IN WRITING.

"I need you to give me your questions or concerns about my request in writing so I can respond to them in writing as well."

5. **Do NOT bring in any information related to the science,** data, the fact that vaccines kill people, that PCR tests don't work, that masks harm people, that covid doesn't exist, that this is a scamdemic, etc. Keep your request strictly related to your religious objection to the vaccine, tests and masks.

We provide personalized letters for your religious exemption at
<https://www.thehealthyamerican.org/religious-exemption-letter>

6. **State exactly what accommodation you are seeking.**

"My requested accommodation is that I work from home."

"It would be acceptable to me to be transferred to a different department."

"I can change my hours/location if necessary."

"I want to work normally, without wearing a mask or getting tested."

7. **Your religious exemption ALSO applies to wearing masks and getting tested.** They may try to make you get tested frequently or wear a mask if you choose not to get vaccinated. Masks, tests and vaccines are all medical interventions that you have the right to decline based on your sincerely-held religious (or ethical/moral) beliefs.

8. If your request is refused, get an appeal.

"Where do I submit my appeal to this decision?"

"Provide evidence that I am a direct threat to the health and safety of others."

"Where is the court order requiring me to cover my face or take a test that I do not consent to?"

"Where is the statutory law giving you authority over my personal health decisions?"

"Your refusal of my request constitutes discrimination."

"Are you going to terminate me? Are you willing to personally be held responsible for violating my constitutionally-protected religious rights?"

"I will hold YOU responsible for the liability and damages, not the company. You might lose your house, your car, your savings..."

9. If you are refused an appeal or an exemption, inform them you will be making formal complaints with these agencies:

- a. EEOC (for employers)
- b. State Civil Rights agency
- c. State Consumer Affairs Board
- d. County District Attorney
- e. OSHA (for employers creating an unsafe workplace)
- f. U.S. Dept of Education (for schools)
- g. State Department of Education
- h. Health insurance (for medical settings)
- i. State Insurance Board
- j. State Professional Licensing Board
- k. Wrongful termination lawsuit (if you are fired)

10. Keep a record of everything that happens. Write down the facts and also write down your emotional distress. This will be needed if you sue the employer, school or medical setting for their blatant discrimination. Note: At this time we do not have attorney referrals. Please let us know if you can refer someone in your state.

DON'T GIVE UP! You are right and they are wrong. They will try to confuse you and intimidate you. Intimidation and harassment are against the law, especially after you have requested your religious exemption request.

We provide personalized letters and additional important documents for you to successfully get your religious exemption. Go here for more information:

<https://www.thehealthyamerican.org/religious-exemption-letter>

“HOW TO SAY NO TO THE NEEDLE”
25 FACTS YOU NEED TO KNOW
By Peggy Hall www.TheHealthyAmerican.org

1. There is no legal authority that can require you to get a vaccine against your will.
2. If you don't get a vaccine, you cannot be coerced into wearing a mask, getting tested, or being excluded from your school or place of employment.
3. The law is on your side. You have the right to be accommodated for your medical condition or religious beliefs.
4. You have to educate your boss or school about the law. (We can help you do that.)
5. Your employer/school will try to confuse, coerce, intimidate, threaten and harass you. This is called retaliation and discrimination, and that is against the law.
6. You have the right to determine what is done with your body.
7. It doesn't matter whether the vaccine only has an “emergency authorization” or not.
8. Even if the vaccine becomes approved, you cannot be forced to take one.
9. You can seek an exemption for the vaccine, the mask and the testing. We recommend a religious exemption, which also includes your sincerely-held ethical and moral beliefs.
10. The masks and the testing are also “emergency use authorization” but even if they weren't, you cannot be forced into complying.
11. Only a licensed medical doctor can prescribe a medical treatment such as a mask, covid testing or a vaccine. Your boss or school administrator has no authority to do so.
12. No CDC guidelines, OSHA regulations or health officer order can suspend your rights.
13. You have the constitutionally-protected and GUARANTEED right to life and the right to determine what it done to your body.
14. You do not have to tell your boss or school administrator whether or not you got vaccinated. That is your private information. You cannot be discriminated against for not disclosing that information.
15. IMPORTANT!! Do NOT sign any paper that says you will disclose your medical information and do NOT agree to wearing a mask or testing.

16. You do not have to defend yourself against their requests. Instead: turn the tables and demand that they tell you their LEGAL AUTHORITY to require you to participate in these medical interventions.
17. IMPORTANT!!! Don't focus on the science (or lack thereof). It actually weakens your position. **IT DOESN'T MATTER IF THE MASKS, TESTING OR VACCINES WORK OR NOT. WHAT MATTERS IS YOU DO NOT HAVE TO CONSENT IF YOU DON'T WANT TO.**
18. It is UNLAWFUL for your employer/school to assume you are a threat to the health and safety of others, without proof from a licensed medical doctor or an order from the court.
19. Only a COURT ORDER can compel you to cover your face, get a covid test or get vaccinated. And even then – you can appeal the court's decision.
20. **And if you DID have a contagious disease – now you would be covered under ADA laws and your needs would have to be accommodated by law.**
21. Federal law requires your employer/school to accommodate your religious beliefs – or sincerely-held ethical or moral beliefs – *without discrimination*.
22. Your employer/school may delay, deny or deliberately try to make it so difficult for you so that you give in, give up or give over your sovereign authority and God-given RIGHT to determine what is done to your body. DON'T FALL FOR IT! We can tell you what to do.
23. Your employer/school may tell you that they are: following OSHA regulations; following the CDC; or following their own policies. Demand that they produce the statutory law that gives them the authority to violate your rights.
24. Your employer/school will tell you that accommodating you creates a “hardship” and therefore they don't have to accommodate you. The LAW states that the school or employer has to PROVE that the hardship is more than just minimal. Are you asking for your own private classroom, tutor, office, air filtration, personal trainer, personal chef, 24/7 medical care and chauffeur? If not, then there is NO HARDSHIP.
25. Remember: YOU do not have to prove anything. Your employer/school are supposed to BELIEVE you regarding your religious /ethical/moral belief. They can seek “reasonable” information about your beliefs, but you do not have to belong to any church or organized religion, nor do you have to show any attendance or explain in detail your beliefs. THEY are the ones who have to show the reason why they will not accommodate you. And if they do—you can appeal. We can show you how.

LEARN ABOUT RELIGIOUS EXEMPTIONS AND LET US HELP YOU EVERY STEP OF THE WAY!

www.thehealthyamerican.org/religious-exemption-letter

25 Q&A about Vaccines -- and Religious Exemptions

by Peggy Hall www.thehealthyamerican.org

This is not legal or medical advice. This is for informational and educational purposes only.

1. Do I have to fill out the form at work asking about my vaccination status? Isn't that a violation of HIPAA?

Ask your boss what the result would be if you "declined to state." Do you have an employment agreement in place authorizing your boss to ask you for your medical information? Their asking you is not a violation of HIPAA (that has to do with your health insurance company giving out your medical information) but it is a violation of your right to privacy, protected by the Constitution. If I were asked about my vaccine status, I would say, "I'm fully immunized." (That means my immune system is working fine.)

2. What if my state doesn't allow for religious exemptions?

Every state is REQUIRED to accommodate religious exemptions because it is a federal law to do so. Title VII of the U.S. Civil Rights Act prohibits discrimination based on religion. The only exception is for K-12 schools in a couple of states (such as CA) that are illegally forbidding those exemptions. It's better to get your kids out of government schools anyway.

3. Should I get a medical exemption or a religious exemption?

If you have a bona fide medical condition that prevents you from getting the jab, taking a test or wearing a mask – and if you have a doctor who will write the exemption, that is a valid approach. However, it may be difficult to find a doctor who will do so. Also, your company or school may require that you get the exemption renewed every six months or yearly. A religious exemption covers you "forever" and you do not need any evidence or proof other than your own sincerely held religious beliefs (or ethical/moral beliefs). be next if people don't stop complying.

4. Can the government mandate vaccines? What if they are approved by the FDA?

No, they can't. It doesn't matter if the vaccines are approved or not. You still have authority over your own body. The government is putting pressure on the businesses (and bribing them with millions of dollars) to do their dirty work for them. Can the government require women to have hysterectomies and men to have vasectomies because of the "overpopulation crisis"? That will be next if people don't stop complying. You have to fight against this medical tyranny. We can help you.

5. Can my job require me to get tested and wear a mask if I'm not vaccinated?

Tests and masks are also under an emergency use authorization and you have the right to no consent. Even if they were approved medical interventions, you have the right to seek a religious exemption. We can help you at www.thehealthyamerican.org

6. I don't belong to an organized religion. Can I still do a religious exemption?

Yes you can. The law does not require you to belong to any organized religion, church, group, etc. Your own sincerely-held spiritual beliefs that guide your life, your choices, your actions is enough. We can help you in this area as well.

7. Can my employer/school/government deny my religious exemption?

Not if you seek it based on our sincerely-held religious or ethical/moral beliefs. Do NOT emphasize the science or medicine or politics or state that you don't believe there is a pandemic or that this is part of the NWO etc. That all may be true but it is not grounds for a *religious exemption*. We can help you with understanding the language and the best way to prepare your documents for approval.

8. What do I have to prove in order to get my religious exemption?

The law states that you have to express your sincerely-held *religious belief*. You do not have to prove that you attend church (or mosque or temple). You need to clearly explain why the vaccine (and mask and testing if you are claiming it) violates your sincerely-held religious belief. You need to say exactly why you can't participate in these actions and also what the accommodation is that you are seeking. Is it to work from home? Have your own office? We can help you with that.

9. Do I need an attorney to help me get my religious exemption?

A letter from an attorney is not necessary. Exemptions are REQUIRED to be approved with reasonable accommodations unless there is a substantial hardship to your employer or school. And the burden of proof is on them to give proof of the hardship.

10. I don't belong to your husband's church, so why should I have him provide a letter for me? Isn't that like a form letter?

As a Christian, you are part of the Body of Christ, which does not have a physical building. The Holy Spirit indwells each believer and unites each believer into the Church of Christ. It is not necessary for you to attend Pastor David's church or even live in the same area. Pastor David reads and responds to your request to help prepare the Biblical worldview regarding God's laws for the human body. Asking Pastor David for spiritual guidance in this area is not different than you going to a doctor for a medical exemption. In both cases, you are seeking support from a experienced professional who can attest to your condition (physical in the case of the medical doctor and spiritual in the case of Pastor David.)

11. I'm not Christian. Will your materials still help me?

We have helped Muslims, Jews, Buddhists and Sikhs. Because you will be stating your *own* sincerely-held beliefs, you can adapt our materials or even share them with your own faith leader for spiritual support and guidance.

12. Who do I submit my request form to?

Ask your employer or school if they have a required form, and where that form should be submitted. It is submitted to your employer or school, not the health department or OSHA.

13. What if they reject my request?

Before you submit it, ask them on what grounds they might reject it. Then you'll know exactly why. Keep your request based on religious reasons only, not science or medicine. And if they reject it, you can appeal it. We can help you.

14. I'm going to live in the dorm and they're telling me I have to get tested weekly.

Living in the dorm (or nursing home) is called congregate living and unfortunately you are at their mercy. It is a better idea to live in an apartment, or delay your semester at school until you see what is happening. Being in a dorm can also put you at risk of being quarantined.

15. Do I have to tell my boss my vaccine status?

Ask what the consequences are if you decline to state. (If it were me I would say, "I'm fully immunized... just like God made me.")

16. Can I get fired if I don't get the job?

He can fire you, but it would be unlawful termination if based on religious discrimination. That is why we recommend seeking the religious exemption, to have everything documented.

17. My boss told me if I refuse, it will be a "voluntary resignation."

No, that would be unlawful termination, based on discrimination.

18. Can they put me on unpaid leave if I don't get the job?

If they do, that is considered "retaliation" and it is another violation of Title VII of the Civil Rights Act. Request a different accommodation such as work from home or other work.

19. They said I'm a threat to the health and safety of others.

They have to prove it, with a court order based on a sworn testimony from a licensed medical doctor. Otherwise that's like saying all teenagers are shoplifters. It's a generalization and stereotype and it is against the law.

20. What is a reasonable accommodation?

This would be a different job assignment or duties, different hours, different location etc. It would be agreeable to you and the company/school. It cannot be a hardship for you, such as less pay or horrible conditions. If so, you have a lawsuit on your hands, for retaliation.

21. They said I have to get the vax because it would be a hardship if I didn't.

They have to prove it with evidence. Words are not enough. We can help you with this.

22. I work in a hospital/doctor's office and they said there are no exemptions.

Exemptions are required by law. Request a different assignment or location. Or, consider working for employers who do not discriminate. It's time for healthcare workers to band together and create different clinics and settings that are discrimination-free.

23. My boss said it's an OSHA law.

OSHA does not make law. They create regulations based on laws passed by the legislature. OSHA has no enforcement authority over you, only over your employer. And your employer is required to accommodate your religious exemption.

24. They told me it's a federal law.

There is no federal law for vaccines, masks or tests. Neither the CDC, FDA or President can make a law. Only Congress makes law. And there is no law for requiring masks, tests or vaccines. Executive orders are only for the executive branch of government and even then, religious exemptions are required to be accommodated. We have several pages of documents that can help you. www.thehealthyamerican.org/religious-exemption-letter

25. My boss said it's the health department orders.

No health orders, policies, directives, proclamations, strategies, resolutions, rules or regulations are valid or lawful if they violate your rights. Your employer has the obligation and requirement to offer a reasonable accommodation for your religious exemption request. Further, the law states that your employer must generally believe and honor your request and may only make reasonable inquiries to clarify your beliefs. You do not need to prove any affiliation with any church or traditional religion. You do not have to provide proof of attendance at any religious services, nor can they ask others to vouch for you.

At www.thehealthyamerican.org, we provide information and education to empower you to understand your rights and the laws that protect them. Pastor David can assist you with your religious exemption request, based on Title VII of the U.S. Civil Rights Act, which guarantees your right to exercise your religious beliefs and practice without discrimination at the workplace (which includes schools and businesses). We are here to help you, as we have done for many others.

Here's what to do next:

- Go to www.thehealthyamerican.org and download these important documents:
"25 Things you Need to Know about your rights and exemptions"
"How to Get your Religious Exemption"
- Request your religious exemption personalized documents here:
www.thehealthyamerican.org/religious-exemption-letter
- Study Peggy's many educational videos about vaccines and your rights:
www.thehealthyamerican.org/peggys-videos
- Share this document with everyone you know, as if your life depends on it--*because it does!*



NO MASK, NO SERVICE?

**What to say to store clerks and
the cops who try to violate your
personal liberty and civil rights**



“Excuse me, you have to wear a mask...”

By Peggy Hall, www.TheHealthyAmerican.org

SCENARIO #1: “Excuse me, you have to wear a mask in here.”

“I’m sorry, I can’t hear a word you’re saying. Please remove that thing from your face so I can hear what you’re saying.”

“Oh, I wish I could – but my doctor told me not to, because it might cause me to die. Do you want me to hold you responsible for my death?”

“Oh, I wish I could, but I’m in the non-mask control group for this clinical trial, and if I wear a mask, I’ll mess up the results. Do you want me to mess up the results for this important study?”

“Religious exemption – protected by law!”

“I am medically exempt from this policy.”

“I’m unable to do so, because wearing one will cause me to pass out. Do you have insurance for that? If so, would you show me the insurance binder to prove that?”

“The health dept has issued me an exemption. Are you going to go against the health dept?”

“I have a legal medical exemption. Do you want me to violate the law?”

“I only take medical advice from my doctor. Are you a licensed doctor too?”

“It is against my religion to cover the only two airways that God provided for breathing.”

“My right to breathe comes first. Does your request override the constitution?”

“It is against my religion to commit suicide by cutting off my airflow.”

“Can you show me your medical license that authorizes you to dispense medical advice?”

“Can you show me the law that requires that?”

“I’m not sick. Do you have proof that I am?”

“No court has ordered me to wear a mask, so I don’t have to do so. Do you have a court order that requires me to do so?”

“I just got tested and I’m negative, so the doctor told me I don’t have to wear one.”

“I don’t support mass genocide and global depopulation.”

SCENARIO #2: “The governor mandated masks.” “It’s an emergency.” “The governor has emergency powers.” “The health department ordered it.” “The county/city requires it.”

“No governor can make a law.”

“No mayor can make a law.”

“No health officer can make a law.”

“No store manager can make a law.”

“There is no emergency.”

“No emergency suspends the law.”

“What is the penal code for this mask requirement? What exactly would be the violation?”

“Oh, did the legislature give law-making authority to the governor?”

“The health department can’t make laws. These are guidelines only.”

“Guidelines are like suggestions. They are not enforceable by law.”

“The health department has exemptions, and I’m legally exempt.”

“Show me the law that requires me to follow any governor’s orders.”

SCENARIO #3: “Our store policy requires it.”

“Would you show me that policy in writing, please?”

“So your store doesn’t have to follow the law?”

“Oh good, so that means I can shoplift in here because you don’t abide by the law?”

“Your store policy only applies to your employees, not to me.”

“So if I’m in a wheelchair, you can refuse me service because it’s your store policy?”

“Your store policies are illegal if they are in violation of the law.”

SCENARIO #4: “Our mask policy applies to everyone, so we’re not discriminating.”

“Yes, you are, because I can’t wear one. That is the very definition of discrimination.”

“So you can require everyone to eat pork, including muslims?”

“So you can require everyone to walk inside the store, including someone in a wheelchair and therefore it is not discrimination?”

“So you can require everyone to take their hat off, including a Sikh wearing a turban, even though he has the lawful right to wear clothing as part of his religious expression?”

“Are you aware of the legal exemptions to the mask guidelines, that you are required to follow?”

“Are you aware that your refusal of entry constitutes false imprisonment, and you can be charged and arrested for this crime?”

“Are you aware that you can be personally liable for preventing me from shopping here, as it is a violation of my personal liberty and civil rights?”

SCENARIO #5: “We put the health and safety of our employees and customers first.”

“That’s good because I don’t want to get sick from people wearing germ-filled masks.”

“What evidence do you have that am I a threat to the health and safety to others?”

“The only way I can be deemed a “direct threat” is if there is a court-order of quarantine or isolation or restraint against me. Do you have a court order of quarantine against me?”

SCENARIO #6: “We offer curbside pickup.” “We can shop for you.” “You can shop online.” “We offer Instacart.”

“Why are you offering me the special accommodation? I’m not the one who is sick.”

“Are you aware that you are required by law to allow me equal access to the goods, services and facilities in the most integrated setting possible? Why should I be the one that stays outside? Nothing is wrong with me. Do you have a court-ordered quarantine order against me?”

“Why don’t you make the ones wearing the dangerous germ-filled masks stay outside, since they are the ones living in fear? They are the ones that need the accommodation, not me.”

SCENARIO #7: “This is a private business and we can ask you to leave.”

“Yes, this is a private business that is engaged in commerce and is open to the public. Don’t you know the legal definition of a public accommodation?”

“As a member of the public, I have a legal right to be here and be served just like anyone else. Don’t you know your refusal of service constitutes illegal conduct that you can be liable for?”

“Where is the evidence that I am disturbing the peace?”

“Where is the evidence that I am a direct threat to others?”

“What evidence do you have that I am trespassing?”

“Am I breaking and entering? Am I interfering with your business? Where is the evidence of my trespass or threat or danger?”

“Are you harassing me? Are you threatening me? Do I need to call the Sheriff for protection?”

*NOTE: Call the Sheriff (not the police) if you are being threatened or harassed. This is the legal definition of assault, even if there is no physical harm to you.

*NOTE: Remain calm. Do not give them any reason to say you were disturbing the peace.

*NOTE: Start recording a video when your rights are violated.

*NOTE: Shop with another person so you have evidence of the interaction.

*NOTE: Don’t touch anyone or get aggressive.

SCENARIO #8: “Your freedom ends when it intrudes on mine.”

“What freedom am I intruding on exactly?”

“Who am I oppressing?”

“What evidence is there that I am a threat?”

“What law states that I am responsible for your health?”

SCENARIO #9: “People are dying!” “I have family members who died of Covid.” “It’s people like you who are the problem because you are not wearing masks.” “The numbers are rising!”

“Doesn’t your mask work?”

“How exactly am I responsible for the deaths of your loved ones?”

“How are the numbers rising when there is no reliable test for this virus, which has never been isolated, so how can it be tested?”

“Where is the law that states I am personally responsible for your health?”

SCENARIO #10: What to say and do if law enforcement is called on you for trespassing.

- Remain calm. Don't get aggressive.
- Start recording when law enforcement arrives.
- Ask for the I.D. of the officer. Ask them to remove the mask so you can identify them.
- Leave the premises so you won't get arrested for trespassing.

"Did you take an oath of office to uphold the constitution?"

"Excuse me, officer, aren't you required by law to identify yourself to me?"

"Would you remove your mask so I can see your face?"

"I'm sorry, I'm having a hard time hearing what you're saying with that concealment device on your face. Can you remove it so I can understand what the charges are?"

"I'm feeling quite threatened since you appear to be armed with a weapon and you are concealing your identity at the same time. Am I mistaken, or is that a crime in this jurisdiction?"

"Can you tell me the penal code for the law I'm suspected of violating? Can you read that law to me so I understand it clearly?"

"Can you tell me what the evidence of trespass is? Where are the witnesses to this crime? Have you identified them and interviewed them for this charge?"

Officer: "It's the governor's orders." "It's an emergency." "The city passed an ordinance."

"The governor / mayor / health officer/ store manager can't make laws."

"Courts have ruled that no emergency suspends our personal liberty, including my right to peacefully assemble in a public place, such as this private business."

"Unless there is a court-order of quarantine against me, I have the legal right to be in public, including this private business, which is legally defined as a public accommodation and therefore must serve me, as a member of the public, without discrimination or harassment."

"Are you aware of U.S. Code Title 18, Section 242, which makes it a crime for you to willfully deprive any person of any right or privilege protected by the law of this state and the laws of the United States? And this crime is a felony and you may be sentenced to a prison term?"

"Are you aware that U.S. Code title 18, Section 241 makes it a crime for you and another, while concealing your identity, to conspire against my free exercise or enjoyment of my rights, and this is a felony, punishable by a fine and a prison sentence? Are you willing to risk that?"

NEED HELP TO AVOID MASKS, COVID TESTS AND VACCINES??

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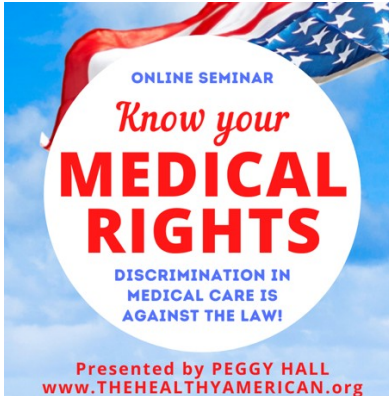
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What documents you **MUST** have on hand for OSHA and code enforcers
How to protect your professional license from threat of revocation

Get info on in-person trainings in your area and online seminars
www.TheHealthyAmerican.org/business-help

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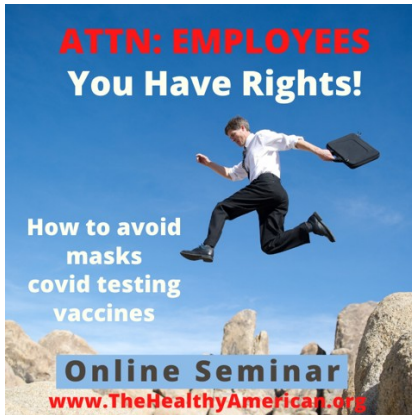
Know your
MEDICAL RIGHTS

DISCRIMINATION IN
MEDICAL CARE IS
AGAINST THE LAW!

Presented by PEGGY HALL
www.THEHEALTHYAMERICAN.org

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ATTN: EMPLOYEES
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How to avoid
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