We strongly recommend that you file a very basic religious exemption in which you do not need to explain yourself. However, for those that want to understand and state the scientific underpinning for why these injections contradict their religious, support has been provided below.

NOTE, this letter is an informational template to be used as a guideline in writing your personalized letter. AFLDS suggests that a personalized letter brings across your sincerity and will afford you the best chance of success when bringing up this conversation with your or your child's school or employer. Look for yellow highlighted text which indicates where you will need to delete the highlighted text and replace it with your information.

Date: _____

Employer or School
Address

RE: Religious Exemption from Immunization Requirements

I, your name, hereby swear and affirm that I possess firmly held religious beliefs and practices. The COVID immunization required by company or school is contrary to my religious beliefs and practices.

I am filing for a religious exemption from the COVID-19 vaccine because taking it goes against my deepest held religious convictions. I am a Christian and I believe my body belongs to God and is the temple of his Holy Spirit (1 Cor 6:19-20). I believe that God knit me together in my mother's womb and that I am "fearfully and wonderfully made" (Psalms 139:13-14). Thus, God created me as he intended for me, and I believe intentionally altering my genetic make-up goes against the will of God. Further, I take God's command to "be fruitful and multiply" seriously and consider it against the will of God to knowingly take actions that may permanently compromise by ability to bear children. Pfizer's own distribution data show that the nano-lipid particles of the vaccine accumulate in the ovaries of rats (1). The design of these vaccines is such that the nano-lipid vesicles contain synthetic mRNA that will be used by the ovarian cells to produce spike protein. Disturbingly, a growing body of data is demonstrating that the spike protein causes microvascular damage and inflammation (2,3,4), potentially compromising ovarian function and fertility. Further, these distribution studies show that a significant amount of nano-lipid particles from the vaccine accumulate in the liver and bone

marrow (1). A recent study showed that in human liver cells, the vaccine particles induced cells to reverse transcribe the synthetic mRNA into DNA and insert the virally-derived DNA into the genome of the host (5). Thus, there is a very real potential that taking the vaccine could result in the integration of viral DNA into MY DNA. If it were to integrate into the DNA of my egg cells, it could potentially become a part of the DNA sequences I give to my children, not only altering my genetic make-up, but permanently altering theirs as well. Again, it is my deepest held religious belief that I am not within the will of God to intentionally take actions that would alter my genetic make-up or that or my future children or compromise my fertility.

1. The Pfizer distribution study, translated into English, can be found here. The chart of the distribution data is shown on the following page.
2. Ndeupen, Sonia et al. "The mRNA-LNP platform's lipid nanoparticle component used in preclinical vaccine studies is highly inflammatory." *iScience* vol. 24,12 (2021): 103479. doi:10.1016/j.isci.2021.103479 https://pubmed.ncbi.nlm.nih.gov/34841223/
3. Suzuki, Yuichiro J, and Sergiy G Gychka. "SARS-CoV-2 Spike Protein Elicits Cell Signaling in Human Host Cells: Implications for Possible Consequences of COVID-19 Vaccines." *Vaccines* vol. 9,1 36. 11 Jan. 2021, doi:10.3390/vaccines9010036 https://pubmed.ncbi.nlm.nih.gov/33440640/
4. Lei, Yuyang et al. "SARS-CoV-2 Spike Protein Impairs Endothelial Function via Downregulation of ACE2." *bioRxiv : the preprint server for biology* 2020.12.04.409144. 4 Dec. 2020, doi:10.1101/2020.12.04.409144. Preprint. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7724674/
5. Aldén, Markus et al. "Intracellular Reverse Transcription of Pfizer BioNTech COVID-19 mRNA Vaccine BNT162b2 In Vitro in Human Liver Cell Line." *Current issues in molecular biology* vol. 44,3 1115-1126. 25 Feb. 2022, doi:10.3390/cimb44030073 https://pubmed.ncbi.nlm.nih.gov/35723296/

Thank you in advance,

Signature and

Your name printed

Detection: Radioactivity quantita

Sampling Time (hour): 0.25, 1, 2, 4, 8

Sample	Mean total lipid concentration (µg lipid equivalent/g (or mL) (males and females combined)						
	0.25 h	1 h	2 h	4 h	8 h	24 h	48 h
Adipose tissue	0.057	0.100	0.126	0.128	0.093	0.084	0.181
Adrenal glands	0.271	1.48	2.72	2.89	6.80	13.8	18.2
Bladder	0.041	0.130	0.146	0.167	0.148	0.247	0.365
Bone (femur)	0.091	0.195	0.266	0.276	0.340	0.342	0.687
Bone marrow (femur)	0.479	0.960	1.24	1.24	1.84	2.49	3.77
Brain	0.045	0.100	0.138	0.115	0.073	0.069	0.068
Eyes	0.010	0.035	0.052	0.067	0.059	0.091	0.112
Heart	0.282	1.03	1.40	0.987	0.790	0.451	0.546
Injection site	128	394	311	338	213	195	165
Kidneys	0.391	1.16	2.05	0.924	0.590	0.426	0.425
Large intestine	0.013	0.048	0.093	0.287	0.649	1.10	1.34
Liver	0.737	4.63	11.0	16.5	26.5	19.2	24.3
Lung	0.492	1.21	1.83	1.50	1.15	1.04	1.09

Sample	Total Lipid concentration (µg lipid equivalent/g [or mL]) (males and females combined)						
	0.25 h	1 h	2 h	4 h	8 h	24 h	48 h
Lymph (mandibular)	0.064	0.189	0.290	0.408	0.534	0.554	0.727
Lymph node (mesenteric)	0.050	0.146	0.530	0.489	0.689	0.985	1.37
Muscle	0.021	0.061	0.084	0.103	0.096	0.095	0.192
Ovaries (females)	0.104	1.34	1.64	2.34	3.09	5.24	12.3
Pancreas	0.081	0.207	0.414	0.380	0.294	0.358	0.599
Pituitary gland	0.339	0.645	0.868	0.854	0.405	0.478	0.694
Prostate (males)	0.061	0.091	0.128	0.157	0.150	0.183	0.170
Salivary glands	0.084	0.193	0.255	0.220	0.135	0.170	0.264
Skin	0.013	0.208	0.159	0.145	0.119	0.157	0.253
Small intestine	0.030	0.221	0.476	0.879	1.28	1.30	1.47
Spinal cord	0.043	0.097	0.169	0.250	0.106	0.085	0.112
Spleen	0.334	2.47	7.73	10.3	22.1	20.1	23.4
Stomach	0.017	0.065	0.115	0.144	0.268	0.152	0.215
Tests (Males)	0.031	0.042	0.079	0.129	0.146	0.304	0.320
Thymus	0.088	0.243	0.340	0.335	0.196	0.207	0.331
Thyroid	0.155	0.536	0.842	0.851	0.544	0.578	1.00
Uterus (females)	0.043	0.203	0.305	0.140	0.287	0.289	0.456
Whole blood	1.97	4.37	5.40	3.05	1.31	0.909	0.420
Plasma	3.97	8.13	8.90	6.50	2.36	1.78	0.805
Blood: plasma ratio	0.815	0.515	0.550	0.510	0.555	0.530	0.540