

Davis County Ex-Mormon meetup Sunday Sept 14, 2025, 10:30 AM

[All links from Invitations.](#)

How to Find us: Sunday Sept 14, 2025 meetup is 10:30 AM at Smiths Marketplace, 1370 W 200 N, Kaysville, UT 84037. Entering Smith's turn right, take the up staircase on the right side of Starbucks, turn right on the 2nd floor at the top of the stairs, take 10 strides passing the lockers to the conference room entrance on the right. **Contact:** Francis 'Nelson' Henderson, 858-668-6943, francisnh12@gmail.com

Our purposes: First, when leaving Mormonism, people often find that they no longer have community or support. Our goal is to provide support for each other and to build community. So, whether you are a member, or left the church recently, or have been out for years, or were never Mormon but are looking for community, come and socialize with us and share your story.

Secondly, we uncover the fallacies, deception, and misinformation employed by the LDS Church to gain control over our lives.

Subject of Discussion: Red flags that you are being manipulated [Invitation](#)

Red flag #1: Listen only to the friendly Church history it tells.¹

Red flag #2: Depend upon your feelings to discern the Truth.²

Red flag #3: Keep the Temple secret. Do not criticize the Church or its leaders.

Any church that discourages questioning or punishes disobedience cannot claim to value the individual soul. Erich Fromm argues that the ability to disobey is the foundation of freedom. Obedience to conscience is not the same as obedience to power³. A moral act is one that originates within the individual, based on authentic conviction—not submission to an external authority. If a person obeys simply because he is told to, he acts as a subject, not a moral agent. Conversely, if he disobeys out of principle, he affirms his humanity.⁴

Religious institutions that fear disobedience fear authenticity.

They rely on discipline, shame, and conformity because they have ceased to trust the moral capacities of their members. But as Fromm insists, no true spiritual transformation is possible without the individual's freedom to



"When we speak untruths, we are guilty of lying. We can also intentionally deceive others by a gesture or a look, by silence, or by telling only part of the truth. Whenever we lead people in any way to believe something that is not true, we are not being honest."

LDS Definition of Honesty

¹ Chris Johnson: [How the Book of Mormon Destroyed Mormonism](#), (24:30)

² [The Book of Mormon – The Most Incorrect Book on Earth](#) (14:18), An Ex-Mormon Informant

³ Doctrine and Covenants [121:41–43](#) Verse 41 "No power or influence can or ought to be maintained by virtue of the priesthood, only by persuasion, by long-suffering, by gentleness and meekness, and by love unfeigned." In my opinion there can be no violation of this principle by religious powers claiming to act for God because of how the ethics of Morality constrains the use of any kind of force upon sovereign individuals even though Verse 43 wrongly attempts to make such an exception. Use of force was the issue settled in the Mormon myth of a pre-existent "War in Heaven," that we shall not be compelled to obey God. The use of power comprises anything that establishes and maintains the control of one person over another. Thus, power covers all religious and social relationships, which serve the end of a person (or a church) to control another, from physical violence to the most subtle psychological ties by which one mind controls another.

⁴ Fromm, Erich. *On Disobedience and Other Essays*. Harper & Row, 1981

say "no." The LDS Church, with its culture of enforced obedience and silence, has not yet made peace with this fundamental truth. Its refusal to tolerate dissent is not a strength, but a sign of moral fragility.

If society is the sum of its individuals, then the redemption of society begins with the liberation of each person's inner life. The Church does not exist to preserve itself; it exists to serve the development, integrity, and dignity of its members. Until it honors the moral authority of the individual over the demands of the institution, it will continue to sacrifice real spiritual growth for the illusion of unity.

Influence Continuum: Healthy/Constructive <==> Unhealthy/Destructive

Dr Steven Hassan explains that "From the moment we are born, we are constantly being influenced by all kinds of people, ideas, and forces. Some of this influence is healthy, and promotes our ability to grow into independent, fulfilled, authentic adults.

Other forms of influence instill dependency and obedience, at times even indoctrinating people to harm themselves and others. There is a wide spectrum of healthy and unhealthy influences. Individual experiences vary within the same organization based on how the individual conforms to the norms of the group. For example, a lesbian teen in a homophobic church will be subject to a different degree of undue influence than a straight man who is married with children in the same church."⁵



⁵ Dr Steven Hassan, [Freedom of Mind](#) -Resource Center, M – F 10:00 – 5:00 PM ET (617) 396-4638

Dr Steven Hassan's *Influence Continuum*, above, organizes compactly what is Constructive/Healthy vs Destructive/Unhealthy.

For example, Church claims to *being right* is a *Power Claim*, not a Truth claim.⁶ Every LDS Fast and Testimony meeting attempts to bind us to its Authoritarian claim to being right by using group emotions and Testimonies.

The *Influence Continuum* helps one to see for what it is: That claim to power is based on the premise that man's nature is fallen (evil). That same destructive claim is taught in the Book of Mormon (BoM) teaching that the "Natural man is an enemy to God, ... carnal, sensual, and devilish."⁷

These unhealthy self-beliefs are the underlying premise behind every LDS Baptism, every weekly Sacrament, every Temple Endowment. However, it is an inherently unhealthy and destructive core belief which disqualifies LDS Church claims to moral "Authority." Rather, the great majority of human persons are *naturally good, trustworthy, compassionate, and have an innate divinity with a conscience* to be relied upon above LDS exclusive claims to authority.

The *Influence Continuum* places *Unconditional Love* where it belongs as a settled issue, except in Mormonism. LDS Apostle Russel M. Nelson argues *God's love is conditional* in his Feb 2003 Ensign article "Divine Love."⁸ Tithing is a condition for church employment or for Temple marriage.

High control groups like Mormonism show up on the *Influence Continuum* teaching its adherents there is "*No Legitimate Reason to Leave*." We saw this in Russell M Nelson's "Think Celestial" talk in which he said that Law of Chastity violations are one of the biggest ways to create doubt about Mormonism's validity. His talk is completely in line with how high control groups use shaming to keep people under their thumb. President Nelson's talk implies that when people start doubting the group's tenants or stepping away, remaining members can automatically minimize or completely ignore the validity of that person's reasoning and experiences because they must obviously be doing something wrong.



The *Influence Continuum* identifies *Elite/Grandiose* power claims as unhealthy organizational traits. Like Joseph Smith, who claimed to be a Prophet, "seer", and Revelator comparing himself to Jesus,⁹ so do modern Church leaders. They understand the power their claims give them and protect it fiercely.

However, few modern revelations exist, except when the United States government took possession of all Church property in 1890 before the "*Manifesto*" was revealed. Except when a bomb blew the doors off the Salt Lake temple in 1978 when nationwide racial turmoil preceded revelation granting the Priesthood to black males. Except when "*The Proclamation on the*

⁶ Propping up the claims to "being right" as a source of Priesthood power and authority leads to all kinds of *dishonesty*, half-truths and deception, documented in this Statement. The misuse of truth claims, and the abuse of Testimony insult the intellectual integrity of all Mormon men and women and demands public opposition from all who are aware of the deception.

However, active public opposition is prohibited, thus exposing one to the threat of banishment from the religious community and possibly separation from one's family relations among the devout. For example, "The Proclamation On the Family" is as empty as a drunkard's whiskey bottle if one *marriage* partner exits the Church without the other.

⁷ *Book of Mormon* Mosiah 3:19, Mosiah 16:3, Alma 42:10

⁸ By *Common Consent*, Paul J Toscano *Rebuttal to Devine Love*, Newsletter of the Mormon Alliance, Vol 9, No. 3 July 2003.

⁹ Joseph Smith's Boast: "Come on! ye prosecutors! ye false swearers! All hell, boil over! Ye burning mountains, roll down your lava! for I will come out on top at last. I have more to boast of than ever any man had. I am the only man that has ever been able to keep a whole church together since the days of Adam. A large majority of the whole have stood by me. Neither Paul, John, Peter, nor Jesus ever did it. I boast that no man ever did such a work as I. The followers of Jesus ran away from Him; but the Latter-day Saints never ran away from me yet....When they can get rid of me, the devil will also go" (History of the Church, Vol. 6, p. 408).

Family” became a revelation arising from a lawsuit in Hawaii where the Church was denied standing as a friend of the Court opposing gay marriage because it had no official doctrine on the Family.

The *Influence Continuum* shows how Mormonism uses its Temples to make claims on my life for itself: to my time and to my earnings. The leverage used on faithful Temple worthy Latter-day Saints is fear of eternal loss if one fails to satisfy the **secret** Temple Law of **Consecration**, Law of **Obedience**, Law of **Sacrifice**, “before God, angels, and these witnesses” that you give “yourselves, your time, talents, and everything” to the Church.

Like the mythical pre-existent war in heaven, these secret Temple **rituals** are immoral because like Lucifer’s plan, the **Covenants** compel **Obedience**.¹⁰ For example, when one chooses freely to live what the Church is choosing for oneself, the Covenants are unnecessary. Covenants only do their job when controlling someone who otherwise would not freely make that choice.

From a Mental Health Perspective

Good emotional health demands that one hold organizations accountable who intentionally mislead and deceive their members. Recommend you do not let anyone shame, intimidate, or gaslight you into **silence**. In fact, it is odd and unhealthy to simply walk away from a “high demand” religion like Mormonism without significant efforts to learn, discuss, and emotionally process this change with the people that you love most. From a mental health perspective, Dr John Dehlin advises he is far more worried about someone who walks away quietly.

¹⁰ Brother Bednar discloses the plan’s *motive* when asking rhetorically, “Do we have the option not to pay our tithing? **Nope**, it’s breaking a covenant. It is **not the exercise of agency anymore**,” he says.