

## Davis County Ex-Mormon meetup Sunday Jan 25, 2026, 10:30 AM

[All links from Invitations.](#)

**How to Find us:** Sunday Jan 25, 2026 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](mailto: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.

**Invitation:** [How to Resign from the Mormon Church.](#)

To resign from The Church of Jesus Christ of Latter-day Saints (often referred to as the LDS or Mormon Church), you can choose from several methods ranging from direct contact with local leaders to using a [free legal service](#). Legally, your membership ends the moment the church receives your written statement of resignation, though formal administrative processing typically takes 4 to 6 weeks.

### Resignation Methods

- **Directly via Local Leadership:** Submit a written resignation letter to your local Bishop or Stake President. This is often the fastest method, but it may result in a request for an in-person meeting to confirm your identity and ensure you understand the "spiritual consequences" of leaving.  
However, since you are no longer a church member by your own declaration and notification in your letter, the Church no longer has any authority over you. You may wish to decline because as a non-member you are under no obligation what-so-ever, to explain or to comply.
- **QuitMormon.com:** A free service provided by an attorney that handles the resignation on your behalf to minimize direct contact with church officials. Because of church requirements, this service **requires a notarized letter**.

*“Resigning from the Mormon church (Church of Jesus Christ of Latter day Saints) can be a tedious and painful process. If you've decided that you no longer want to be a member of the church, resigning on your own can result in unwanted contact from church leaders and multiple requests before your resignation is finally processed. We provide a free service that lets you resign without the hassle.”*

- **Emailing Church Headquarters:** You can email the Confidential Records department at [MemberRecords@ChurchofJesusChrist.org](mailto:MemberRecords@ChurchofJesusChrist.org). To avoid being referred back to your local bishop, you should attach a **notarized** PDF of your signed resignation letter.



- **Mailing Church Headquarters:** Send a notarized letter via certified mail to:

Member Records Division, LDS Church  
50 E. North Temple Rm 1372  
Salt Lake City, UT 84150-5310.

### Essential Information to Include

Your letter should clearly state your intent to resign and include identifying details to ensure they locate the correct record:

- Full legal name and date of birth.
- Current residential address.
- **Membership Record Number (MRN):** Not strictly required but highly recommended to speed up the process. You can find this on your temple recommend or by asking a ward clerk.
- A clear statement that you wish to waive the 30-day "waiting period" and want the resignation processed immediately.
- A request for no further contact other than the formal confirmation of your name removal.

### Important Considerations for 2026

- **Notarization:** As of 2026, most formal methods (except direct meetings with a bishop) strictly require your signature to be notarized to prevent fraudulent requests.
- **Consequences of Resignation:** Resigning cancels the effects of baptism and confirmation, withdraws the priesthood (for men), and suspends temple blessings.
- **Academic Risks:** Students currently enrolled at **Brigham Young University (BYU)** or other church-owned schools should be aware that resigning can lead to an immediate loss of "Ecclesiastical Endorsement," which may result in expulsion or being unable to graduate.
- **Privacy for Minors:** Resigning for minors (under age 18) typically requires the notarized signatures of both parents.

These resources provide step-by-step instructions and important considerations for officially resigning from the Mormon Church:

### Example Resignation Letter (Simple & Legally Clean)

*Subject: Formal Resignation of Church Membership*

*To Whom It May Concern,*

*I hereby resign my membership in The Church of Jesus Christ of Latter-day Saints, effective immediately.*

*This decision is final. I do not consent to any meetings, interviews, or discussions regarding this matter. I request that my resignation be processed promptly and that I receive written confirmation once it is complete.*

*Please note that I am exercising my legal right to resign my membership. No explanation is required, and none is offered.*

*Thank you for your attention to this matter.*

*Sincerely,*

*[Full Legal Name]*

[Date of Birth, optional but helpful]

[Current Address, optional]

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[How to Leave the Mormon Church](#): An Exmormon's Guide to Rebuilding After Religion Paperback – January 7, 2024

by [Alyssa Grenfell](#) (Author), [Dr. John Dehlin](#) (Foreword)

[4.7 out of 5 stars \(310\)](#)

4.4 on Goodreads

246 ratings

[See all formats and editions](#)

**Where will you go? After more than 20 years of devotion to the Mormon church, Alyssa Grenfell decided it was time to find out. Join her in a journey of faith deconstruction with this definitive manual to rebuilding after Mormonism.**

**Consider this the last church handbook you'll ever need!**

*How to Leave the Mormon Church* is the indispensable guide for navigating your way out of the Mormon church. After losing your faith, your first thought was likely, "Now what?" Read this book for advice on:

1. Deciding whether or not to leave the church
2. Sharing your news with family and friends
3. Investigating new beliefs and frameworks
4. Protecting your mental health during the transition
5. Moving forward with purpose and intention
6. Ordering coffee and cocktails for the first time
7. Overcoming shame surrounding sex and sexuality
8. Dating outside the church
9. Examining and renegotiating political opinions
10. Leaving Mormonism AND Exmormonism behind

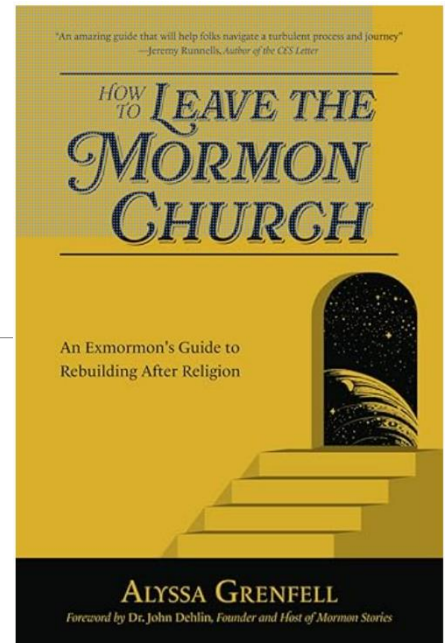
...and so much more! Leaving the church is more than throwing out your garments or taking your name off the church roster. Mormonism is an all-encompassing, high demand religion that seeps into every aspect of your life. This is the comprehensive manual for completely—mentally, emotionally and physically—leaving The Church of Jesus Christ of Latter Day Saints.

**Praise for *How to Leave the Mormon Church*:**

*"How to Leave the Mormon Church* is a book that was needed for years. It was a book that I wanted to write and tried to write but thankfully I don't have to write. Alyssa did an amazing job with this guide that will help so many folks to navigate what can often be a turbulent process and journey. Use the guardrails that Alyssa set up for you and you'll safely be on your way."

**—Jeremy Runnells, Author of *CES Letter***

"I was struck by how thoroughly Alyssa addresses the hurdles faced by those who leave the church. Her encouraging voice will support you with each step along this unknown path. Her compassionate and informed writing approaches the sensitive subject of faith deconstruction with a style that is personal, thoughtful, direct,



and fearless. This book is an essential companion for those who feel lost, alone, and confused once their Mormon shelf breaks. Frankly, it is the resource *I so desperately needed* in the days, months, and years after my own loss of faith."

—John Dehlin, Ph.D., Founder of and Host of Mormon Stories

"What many of us leaving the LDS Church are looking for is a friend. In her vulnerable storytelling and resource sharing, Alyssa brings that friendship to life. This book is a great sounding board to ask questions, access support and get curious about new and old beliefs. It's a great reminder that in what many consider to be one of the loneliest and disorienting chapters of their lives, you don't have to do it alone."

—Chelsea Homer, Founder of Faith Journey Meetups and Lost & Found Club

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## I. Brief Historical Background

### 1. Resignation was not originally permitted

For much of its history, The Church of Jesus Christ of Latter-day Saints did not recognize voluntary withdrawal from membership.

- The only recognized exit was excommunication, which is punitive, public, and controlled by church courts.
- Membership was treated as a one-way covenant, enforceable by the institution rather than the individual.

### 2. Legal challenge changed this permanently

That changed after the Church was successfully sued in U.S. civil court.

*As documented in [Case Reports of the Mormon Alliance](#), the lawsuit regarding a member's right to resign from the Mormon Church is detailed in Volume 3, Part 1, Chapter 5, titled "The Norman Hancock Case". Read more at [Mormon Alliance](#).*

- The court held that joining a church is a private, voluntary act, and therefore resigning is the individual's sovereign right.
- The Church did not appeal the ruling and quietly altered its policy.
- From that point forward, resignation became a legal right, not a privilege granted by church leaders.

Key principle affirmed by the court:

*The authority to join belongs to the individual—and so does the authority to leave.*

The Church may record the resignation, but it cannot deny it, delay it indefinitely, or require conditions.

### 3. Why some resign instead of facing excommunication

Because resignation is immediate and self-directed:

- Some members resign before a disciplinary council.
- Others resign with no disciplinary threat at all.
- In either case, resignation removes the Church's jurisdiction over the individual.

Once resignation is submitted and received, church courts lose authority over that person.

### 4. No explanation is required—and none is recommended

A resigning member:

- Does not owe the Church an explanation
- Should not justify or defend the decision
- Should not debate doctrine, history, or grievances in the resignation letter

Including reasons subtly implies that:

- The Church has standing to evaluate or refute your reasons
- Your decision is conditional or negotiable

It is not.

If someone wishes to explain their reasons:

- Do so separately (to family, friends, or your meetup group)
  - Consider posting a personal statement publicly at [www.wasmormon.org](http://www.wasmormon.org)
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- But do not mix explanation with resignation

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## II. What a Woman Should Expect When Resigning

What to expect emotionally

- Relief is common, but so is anxiety—especially if family is still active.
- Church responses are often bureaucratic, not pastoral.
- Silence or a form letter is normal.

What to expect procedurally

- The Church may:
  - Send the request to local leaders
  - Attempt brief contact (you may decline)
  - Eventually send written confirmation
- This typically takes 2–8 weeks

What not to expect

- You are not required to meet with anyone
- You are not required to answer questions
- You are not required to explain yourself
- You are not required to attend a disciplinary council

If contacted, a simple response is sufficient:

“I decline further discussion. Please process my resignation.”

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## III. Steps to Take (Clear & Simple)

1. Write a brief resignation letter (see below)
2. Send it directly to Church headquarters *or* submit via a trusted third-party service
3. Keep copies of everything
4. Do not engage in debate
5. Wait for confirmation

Optional but helpful:

- Use certified mail or email with delivery confirmation
  - State clearly that the resignation is effective immediately
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## IV. Recommended Resignation Letter (Simple & Legally Clean)

Email

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Subject

Formal Resignation of Church Membership

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To Whom It May Concern,

I hereby resign my membership in The Church of Jesus Christ of Latter-day Saints, effective immediately.

This decision is final. I do not consent to any meetings, interviews, or discussions regarding this matter. I request that my resignation be processed promptly and that I receive written confirmation once it is complete.

Please note that I am exercising my legal right to resign my membership. No explanation is required, and none is offered.

Thank you for your attention to this matter.

Sincerely,

[Full Legal Name]

[Date of Birth, optional but helpful]

[Current Address, optional]

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**V. Closing Framing:**

*Resignation is not an act of rebellion—it is an act of personal sovereignty.*

*The Church once denied that right. A court affirmed it.*

*Today, every member has the same authority to leave that they once used to join.*

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**[Name Removal Instructions](#) - Resignation from the Mormon Church 2012**

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