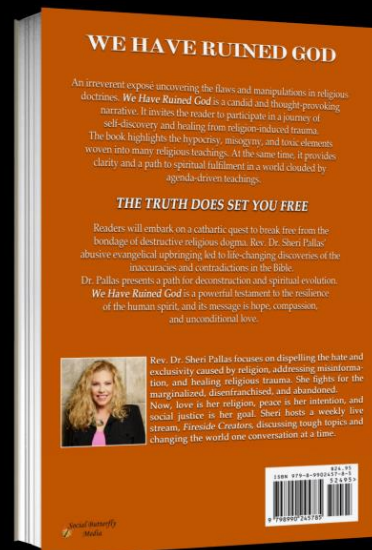
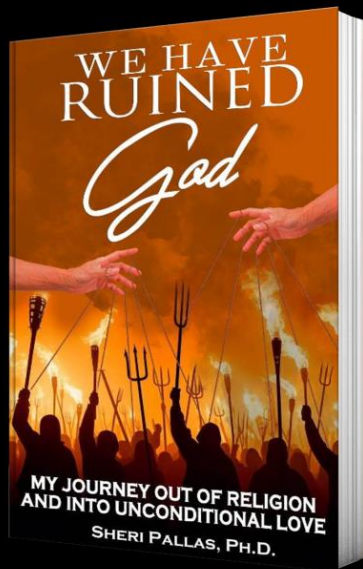


# WE HAVE RUINED *God*

## MY JOURNEY OUT OF RELIGION AND INTO UNCONDITIONAL LOVE

BY, SHERI PALLAS, PH.D.



## About the Book:

***We Have Ruined God: My Journey Out of Religion and Into Unconditional Love*** is an irreverent exposé that uncovers the flaws and manipulations in religious doctrines. It is a candid and thought-provoking narrative that invites the reader to participate in a journey of self-discovery and healing from religion-induced trauma.

The book highlights the hypocrisy, misogyny, and toxic elements woven into many religious teachings. At the same time, it provides clarity and a path to spiritual fulfillment in a world clouded by agenda-driven teachings.

### **The truth does set you free.**

Readers will embark on a transformative quest to break free from the bondage of destructive religious dogma.

Rev. Dr. Sheri Pallas' abusive evangelical upbringing led to life-changing discoveries of the inaccuracies and contradictions in the Bible. Sheri presents a path for deconstruction and spiritual evolution. ***We Have Ruined God*** is a powerful testament to the resilience of the human spirit. Its message is hope, compassion, and unconditional love.

Paperback : #1 / e-book: Top 10



## Bio



**Rev. Dr. Sheri Pallas** focuses on dispelling the hate and exclusivity caused by religion, addressing misinformation, and healing religious trauma. She fights for the marginalized, disenfranchised, and abandoned. Now, love is her religion, peace is her intention, and social justice is her goal.

Sheri hosts a weekly live stream, ***Fireside Creators***, discussing tough topics and changing the world one conversation at a time.

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<https://www.youtube.com/firesidecreators>

## Reviews:

- “Thoroughly enjoyed reading *We Have Ruined God* because as someone who has been in the process of spiritual deconstruction for about two years now, I was encouraged to see that I am not alone in my questions and in this journey. Sheri Pallas created a very readable collection of some of the major themes that I have encountered during this rethinking process. As I read each chapter I imagined sitting around a group of people and discussing each area of concern. This book would make for an awesome book club or discussion group!  
Her personal sharing of her own struggles and journey made it relatable. We have very far to go in our ability to approach topics such as these without trying to ‘protect’ our dogmas and our institutions. Much hurt has also taken place in people’s lives due to a mishandling and abuse of the Bible and it has been weaponized far too often.  
Power structures, control, prejudice, hate of the diversity that exists in this world has caused many to use the concept of God as a means of causing fear in others and to pass judgment on anything that differs from their interpretation of things.  
Sheri Pallas holds back no punches when she brings these things to the surface and sheds light on some very dark practices. Hopefully, we can learn to truly Love One Another and let love be the guiding principle leading to a better world.” Kevin Maxwell
- "Wow, what a journey! Sheri Pallas dives deep into her own story with religion, courageously making herself vulnerable. But this book is not simply a story of what went wrong; Pallas points us toward what is right, nourishing, and hopeful. This book offers a ride that's wild, wise,... and loving!" ~ Thomas Jay Oord, co-author of *God After Deconstruction*
- "*We Have Ruined God*" is a thought provoking, professionally researched, comprehensive look at organized religion vs. Biblical truth. Dr. Pallas incorporates her own experiences with "facts" and myths from a variety of religious beliefs, with a focus on Christianity. In a time where the Bible is frequently taken out of context or misquoted to justify extreme beliefs, readers owe it to themselves to learn the truth of "God's word."  
Regardless of your religious affiliation or lack thereof, this book will entertain you while making you think." ~ Paula Barr Skillicorn, journalist, author
- “To say the least, you wrote the book I've always wanted to write but haven't had your skills and heart to try. You described my most intimate thoughts about religion and, especially, UNCONDITIONAL LOVE (even though some of your writing is personal to you).  
I'm a retired pastor from the United Church of Christ, preceded by 20 years of having served as a mental health psychologist and in private practice. So, I feel your writing in my bones. I just told my wife that your efforts are a true match for my life experience.

I share your understanding of Unconditional Love as a focus of my life. It IS the focus of every day and the reason I continue to serve and help others BUT it "saved my life" to find the true meaning of why I am here. I've never experienced anything like it, in Oneness with the Universe and surrounded with Unconditional. Love! I have been living in that Love since my later 20s after a lot of meditation and some friendly mushrooms!

I'm going to turn 77 this year and, having read your book, I have a better and deeper understanding of lots of things that the Bible confused me with. Having been a shrink and a pastor, I appreciate your "debriefing" of why I was confused as you put so much into perspective.

Your rebuttals to Biblical "norms" gave me hope that someone else sees the religious ways as controlling, misogynistic, programming and manipulative. Your research must have taken a ton of time and effort.

I sense your truth as a real gift to the world. Your transparency really makes the book even more powerful and real. You are a gift and your book proves it.." ~Rev. Cal Kemper

- "For anyone who has survived a childhood of religious trauma such as Christian fundamentalism often causes, "We Have Ruined God" will most likely resonate. Sheri Pallas takes the reader on an inspiring journey through her own recovery from a Christianity without Christ to her own reasoned conclusion that 'God is love, nothing more and nothing less.' This book can help you update your own survival skills." ~ Daniel K. Held, M.Div., M.S.W., LISW, Pastor, Psychotherapist. Author of "Love's Resurrection: its power to roll away fear's heaviest stone," and "Redeeming Gethsemane: when our age of loneliness meets a woke church."
- "Dr. Sheri Pallas new book, We Have Ruined God, is a thorough critique of religion, and traditional worldviews Christianity has held. I was quickly drawn into her personal journey, then amazed at the wisdom and accessible narrative of religion and spirituality throughout history. You will feel informed and empowered for your your journey, and grateful you went on the journey with my good friend, Sheri!" ~ Karl Forehand, author, podcaster, blogger at The Desert Sanctuary
- "There's an old axiom that the journey of a thousand miles begins with a single step. To borrow and paraphrase, I would suggest that the process of "deconstructing" the confines of our ingrained religious teachings begins with a single question. It's not the same inquiry for each person, nor is it about the same issue. But it's usually a sincere query directed at some sacrosanct dogma—one that's supposed to be accepted "in faith," without question. Maybe it's the role of women in the ministry, or the literal creation story, or the origin (inspiration, inerrancy) of the Bible. Perhaps it's the authority of the male pastor, or the church's persistent habit of being on the wrong side of history." ~ Bill Prickett, author, pastor, theologian

- “Dr. Sheri Pallas is someone who asks questions. More importantly, she’s a seeker of answers. Even if those answers make her, or those around her, uncomfortable. Her essential discovery is contained in the title of her new book: “We Have Ruined God: My Journey Out of Religion and Into Unconditional Love” I was honored when she asked me to read it prior to publication, and offer my thoughts. What we find within the pages is her honest quest to cut through doctrines, lingo, creeds, status quo, and traditions. She’s disarmingly transparent about her life, her struggles, and her pilgrimage. She’s unapologetic about the lessons she’s learned. I’ve known Dr. Sheri for several years, and I’ve had the privilege of being a guest on her podcast a couple of times. She’s sincere, exuberant, and a genuine advocate of peace and justice. Reading her book didn’t change my feelings about her; it made me appreciate her more for what she’s experienced. I better understand now how she came to be the wonderful person I know and admire. What I valued most is that throughout her narrative is a commitment to find, express, and promote love as the priority. And it’s more than words on a page. She lives that! This book is not just one person’s memoir of self-discovery, it’s a roadmap that can help others who have distressing doubts when being told “this is the way things are, the way they’ve always been, and the way they are supposed to be.” Thank you, Rev. Dr. Sheri Pallas! “~ Tim Kerr
- “In “We Have Ruined God: My Journey Out of Religion and Into Unconditional Love,” Rev. Dr. Sheri Pallas offers a personal exploration of her departure(or expulsion)from traditional religious beliefs towards a spirituality centered on unconditional love. Pallas writes with a raw honesty that is both engaging and enlightening, weaving theological insight with personal narrative. Her journey challenges readers to reconsider their own beliefs about divinity and love. This book is a compelling invitation to embrace a more inclusive and loving spirituality.”
- "If you're questioning your faith, unsure which religion is the "right" religion, or simply looking for an accurate historical account of how Christianity got to where it is today, this book is for you. Sheri has taken a deep dive into explaining why something that was meant to be based on love, acceptance, and good-will became warped and entangled with power, control, and abuse. Sheri explains this and more, while allowing you into her own personal experience with heartfelt honesty and authenticity. We Have Ruined God is an eye-opening look and explanation for why we are where we are when it comes to religion, politics, and many other aspects of our culture. And it sets us up to continue our journey as human beings with better understanding, compassion, and integrity." ~ Amey Aubrey, author, L.Ac., Ph.D., Eastern Medicine

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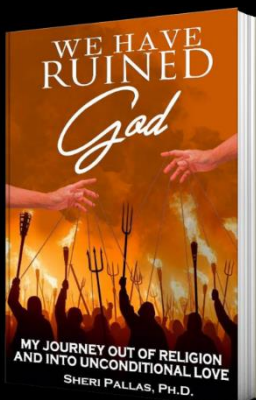
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### Highlights

- A childhood full of abuse, abandonment, and apathy; revealing the resilience of the human spirit
- Exposing the exclusion, judgment, and hatred derived from Religion which causes shame, division, and often times, death
- What is *REALLY* a “sin” and the absurd “sins” throughout history
- How important non-humans are to “God”
- Homophobia is new religious dogma, and anti-Christ
- What the nonbiblical texts say about Jesus as a child, his marital status, and sexuality
- Christianity’s ever-evolving doctrine
- Eastern faiths and the “God” before “God”
- The Goddess
- Science brought me back to “God”
- Without reincarnation, Jesus isn’t the Christ
- No Longer believing in the “God” of religion

# Additional Talking Points

## My Story:

- Abandonment
- Abuse
- Ally
- Cancer Survivor
- Ex-Evangelical
- Forced marriage
- Indoctrination through schooling
- Now, faith in only love
- Racism

## Christianity:

- Christian History
- Christian Schools
- Constructed Dogma
- Deconstruction
- End Times/Apocalypse
- Ex -Evangelical
- Homosexuality
- Indoctrination
- Politics
- Rejection of religion
- The Patriarchy

## Women:

- Forced marriage
- #metoo
- Purity Culture
- Sexism/Misogyny
- Single Mom
- The Patriarchy
- Women in leadership

## Religious Studies Include:

- Beliefs about Death
- Comparative Religion
- Consciousness
- God's View of Animals
- History of Christianity
- Homosexuality
- The "real" Jesus
- Science vs God
- The history and theories of Sin

