

Shit We Don't Talk About

Episode 65 Transcript:

Mia Voss 0:04

Hey, welcome to episode 65. Part one of shit we don't talk about powered by helix interactive. My guest today is Rachel gift tech is McCumber. And our topic is religious cults. This episode is deeply personal. And it's also super long. That's what she said. And that's why it's in two parts, Rachel and I dive into our experiences of being raised in a born again, Christian cult. And listen, trigger warnings abound in this episode, and include spousal and child abuse, essay, and religion, which in my opinion, is just about as triggering as you can get. So please take special care while you're listening to this, especially if this is something you have in your history, or that you've experienced. And as always, there's an accessibility transcript that can be found in the show notes at shift. We don't talk about podcast.com. And the identifiers for this show. Both of us are white blonde females, Rachel's in her 40s with long hair, and I'm in my 50s with short hair and glasses. And we will swear a lot so wear headphones. Alright, strap in, it gets good. Here we go.

Boss. Hi, Rachel. Hello, where are you?

Rachel Geftakys McCumber 1:17

I am good.

Mia Voss 1:18

You ready for this deep dive?

Rachel Geftakys McCumber 1:22

Yes, absolutely.

Mia Voss 1:24

So for those of you out there, before we hit the record button, we just had 50 minutes of catching up because I literally have not seen or physically spoken to you probably since I'm going to say maybe 1980. And so you were a little more connected in

Rachel Geftakys McCumber 1:41

2004. Do we do that, like we've messaged each other back and forth on social media or so we

Mia Voss 1:47

have the messaging on social media, but a physical actual talk and it which is I love and so what's great too is that you are also married to someone who is also in the church and to just to let the cat out of the bag. We both grew up in or were involved in were indoctrinated born into something called the assembly. We are gonna laugh and cry in anger our way through this, this reunion. So to sit here and see your face and have our history. And then for us to talk about the

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power of cults and then the power of getting out of cults is going to it's it's really got a lot of ownership into it in a good way. So we both like I said, if you go to the show notes, by the way at shit, we don't talk about podcast.com Because we're gonna have all the links to an original if you're comfortable with it, your your story that you're that you told the restraining order against your father the story about, again, the assembly, which is a cult that was started in I believe that the 60s or the 70s by your grandfather. So again, the late 60s, this is in California, and then it made its way out to the Midwest where I grew up, which is Champaign, Illinois, you are now in Urbana, Illinois, I love the serendipity of coming back and powerfully becoming very successful in your business in spite of what you grew up with. And I feel that for both of us in spite of what we grew up with, or we've been able to transcend

Rachel Geftakys McCumber 3:20
death. Yeah, absolutely. How many people oftentimes? Yeah, so okay.

Mia Voss 3:28
Yeah, I know, you're gonna say to people, oftentimes what I don't want to, because that sounds good. Well, people oftentimes

Rachel Geftakys McCumber 3:33
ask me, like, if you could go back and change it, would you and I just kind of like starting at the end, but what I always have to say is, I wouldn't, because I absolutely love my life today. Like, I love it, I have an amazing life. And I love who I have become. And I don't know that I would have if I had to say, I do go back and not have all of the experiences happen and not have all the trauma happened, and all of that. But I had to take the risk of not having what I have today, I it's not something that would risk. I just wouldn't. Now that isn't to diminish what it was. But I'm really proud to be able to say that because there's a lot of people I know that that really can't say that. And, and that I think is something that those of us who have worked really, really hard if we can get to the point of being able to say, I am who I am today, because in part of all of that, and I love who I am, I think that's a really powerful thing to be able to get to. So that's kind of my great accomplishment for myself. actually say that today.

Mia Voss 4:36
I think that's wonderful. I think it could be a combination of because of an in spite of the things that yeah, it's because of his because of what we did with it once we are able to take control. Exactly. And the in spite of all the things that happened to us, especially as women especially as young children again, you started at birth, mine was at the age of eight and we were involved in this cult from nine 1873 until I was about nine years student in 1982, is when I finally got out of it. It's the peace though the what you do with it because the difference between surviving and thriving, I have a talk that I did about it was one of my first times to actually out myself about my history while we're Greta got out of the closet, the church closet, but in the way of, of not the

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poor me, but like, this is what this is my experience. And there's a lot of people that have this is, which is why I was so excited to talk to you about this today. And just to let you all know what the catalyst was against. We've been in touch for years. And then I know your husband whose parents were also quite involved in the church as well. And we're talking like higher ups we were, we'll talk about that the difference in our experiences and how we all thought everybody had a different thing going on. But the other day I shared on Instagram this meme. And it was it was basically like, I'll share it in the notes of a cup being quarter important another cup and it's about Christianity and the things that you have to deal with as being part of a Christian and it's indoctrination shame, a sexual shame all these different things are getting your friends to sign up as well, too. I want to talk about that right on thank Jesus is all about the big the big MLM push, you know what I mean?

Rachel Geftakys McCumber 6:25

Yeah, definitely. That's actually really interesting. My best friend growing up after like, as a child, we talked about school earlier, but I was very isolated because the specific church I was in, and the area the regional area was and there was nobody else in that church. That was my age. And I ended up making friends with a girl that lived next door she was she is Jewish, and apparently Jewish with Okay, other Christians not so much, apparently. Which is ironic. Yeah. And I was able to go to temple with her and I was able to do Shabbat with her. But you know, heaven forbid, I celebrate Christmas with another friend. But anyway, so she and I were really close growing up and and she's, she actually prayed to receive Jesus Christ with me one time, very much at a lot of pressure from my family. And, and for me, just out of a sincere wish for my friend and I to be able to be on the same page. And now when I look back, I am mortified that I did that. And I actually have asked her her forgiveness at some point in my adult life, because I realized how incredibly horrific that was, it was just like, you know, who, what?

Mia Voss 7:39

Who am I to say? Like is

Rachel Geftakys McCumber 7:42

it was not to mention, it's like, it's just so demeaning. And it's so wrong in so many ways. And I had no idea of course at the time. And she, of course, said to me, you know, of course, which I forgive you and no problem. She and I really have had a very unique relationship, and we still stay in touch. But talking about indoctrinating Yeah, you know, even your friends at school, I used to dread Thursday nights because we had to go down. They had a farmers market, they play football off the main street in our in our town, and everybody would all restaurants and pull out grills and barbecue outside. And there was all of these like little, you know, vendors and farmers who bring their stuff down and the farmers market. And we had to go and preach open air at the farmers market. And there is nothing quite as mortifying as being on the main street of a relatively small town, having to preach open air and then go to school the next day. Anything

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to get out of that meeting, so anything to avoid, yes.

Mia Voss 8:40

Was that called witnessing? Was that the word we use? It was there's there's sort reach or outreach here outreach? Yeah, yes. And so the meme says, Christianity spiritual warfare, the burden of getting all my friends and family saved what you just said, pressure to have daily quiet time sexual repression. Fear the impending rapture, why do you folks who know me obsessed with the zombie apocalypse, folks, that all comes from the Book of Revelations, people, sexist expectations, we're gonna talk about that, especially in your family guilt and, and it's funny because you saw that you reached out and you said I there's not a Sunday I don't wake up that I don't I don't feel the freedom of that. But what a great way to start that to have of how dare people is evangelicals and I think the timing of this Rachel is so interesting, especially with what's going on in the wild with with the with the what we clearly see is the rise of the evangelical and politics. PS. Somebody on this podcast happens to have met Mary Miller from Illinois, not friends. And I mean, that's that's a great example of it too. So I think this is a really important conversation to really kind of peel back the layers of, you know what it's like to be in that how you stay in that. For us. We didn't weren't given a choice but how you see how powerful it is with you. Your Own mom's experience and my mom's experience of why they stayed in for so long.

Rachel Geftakys McCumber 10:05

Yeah, right. Yeah, absolutely. It's so funny because I can still occasionally and sometimes, to be honest, I'll sometimes do it just to see if I can still do it. But I can sometimes occasionally change the logic structure in my head. So logic that was that group. And I'm a really weird person. I found, I didn't know this. But I'm a weird person. Because I created my way of creating safety for myself, was to find patterns, and to track stories. And so I can remember, and I remember being like eight years old, and in my mind going, okay, so and so it's not in favor with the leadership in the church right now. They were two weeks ago, they are not now, I don't know what it is that caused that. But now I know how to reorient my actions. And so I learned to track people, behaviors, interactions, patterns of interactions, and story, huge amounts. That's that's how I stayed safe. So it's fascinating to me to sometimes go back and restructure that logic and go Well, we believe this because of, and if you read my story, which I think you're gonna link on your website, one of the things that occurs in that story is that I have to tell people when they read it now, I don't think like I did at that point. And even at that point, I didn't think like I wrote, I wrote as a way of debate debating with people who were still in that group. So it was written to a specific audience. And it was written with specific criteria. So in the church that we grew up in, you could never bring up an accusation against a person in leadership, unless you had two or three witnesses. And those of you who have ever suffered any kind of intimate violence, abuse, sexual abuse, domestic violence, etc, what you will find is, there's not going to be two or three witnesses, they're just very different. And so when you read through my story, I was very careful

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to only do two or three witnesses. And so as a result, I found myself really limiting my story. So when you read that story, that's kind of like the highlights version of it. And I think a lot of us end up in that kind of situation. But again, that logic structure, how you end up indoctrinated, how you end up staying, the crazy making that happens, that keeps you so focused on these boogie men that you don't pay attention to, or this list of activities, you have to complete, that you don't pay attention to what's actually going on, right abuse, you're actually suffering, the loss of rights who actually are being subjected to,

Mia Voss 12:43

it's definitely the analogy of the frog and the slope of slow pot boil. They mean, it's super warm and nice. And then after, then it's just too hard to get out of it at that point, even though it's incredibly painful. And and as we all know, for anybody who grew up in the Catholic Church, or anything, where it's just organized religion, and as I like to say, if I had a if I had a relationship status on Facebook, it with Jesus, it would be it's complicated, right. And as you all know, my other favorite phrases are my Jesus, I love to reference my Jesus and he's not even he's a bit player in my spiritual world, quite frankly. And for all you who want to get butthurt you can tune out now Kancha you can just keep on scrolling. But it's really interesting how I do feel like it's the same story over and over again, of how people get indoctrinated. And it's usually through what we now call love bombing. And, you know, any type of thing where you're being told, Oh, come to this and things will, you know, get so much better. And I did notice in our particular branch of the church, and again, my parents got involved when I was when I was again when I was eight, we left when I was 17. And so this was just a terribly formative time. But But even now and that safety piece that you said, Oh my gosh, that just hit my heart and my soul and we spoke about it before we hit the record button about being empaths and so that in some ways can serve you but in other ways you feel so much and you you just all you want to do is stay safe and small and not rock the boat because of what you said that you could be in the favor of the church one second and then out of favor and that's that's very much a thing that they do is keep people unsettled and like really like hey, you know I you know, I You don't you don't know when you're going to do something wrong next, but this is also based on hierarchy and patriarchy. And your, your dad and your grandfather and quite frankly, your your problematic grandmother. Part of that. I mean, that's all you knew because you were you were born in in. I remember you as a baby, I remember you coming back to the assembly and you were just a huge deal. You were huge celebrity by the way Are these like small Midwestern town, little sects of S, S e c t s, by the way of these little things, when the celebrities of these churches, these, these other branches come and visit. It's a huge, huge, huge deal. And so everybody just wants to be in favor. So in my mind you were just the favorite child. Isn't that amazing? So I

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Rachel Geftakys McCumber 15:24

thought that Yeah. You know, people thought that and it's so weird, because like, I knew that that was the case. But I also knew that that was not the way it was in terms of like, the reality there was no, there was no favor of anything. It wasn't even a gilded cage. It was just a plain out. Okay. Yeah. And so yeah, yeah. But I do know that people oftentimes were just like, oh, like I used to growing up ice Nazi with my last name is when I went to a seminar, or, you know, these big meetings where all the churches would get together. And I raised somebody who was kind of a new recruit, or whatever, and they would, Hi, what's your name? I? Hi, I'm Rachel. Rachel, who I'd like. Just tack. And they would be like, Oh, are you Kim's daughter? No, I'm David's daughter, you know, and it just, like, it just didn't. Let's not go there. Let's just not go there. Right. Because they don't want that basket.

Mia Voss 16:16

Yeah, it would make this huge deal about it. But you know, the, the toughest thing for us in your, in your soul, right? Nobody escapes that cage. And especially as as females, and we will talk about the abuse that we know, like our siblings that were that were males experience as well. Everything had its unique little, little horribleness to it, because you just don't realize how small your world gets when it's in a church. And when it's in a church that is just that is it. That is a cult.

Rachel Geftakys McCumber 16:47

Yeah, absolutely. Yeah, they'd be part of the control of it's so interesting. So if you go read my game theory, my story. I had the time I was researching cults, I was like, Okay, is it only Christians that you this is only you know, what, how do we get here? Why does this keep happening? I was really interested to know why. And I had come to the realization at that point in my life that the, you know, growing up in this church, we were all told that psychology was a bunch of baloney. And it was just people who are not like, you know, submitted to God's will and all that kind of thing, you know,

Mia Voss 17:23

first thing they will tell you, because that takes out any kind of empowerment of using your actual. Exactly, you're sussing it out your own discernment.

Rachel Geftakys McCumber 17:33

Yep. And so, but I had realized that when I left the church at 18, and and she, you know, again, playing with us a little bit, my dad was physically violent, very physically violent, our entire life growing up, it was physically violent towards our mother. And, and I swore that was not something I was ever going to be a part of. And then I first really serious relationships out, after I got out as an adult, I find the guy hitting me up against the wall and smashing holes next to my

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head, you know, stuff like that. So humor me on my back. And I realized, there's something to these kind of internal patterns that we, we take on. And so when I was reading up on different kinds of churches, I came across this one person story was actually about a yoga group. And, and it was so similar to our church with some separate, like, they use different terms like ashram instead of brother's house. And, you know, things like that. So instead of a devotion, they'd have their morning meditation, but it was all the same activity. And they said that cults are structured on the same patterns of behavior that dysfunctional families are. So you've got the addict, that core person who is charismatic, and slightly out of control, and very attractive and addicted to something and in cults, oftentimes, you're not talking about substances because oftentimes substances are not allowed. But money, power, sex, all of those things 100% And then you have the codependence which is usually the internal group of people and, and while they do suffer a lot of abuse, they also are the ones who have all the power, they make all the rules, they go up all the punishment, they keep everybody in line. And then of course, the next thing that you have is all the children roles. And all of a sudden, when I read that, I was like, Oh, wow, this totally makes sense. My family had that my dad was an addict. My mom was a codependent, we've just chosen roles. But then my mother in terms of the group as a whole, she took a child role. She was very much the hero child, you know, the one who was always working her butt off and not really getting any kind of recognition for it. And then my dad was the scapegoat child, he was always had trouble with his dad. Always. Always, always always. And and then my grandfather of course was the in the church was the attic and And then my grandmother was the codependent. But then all of the internal leadership group that made sure that my mom didn't go tell the police that we didn't report anything. And that every single time my dad beat someone beat my mom so bad that people found out about it, that they moved us to a new church. So I moved 21 times in my first 18 years of life. And most of that occurred before I was eight years old. So it gives you an idea of just how intensely crazy this kind of structure can be caused, yes, when it's based on these dysfunctional patterns, that are actually attracting people who come from dysfunctional paths because the pattern camouflage into their past and it just feels familiar. But the external seems so different, that they think they're doing something different and unique, and not getting involved with the same crazy that they grew up in. And instead, they are, they're recreating that crazy with a different a different whitewash on it

Mia Voss 20:53

a different face to it. And then to add to that, again, oh, my god, that was so profound. Thank you. To add to that, too. We're talking about Rachel's family, who at the again, at the very, very top of the food chain of this very, very large cult, that was nationwide, it was throughout the country, right.

Rachel Geftakys McCumber 21:10

International is a Canada, it was an England, it was in France, Nigeria, Uganda and Tanzania. So yeah, internet, yeah, and, and seeing my Orca.

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Mia Voss 21:19

That's right. So this kind of happened after after my heyday, or I've just, I wasn't aware of it, but I can see how it grew. Because again, like you said, it feels familiar. But it's something that just looks like you're gonna like change up whatever your old pattern was. But again, multiply this dynamic that you're talking about, into 1000s of people into all these hundreds of different little, little groups throughout the Midwest, and then in our little group. So the main one was in Tesco, Illinois. And then we were sort of an offshoot in Champaign. And so there's all these little the organizational patterns, or you know, the word charts of that, and, and then you multiply that. Now, we're not saying that every family has had this kind of experience that grew up in these evangelical or fundamental churches. But you have to say, there's an irony that you're sitting here, there's two women on this podcast, that have a very similar experience of either your mom being abused. For me, it was my sister, and myself and my brother, that was was ordained and, and we did try to tell, and so, you know, it's the same thing with your family as well. There's all these secrets and lies. And so again, we're not saying that everybody has this, but there's such a pattern of use, because it's set up for that and, and I want to talk about this piece, if we could, then the the responsibility of your grandmother again of this, this complicit help meet a lot of these words, by the way, are making me cringe, I'm going to have a couple of stiff drinks after this one, if not stopping that one. Because it's so triggering to hear these words that were against so indoctrinated, and as God's will, that's a huge piece, it's a huge piece for any of these religions helped me complicit. And I feel like it's somewhat similar to what's going on with our current world of evangelicals. And even who's voted in a lot of the administration of of complicit women that are sort of still holding the puppet strings and running a lot of stuff because they're just going to kind of go along with that, but and it sounds like I know your grandmother was huge now and quite frankly, I didn't even realize it until reading your missive, which again is 20 years ago, but still holds true and thank you for clarifying that you wrote it for a different audience. But yeah, talk talk about that of realizing what her power was in her. And how she was responsible for a lot of this too.

Rachel Geftakys McCumber 23:41

Yeah, so I growing up, I just inherently knew her power because she made all the decisions anytime my parents had an argument there was a conversation with grandma. Anytime we were going to move it was conversation with grandma, the budget in our family was set up with grandma you know, my grandma took the position of d&b, you know, the decisions my mom did not have a partnership in any sense of the word with my with my father, and, and it would just come down from Betty and it was always from Betty. My grandfather whose name was George, he really couldn't handle my dad. He didn't like my dad a lot. He didn't get along really well with my dad. And so he didn't have a lot to do with him. And my grandmother really was close with my dad and so she would kind of run interference and and make our life the way she thought it should be. So we were very much her experimentation ground. And so that was that was kind of an interesting thing. My grandma taught things like you should spank the baby at six weeks

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old. That's when you should start thinking now that eventually got changed. My My mom actually very much pushed back on that. And eventually it got moved out to I think like 12 mental, but still that kind of thing. She was she was very much that way. And she was very hard and not emotional. And

Mia Voss 25:10

and that trickled down to the toy. Yeah, that that really she was. Yeah, go ahead.

Rachel Geftakys McCumber 25:18

Yeah. So I just choose curl she just was. And so as I got older, I always knew that whatever grandmas that was what was going to go ultimately, I mean, even if Grandpa we called him Papa Q, but even if he said something, it would ultimately be her. As an adult, once I had gotten out of it, I started to realize the power she held just from the structure of dysfunctional families. And then, in putting together my my story, which I call my father, it's really my mother's story of my story. I did a lot of commerce, I had all conversations, my mom, and it really became very apparent how much my grandmother had. And and, you know, I know that my mom had kept journals back in the day, I've never gotten to read them. I don't know that I ever will, she probably will. If she hasn't already, she will destroy them. But I definitely, I definitely know that it really documents the number of times that Betty just inserted herself in that in our lives. So I always knew how much power she had. But of course, you can't have that be the perception in a situation and in an organization that is supposed to be led by men. And so she was very good at being able to present herself as behind the scenes, or not as the as the present herself as submissive and the helpmeet. But all of the men went and talked with her, all of the the leadership underneath her husband met with her on a regular basis, she set up very early on to have the young men come and speak with her on a regular basis. Wow. And she, she is 100%

Mia Voss 26:57

like the Beastie Boys say she's crafty, she gets around. And it's and I'm wanted you to to share that as well just just to say that what this what happened again, these edicts that got I love that word, they got handed down, reverberated throughout the church. So when you think about anything that's called like, or, you know, any, any, any kind of organization that you can see, it's about control. And then it's about you it's getting almost like a prison system in the sense of having to ask to do anything. And I will tell you, it any anything. And so you know what you said about the children being disciplined and and I just, I put the trigger warning in the beginning too, but but please know some of these things we're going to talk about. To us. It's just what we grew up with. But it's it's, it's very disturbing. It's very disturbing what a lot of these churches will do to keep people in control. And one of the ways that they did that, which is, which is why it sits with me a lot is because it was the it was horrible as an adult, but I gotta tell you, it's about 10 times worse to be a kid in a cult.

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Rachel Geftakys McCumber 28:02

So the you have no no voice, no power, no voice and talk about being powerless beyond powerless. It is

Mia Voss 28:11

and y'all we're not going to we are going to talk about what we did after these years. And the reason why is that a lot of people have gone through this and we want to tell you like some of the struggles that we went through as well as the victories that we've made as Rachel said that you wouldn't change it to be in the position that you're in right now. Which I love. Me personally, I wish I had a little bit of a sliding door like that my mom left my stepdad and never gotten involved. Like alter universe, you know, that, that I could do it too. I'd like to see what would have happened there but I still I still like where I'm at but the disciplining for children y'all was was intense. I mean, kids were, you know, we'd sit in these meetings on on Sundays and be these rows of chairs and sit in people's homes we never met in an organized church and I'm not sure what that was all about. But it was I think it was a hiding in plain sight thing as well too. So that maybe even for a tax purpose, I don't know but you know, they little kids would sit in and they would have a gap in the chairs and they would be on mats and they would be required to be completely silent. And you know, it was just this unreasonable amount of pressure put on kids and you know, it took me a long long time again to enjoy Sundays because we would go to church on Sunday and we would be to sessions we would drive first of all we drive a half an hour and then we would be in church from let's say depending on who was was giving the service or whatever. Oh, still it makes me throw up in the mouth. But you know from let's say eight

Rachel Geftakys McCumber 29:43
ministry living ministry ministry

Mia Voss 29:45
you that was it.

Rachel Geftakys McCumber 29:48
You can cringe over this phrase and most people wouldn't even think twice about

Unknown Speaker 29:53
what you damage me. Oh, like Oh, good, right. It's

Unknown Speaker 29:56
saying the ministry which again, you Now, folks, when you meet me, you know, I

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get a little bit twitchy about churchy shit. And that's what it was, but you know, pictures from like eight to on a good day 1130 And then have a break for about an hour, an hour and a half. And then you'd have to go back on a Sunday after a big lunch and sit in church again from 130 or two to about 430 or five, that's every Sunday all the day. Ah, and it just, you know, you think about that for a kid like that cuts into your weekend and creates this dread. But again, in any any cult, this is this one isn't new, it just happens to be our story. It really does start I want to talk about this to Rachel, um, you probably saw instance, in instance, after over the years of how they found these people that like you said, like two that came from this probably damaged background. Like a lot, a lot of single people, a lot of single moms, actually, in a lot of a lot of college age, a lot of college age, college age was what they really recruited, which is how your mom got recruited in school in California to your to your dad, and interesting how your grandmother kind of indoctrinated her knowing that her son already had some little things going on that she wanted to get some leads just saying, This is God's will, under that guise of God's will. And again, I spent, I cannot tell you how many times a week. Now I'm not saying that he does that how many times God or Jesus is like, I never fucking said any of that. That's why I do that. I never said any of this. I never said for you to do all these and jumped through all these hoops. But again, that's how the power is capped. Right?

Rachel Geftakys McCumber 31:34

It absolutely is. And it was interesting what you said about the amount of pressure on kids the structure. And this is interesting, because this structure is actually outlined in I believe it Dobson outlines it. And it was used with in our group, and I've seen it used in other groups as well. So it wasn't strictly to our group. But it was this idea of there's a series of umbrellas and the top umbrella is God and a neatly under that is the husband, and immediately under that is the wife and then under the wife is the kids. And so that that was really the way the pressure went as well. So the men were judged by how well their wives and kids did. And the wives were judged by how well their kids did. And so here you are a little kid just trying to figure out like at the very bottom, and your appearance entire, like worse in this group is based heavily on how well you behave. So heaven forbid you have a bad day, heaven forbid you get tired or hungry or sick, or any of those kinds of things. There is so much pressure. And so if you're not behaving, then there will be pressure on your mother and there will be pressure on your dad, and so on and so forth. And so even among really decent people, that kind of pressure can work people and produce better results. I do remember, and it's written on our websites. The only reason I do like to share this, but there was a woman who said that she and her husband got involved with this church. And as time went on, this pressure developed into him hurting her and he was being physically violent towards her. And he had never been like that before they got involved with the church. And eventually they ended up leaving because she was gonna leave him and he just kind of had this moment of like, oh, this is not what I want. They did a lot of therapy afterwards.

Shit We Don't Talk About

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They ended up salvaging their marriage, they ended up being okay, at least the way she presented the story at the time I read it. And she said it never happened again after they left. There was never another incident of any kind of physical abuse or physical violence and all of the emotional abuse ended up lightning and lightning and then through therapy ended up resulting. And so again, you come back to people under pressure will work. We are humans we are not going to be infallible. And so people will say how could you say and how could this happen? Does it as if that like you said earlier a frog in the pot you put slowly and then all of a sudden you realize your personalized

Mia Voss 34:08

Yep, we are leaving you at a cliffhanger moment. So make sure to tune in next week for part two of growing up in a call with my guest Rachel give tag as McCumber and also make sure to check out her business Michael McCumber. You'll love this. It's a tech development consulting firm specializing in the cannabis industry. I can't think of a better way to give organized religion the finger so of course links will be in the show notes. If you liked this episode, please subscribe and leave a review especially if it's a good one. If you really liked the podcast and you want to show it, head on over to shit we don't talk about podcast.com Click on the patrons button and become a full time supporter of the podcast. If you want your very own podcast and you don't know where to start, go to helix dash interactive.com Get yourself some and tell them that music. See you next time.

Unknown Speaker 34:57

Bye

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