

ATTENTION: LACON CEMETERY CLEAN-UP

Clean-Up of the Cemetery Begins on April 1.
Please remove from the grounds and
arrangements you want to keep.
Thank You!



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5:00 to 7:00 p.m.



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THE POD REPORT

By Dana Block



THIS WEEK'S CATEGORY: Cults

When you hear the word "cult," you probably think of Jonestown, Guyana, in the 1970s or Charles Manson almost a decade earlier. However, cults can take on several variations while quietly sucking in its victims, isolating them, and preying on their weaknesses. Knowledge is protection, and these five podcasts can arm you and your loved ones with a wealth of information:

"Was I In A Cult?"

What makes this podcast so engaging is that each episode is told firsthand from the survivor of a cult, and trust me, there are plenty out there. This podcast is presented documentary-style while also

using "levity and info-tainment." The storytellers vary widely in their shared experiences. Not all cults take place in a commune with a leader wearing the equivalent of a giant Snuggie. There's the college advisor who isolated a student from her family, the acting class that "blurred the line between ambition and exploitation," and the TikTok astrologer who led a powerful social media cult. (PodcastOne.com)

"Fair Game"

Old episodes of this podcast from actress and former Scientology member Leah Remini and her mentor/Scientology whistleblower Mike Rinder are still available. Listen to how they discovered new ground and exposed shocking documents about the church since its inception in 1953. Guests include former Sea Org executive Claire Headley (who was at the highest level of staff within Scientology), attorney Ray Jeffrey who took on the organization in the courtroom, and "Going Clear" documentary filmmaker Alex Gibney. Sadly, co-host Rinder died from esophageal cancer this past January, but his tenaciousness and bravery live on in this podcast. (Audioboom.com)

"Escaping

NXIVM"

This seven-part podcast about what was initially billed as a self-help group for women but was secretly a trap of sexual slavery is as horrifying to listen to now as it was seven years ago. Canadian actress Sarah Edmondson ("When Calls the Heart") shares her story of what it was like to escape the NXIVM cult. She has since publicly denounced it and participated in an expose in the New York Times, as well as a subsequent HBO documentary series called "The Vow." Be sure to also listen to the bonus episode "Inside the Trial," where justice is finally served to NXIVM cult leader Keith Raniere in the form of a 120-year sentence. (CBC.ca)

Don't Forget These Gems

"Cults to Consciousness"

Host Shelise Ann Sola and her husband, Jonathan, lead this podcast about cult survivor stories. They state, "We are not anti-religious but anti-abuse," and promises that their podcast will "shed light in dark places to bring compassion, understanding and accountability." (SheliseAnnSola.com)

"Speaking of Cults"

Host Chris Shelton interviews cult survivors as well as psychologists and other professionals on the topics of "cult recruitment, retention and recovery." A particularly important episode is the one titled "You'd Have to be a Moron to Join a Cult!" What you hear just might surprise you. (SpeakingofCults.com).

"I want my children to have all the things I couldn't afford. Then I want to move in with them."
- Phyllis Diller

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On a Walk	✓	✗
On Vacation	✓	✗
At the Park	✓	✗
Shopping	✓	✗

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