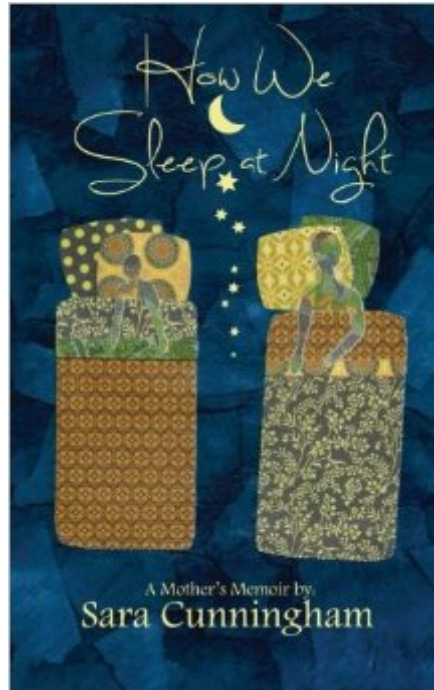


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# How We Sleep At Night: A Mother's Memoir



## Synopsis

A christian mother comes to terms with her son being gay through a personal journey that starts with the Church and ends at the Pride Parade.

## Book Information

Paperback: 144 pages

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (60 customer reviews)

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## Customer Reviews

A mothers journey to accepting a gay son. You don't often find books this raw on any subject. Well worth the read, for anyone even remotely touched by such a situation.

Full disclosure: I am friends with the author's son, as well as the author. I have seen Sara speak publicly several times and she very often leaves the room in tears. She writes, from the heart, about a difficult, and often, overlooked subject. She shares her deeply personal, and incredibly important, journey in an effort to help others who are struggling with the subject matter. Her happiness, light, and courage of convictions is masterfully captured by the book. She is a wonderful woman with a beautiful, and talented, family. This book, and her story, has never been more important. We may have gained equality in a legal sense, in the past few years, however the gap between gay people and spirituality has never been wider. Sara does a wonderful job at bridging that divide and offering a pathway for discussion and recovery between the two. Thank you for sharing your story and thank you for being such a powerful ally and advocate for BOTH sides!

"Sara Cunningham's How We Sleep At Night is an intimate, real, often emotionally raw, ultimately

challenging, spiritual and emotional memoir of her personal journey regarding her son's homosexuality. Her honest chronicle of the fears, frustrations, pains, and deep love of a church-going parent dealing with a confusing situation will resonant with so many people. Additionally, this work offers a much needed voice to the current dialogue of the larger society and especially the discussion of the topic in the church world. The book will not be easy one for some to read but it should be widely experienced. It is crucial reading for achieving a healthy and positive understanding of the real people involved in the broad and so often abstract news headlines. They are sons and daughters, parents and children, friends and neighbors - in other words we are all family." - - Marilyn A. Hudson

As soon as you have a link for the book send it to me and I will add you to the OK Writers page as well.

MARILYN A. HUDSON, MLISAUTHOR - RESEARCHER

Whorl Books <http://about.me/marilynahudson> Author of The Mound, The Bones of Summer, Murderous Marriages, When Death Rode the Rails, Tales of Hell's Half Acre, Elephant Hips are Expensive and more. <http://www.authormarilynahudson.blogspot.com/> Find me on Facebook and LinkedIn and occasionally on Twitter @marilynahudson1

Certified Lay Servant, Wesley United Methodist Church, Oklahoma Conference

Sara Cunningham's book, which I was thrilled to have her sign my copy, shares her poignantly moving journey of initial heartache, then the purest love, after her son came out as gay. Sara's Christian faith was not shattered, but abundantly strengthened during her family's experience into the uncharted life of being a parent of a LGBTQ child, a child who is a gift from God. Sara's transparency is profound and tugs passionately on the old mommy heartstrings. Thank you for sharing your heart, Sara.

Parents from conservative faith backgrounds may not only appreciate Sara's honest words of her struggle to deal with her son's coming out as gay, they may also closely identify with the roller coaster of feelings she and her husband experienced. Parents may feel conflicted about the tension between what they have learned about "what God thinks about" those who are gay and the natural desire and imperative to love their children. You are not alone, Sara will show you that. You are not being hateful or evil if you are openly questioning and trying to move forward in learning. If, as Christian parents of a gay child, you are beginning this journey to understanding or even disappointment or guilt, allow Sara to share her story and you will be less alone.

Speechless. Quick easy read that you cannot put down after you start. Told with such authenticity,

raw intimate honest, and most of all, love. This is a book about the courage to look inward and allow love to win, heal and transform, plain and simple. The feelings it stirred inside me are intense to say the least. There is no way I am not a better person after reading this, and my bond to God just grew more secure.

Very well written and easy to read. You will laugh and you will cry. Sarah opens up about her personal struggles dealing with her bible belt 'church values' and acceptance that her son is gay. I recommend this book to anyone who has a relative or friend that is gay and is having trouble accepting their homosexuality. I commend Sarah for her bravery in sharing her personal journey of learning to accept her son's homosexuality and sharing a mother's love story. God bless you Sarah and family!

I am so happy for Sara and her family. They have grown together. I cried through most of the book. Partly because I went through some of the same things (being a gay man), and partly because of the touching stories they went through. I work in the same building as the author. She knows I am gay and has always been the nicest person to my husband and me. I will be buying this for my mother to read as she has gone through some of the same struggles. Great book.

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