

*Sara Horn*

Living GOD Strong



Speaking Kit

# MEET SARA HORN

I'm excited to introduce you to Sara Horn, author, speaker and founder of Wives of Faith, a faith-based military wives support organization. Since 2006, Sara has encouraged and inspired military wives of all branches of service to seek God's strength over their own. Her desire is to help women see their incredible value through God's eyes, to know their own distinct calling, fulfill their important roles in their families and develop strong relationships with God.

Sara has written nine books, the majority as a ghostwriter or collaborator and is a regular contributor to Military Spouse Magazine. As the wife of a Navy reservist, she had the rare privilege of traveling to Iraq twice to report and write stories of Christians in the military - the first time on board the USS Harry S. Truman, the second to Baghdad, both in 2003. Her first book, *A Greater Freedom: Stories of Faith from Operation Iraqi Freedom*, recorded those travels and was written with Oliver North, receiving a 2005 Gold Medallion nomination.

Her latest book, *GOD Strong: A Military Wife's Spiritual Survival Guide*, shares nine spiritual truths Sara believes every military wife should know and she often says if there was a manual for Wives of Faith, *GOD Strong* would be it.

Sara enjoys speaking to and meeting with military wives, hearing their stories and encouraging them and pointing them to God's love and desire for their lives.

Sara is available for military wife conferences, spouse breakfasts or lunches, workshops or book clubs. Enclosed you will find a list of topics Sara speaks on as well as Sara's full bio . It would be my pleasure to help assist you in bringing Sara and her inspirational message of hope to your next event.

Please contact me at **615-440-7605** or at **requests@sarahorn.com**. We look forward to hearing from you!

Thank you for your consideration!

Leanne Keirstead  
Booking Coordinator

# INVITE SARA TO YOUR NEXT EVENT

*Thank you for your presentation during the annual conference for the National Guard Association of Louisiana. I received numerous compliments on your behalf. The women who attended the Spouse's Brunch were grateful for your comments and thoughts. Several of the attendees said it was the best spouses function in a long time. My wife along with several other wives who have endured deployment in the past said your presentation was very relevant and honest. They all agreed this would be an excellent pre-deployment presentation for family members. – Major Dirk Erickson, Event Coordinator, NGALA*

Sara enjoys speaking to different groups and sharing her heart on issues that matter most to her. We are currently booking speaking dates through the fall of 2011! Email us if you would like to learn how Sara can be a part of your next event.

Sara will customize her talk to fit your group's needs, whether it's a spouse club, Bible study or deployment briefing. Below are suggested topics for the various groups Sara enjoys speaking to.

**Military Spouses** (spouse brunches, spouse club meetings, FRG meetings, deployment briefings, homecoming briefings, military spouse appreciation events, book clubs, Bible study groups, military marriage retreats)

- Building a Strong Marriage
- Preparing for Deployment
- Positive Things You Can Do to Help Your Children During Deployment
- The "Suddenly" Military Wife
- Becoming GOD Strong
- Seeing God Through the Tough Times
- Ways to Stay Busy During Deployment

**Military Service Members** (deployment briefings, family support trainings, military appreciation banquets/programs)

- Understanding Your Military Spouse During Deployment
- Don't be a Stranger: Keeping the Communication Lines Open While You're Gone

**Churches** (military ministry support groups, Bible study groups, military appreciation banquets/programs, patriotic-themed events)

- A Greater Freedom: Stories of Faith from Operation Iraqi Freedom
- The Sacrifices You Don't Always See
- Serving Those Who Serve

# TOPIC DESCRIPTIONS

## **A Greater Freedom: Stories of Faith from Operation Iraqi Freedom**

Sara shares story after story of the bravery, courage and faith of sailors and soldiers she met while reporting on board the USS Harry S. Truman and later in Baghdad the first year of the war. You will be inspired and challenged as you hear about the fighter pilot who prayed for his leaders, the young sniper who found God's protection, and the Iraqi pastor yearning for a new kind of freedom in Baghdad.

## **The Sacrifices You Don't Always See**

Most understand and pay tribute to the ultimate sacrifice that many of our country's military have made but what about those unseen and hidden sacrifices? What are the struggles that face military families after the flags are waved and the homecoming banners are put away? Sara talks about some of those challenges and the hardships military couples and families can experience, including marital problems, PTSD-related issues and the sometimes difficult re-union military families must face after long separations.

## **Serving Those Who Serve**

Do you have a heart for military families but don't know how to help? Does your church or community group have a vision for supporting military families in your community? Sara shares ideas for helping military spouses, couples and families and walks your group through coming up with practical and meaningful ways to minister to military families.

## **Understanding Your Military Spouse during Deployment**

As multiple deployments have taken their toll and military marriages have crumbled under the strain, all of the military branches have started making family and marriage a priority for service members' training. So as your unit goes through pre-deployment briefings, why not include a session to help service members understand what their spouses will be dealing with back home while they're away?

Based on her own experiences as a military spouse who has lived through deployment, Sara will walk your soldiers, sailors, airmen or Marines through the emotional stages of deployment their spouses may encounter while they're away and offer tips and suggestions on how they can keep close to their spouses and their children through mobilization and deployment.

## **Don't Be a Stranger: Keeping the Communication Lines Open While You're Gone**

Sara offers creative ideas and ways deploying service members can keep in touch with their spouses and their children while serving overseas.

## **Building a Strong Marriage**

Sara will walk military wives through the four parts you need to have a strong marriage when you're married to a military man. Prepare to be encouraged, inspired and challenged and come away with a desire to make your marriage stronger than it was yesterday.

## **Preparing for Deployment**

Deployment can be overwhelming if you allow it to be. Having been through deployment

herself, Sara will offer her positive insights and hopeful encouragement to spouses with tips and ideas on how to make deployment manageable. Spouses will discover practical and helpful ways to cope and realize that life does not have to be put on hold until their service members come home.

### **Positive Things You Can Do to Help Your Children during Deployment**

Deployment can be a difficult thing for children, young or old, to understand. As a parent, you want to help your child find positive ways of dealing with their other parent's absence. As a mom of an 8-year-old son who walked him through their first deployment when he was 6, Sara has developed many ideas and creative techniques parents can use to keep their children connected to their deployed parent.

### **The "Suddenly" Military Wife**

Since 2001, more than 750,000 Guard and Reserve members have mobilized and deployed in support of the ongoing wars in Iraq and Afghanistan. As a result, Guard and Reserve spouses have seen their worlds change

drastically. Since many Guard/Reserve families do not live near their respective military installations, the chance for disconnection and lack of information is much greater for these spouses than for active military spouses.

As the wife of a Navy reservist, Sara is passionate about connecting Guard and Reserve spouses with information, and the confidence that they can meet the challenges that come with deployment. Sara will lead spouses in what they can expect with deployment and help identify some of the emotions they will experience. Ways to deal with those emotions will also be discussed.

### **Becoming GOD Strong**

Military wives often convince themselves that they can be military strong, handling everything themselves and requiring help from no one. But that isn't God's plan.

Based on her new book, *GOD Strong: A Military Wife's Spiritual Survival Guide*, which releases in February 2010, Sara will walk wives through some of the spiritual truths God has for us as military wives including relying on God's strength and not our own, facing fear and overcoming loneliness.

### **Seeing God through the Tough Times**

There are hard and difficult emotions a military spouse faces during deployment. Anger, loneliness, anxiety and mental disorganization are just a few of the things a spouse can struggle with. Sara will touch on each one of these emotions and offer positive and encouraging spiritual insights to help wives deal with these sometimes devastating issues that can occur.

# ABOUT SARA HORN

Sara Horn is the wife of a Navy reservist whose first real experience with the military was as a journalist, covering stories in Iraq the first year of the war for Baptist Press and a subsequent book she did with Oliver North, *A Greater Freedom: Stories of Faith from Operation Iraqi Freedom*. The book was nominated for a Gold Medallion in 2005 and her stories covering faith and war were selected by the Library of Congress for their archive of electronic media covering the Iraq War.

In 2007, Sara's life came full circle when her husband was deployed to Iraq. No longer was she just covering military families and spouses: now she was one. She has taken what she has learned to encourage and inspire other military wives by starting a military wives support organization, Wives of Faith ([www.wivesoffaith.org](http://www.wivesoffaith.org)). A frequent contributor to several military spouse publications and websites, Sara was recognized by Military Spouse Magazine's "Who's Who Among Military Spouses" for 2008.

Sara currently resides in Nashville with her husband and son. She enjoys speaking to military wives - active, National Guard and Reserve - and connecting online through her blogs and web sites. Her newest book, *GOD Strong: A Military Wife's Spiritual Survival Guide*, released in February 2010.