



Alisha & Sharon's Journal

ALISHA STENSAAS - SHARON ARINAITWE IN UGANDA, EAST AFRICA

MAR-APR 2025

Down South and Back...

Sending Church

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Prayer Requests

- Village training
- Sharon's mom - salvation
- Prevention for Sharon's migraines
- Sharon's U.S. visa approval
- Knee recovery

We are back in Uganda and getting back into our normal routine. Thank you so much for praying for our trip down to South Africa. The Lord continued to bless, leading us to the ones who could help me. Each doctor and physiotherapist that we worked with were very kind and helpful in explaining things and coming up with the way forward. First, we met with the surgeon and after examining my knees he determined that we did not need the transplant surgery as previously thought. That was a blessing! But he did discover that both knees were damaged with other issues, one was just not as progressed as the other. He said that surgery for these would be the last option. He then referred me to one of his specialist orthopedic colleagues who in his words, "is a guru at fixing these problems so that I do not have to perform surgery". Thankfully, that new doctor had a cancellation the following week so we were able to make an appointment with him to begin fixing both knees. Apparently, my right knee has seven

different problems and the left has six but all are treated basically in the same way. They are not sure what was the cause of the original injuries but it could be a combination of different things. One of the treatments they wanted to do is expensive and insurance does not cover it. I also had to see a physiotherapist weekly and during our sessions she included the expensive treatment as just part of the session at no extra cost. That was another blessing! We did see some progress before returning to Uganda but we're not there yet. The daily physical therapy strength training will have to continue for at least a couple more months. Then the number of days can be reduced. The physiotherapist said that in a maintenance form I will probably have to continue it for the rest of my life. They are hoping that in 4-5 months I could be pain free but that I should resign myself to the fact that there may be permanent damage in my knees. We are praying that there is not and that this physical therapy will do the job.

We have received phone calls from various children's church teachers letting us know that the classes are continuing on and doing well, that they have been praying for us and are looking forward to meeting up again for the next training. Pray for me as I balance the physical therapy and our normal routine of traveling to all our churches for training.

Since we have arrived home we have started again on the process of applying for Sharon's visa to the States, so that we can come on furlough. We are praying that with the new adjustments suggested by the Immigration Attorney and our recent travel to South Africa, that this time it will be approved. Please be praying about her interview and that the consular officer would approve the visa. It is scheduled for January 7th. It is quite a wait but thankfully not as long as last time. That time we had to wait over a year for the appointment.