



Alisha & Sharon's Journal

ALISHA STENSAAS - SHARON ARINAITWE IN UGANDA, EAST AFRICA

JAN - FEB 2026

Viruses, visitors and visas...

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Prayer Requests

- Teachers' training
- Sharon's mom - salvation
- Sharon's visa for furlough

At the end of December, I started feeling under the weather, having some fevers and cold-like symptoms. There was a cold/flu bug going around so I assumed that was the problem and treated it with cold medicine. Things continued to get worse and for the first two weeks of January I was very sick having extremely high fevers, even up to 105 degrees. They tested me for malaria but it continued to come back negative. Finally, one of the doctors had the idea to test for a very rare strain of malaria. Immediately, that came back positive and we began the treatment. Unfortunately, during this same time frame I also had an amoeba and an upper respiratory infection. I was completely exhausted physically and mentally. Because the malaria was in my system for so long before being discovered, it allowed the parasites lots of time to destroy my red blood cells. It took until the middle of February to fully recover from everything. I am so thankful to have my energy back as I have been doing training since the end of

January. My first training in January was in the islands. Because our tent sits right on Lake Victoria, you never know what can come out of the lake. This time we had a frequent visitor - a Nile Monitor



Lizard! He was about four feet long. They can be quite dangerous and not someone you would want to share your tent with! While on the island we received news that Gertrude, the pastor's wife from our Mbale church,

had died from an infection in her bloodstream. She was a hard working, very sweet woman, and everyone loved her. This family is the most godly Ugandan family that we know. I'm so thankful that we have the assurance that we will see Gertrude again. Please pray that God would comfort the family and give them wisdom and strength.

During the time that I was sick, Sharon had her appointment at the U.S. embassy for her visa. Once again it was denied. We do not understand what God has planned, but we do trust His plan. We are in the process of applying again. The U.S. has also changed some requirements for a Ugandan to get a visitor's visa. We are hoping that one of those will work in our favor. For a Ugandan to get a visa, they now have to pay a large deposit to the U.S. government that will be returned once they return to Uganda. We are hoping this will reduce the amount of people who are applying and will increase our chances of getting approved.

