

Newsletter from Tabitha and Torkild

Karstoft, 1st May 2026

Dear beloved friends,

It's been a month since our last newsletter was sent out, and we'd like to tell you a little about what's happened in the meantime.

I, Tabitha, have prioritized spending my energy on being with my loved ones and, of course, on getting through all the medical tests and everything they've required. I haven't been able to respond to every message, but I want to use this newsletter to let you know that I truly appreciate them, as well as to update our loyal readers on how things are going.



First and foremost, we want to say thank you for all the loving greetings and messages we've received from you. They warm our hearts and encourage us. Both indoors and outdoors, we now have the most beautiful flowers to look at and enjoy. No, we don't feel alone. We feel your care and feel supported both in prayer and in very practical ways.

We haven't been able to cook, since I don't have the energy, and Torkild has been out of commission with his broken shoulder. When you're sick, you really need good, nutritious food. Just think how blessed we are: Every day, either our children or friends from the church have stopped by with dinner for us. Then we've eaten together and enjoyed the fellowship. It's so amazing to have such a wonderful family and a great mission church behind us, where everyone is

passionate about helping out. Several people have stopped by to pray for me and that the doctors might make the right decisions. See how Jesus lifts us up and gives us new courage.

Good friends have also stopped by to help with cleaning here where we live. We are so grateful for that.



Dorrit's husband has made roast chicken, which is being carved here.

Our children are very much around us. Mirjam is carrying a heavy load, both in helping us and in coordinating our activities in Tanzania. Christian and his family often stop by and are an invaluable support to us. Our youngest, Dorrit, has been granted paid leave from her job on Thursdays and Fridays so she can be here to help us. We thank God for our dear children and their families, who show us such great care.



Mirjam and her family have come to bring us dinner.

I've gone through even more tests and scans. It's been tough—for example, having to lie completely still for 40 minutes despite the pain so that the diagnostic images from the MRI scan would be of good quality—but with God's and the doctor's help, we managed it. I've had good days and bad days. Some days I've been completely exhausted, only to feel fresh and clear-headed again the next day.

On April 21, we finally had a consultation at the hospital in Aarhus to get the results of all the tests. It turns out I have a type of melanoma that mutates very aggressively. Three years ago, I had a large mole removed from my neck in Tanzania because it was bothering me. It turned out to be cancerous. After a couple of weeks, I went in for a follow-up, and they declared me healthy. We have now been told that in Denmark, patients are monitored monthly following such a procedure to ensure they remain cancer-free. It is clear that the system in Tanzania lags far behind the system in Denmark in terms of procedures, equipment, and research. It is very reassuring to be receiving treatment in Denmark now.

The cancer has spread to my abdominal region, lungs, spine, and bones. That's why I've had such severe pain in my hip and down my leg. And now they've also discovered that I have a 3-centimeter tumor on my cheekbone, between my right eye and ear. I could both see and feel it, because it hurt when I put on my glasses.

They put me on a new, targeted treatment in tablet form (not chemotherapy), which works specifically against my type of cancer by stopping the cancer's ability to mutate and spread. Over time, it may also cause metastases and tumors to shrink and disappear completely. But there's no guarantee that this medicine will work in my specific body—how people react to it varies greatly from person to person. That's why we were relieved when, after just five days of treatment, I could see that the tumor on my cheekbone was no longer visible or palpable. Thank God! My appetite has also improved, and my craving for a good cup of coffee has returned! That means the medication is working. In the long term, they also expect the medication to reduce the pain in my hip and leg.

I have appointments for new tests in Aarhus in mid-May and again in mid-June. If they are satisfied with the progress by then, they are considering putting me on immunotherapy to ensure long-term disease control.

The medication has a long list of possible side effects. That's why they also asked me if I was ready for that. I was. I haven't finished my work, and I believe that God will give me a few more years to work in Tanzania. I have experienced side effects; for example, my vision was altered for the first two days, so everything I looked at was black and yellow! But so far, they have passed quickly. I am so grateful for that.



At the hospital, they've been very thorough and have also tested me for all sorts of dangerous diseases that are prevalent in Tanzania, and fortunately, they haven't found anything at all.

Our family doctor comes by regularly for house calls to check on me and to make sure I'm getting the pain relief I need. During one such visit on Monday, Torkild thought he'd ask her for advice about something strange he'd experienced.

Torkild shares

On Sunday evening, I felt a tightness in my throat. Was I coming down with a sore throat? That's how it felt. But then my jaw started to hurt too—that was strange. After 10 minutes, it was gone again, so I didn't think much of it. During the night, I woke up to find it happening again—and it disappeared again after a short while. It happened three times during the night. When our doctor came to check on Tabitha, I took the liberty of telling her what I'd experienced, to hear what she thought about it. She assessed that it sounded like a heart attack, so she wanted me to go to the hospital immediately.



I did indeed have a heart attack. At 2:15 p.m., I underwent surgery in Aarhus. It went incredibly smoothly. They accessed my bloodstream through my wrist, performed a balloon angioplasty where the artery was blocked, and inserted a stent. I was fully conscious, and the only thing I could feel was a tickling sensation in my armpit. By 9:00 p.m., I was back in Herning. The doctors say that my arteries otherwise look fine and that no further treatment is needed. I've been declared healthy and well. They've checked everything and say I can go back with

peace of mind and continue my work in Tanzania. It's amazing. God is so good.

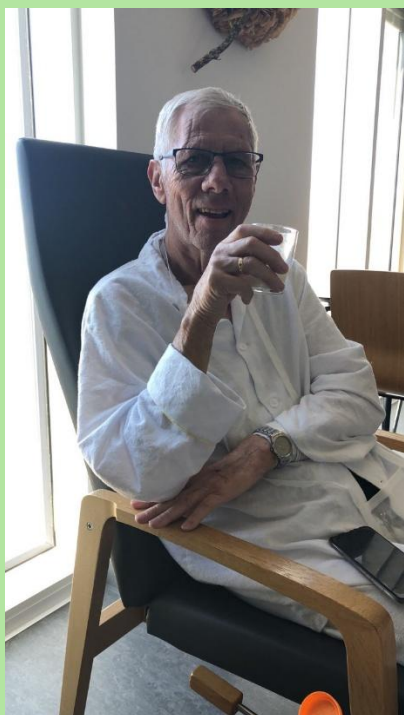
When I was admitted, Tabitha was also admitted to the hospital, since she can't be alone, but also because her hemoglobin level was too low. So as the day drew to a close, Tabitha and I were in the same hospital, but in different wards.



Christian and Vinni are with Tabitha as she is being admitted to the hospital.

The physical therapist came by on Tuesday to guide me on how to rehabilitate after the heart surgery. I took the opportunity to ask her about my shoulder. It's been four weeks since I broke it. She noted that it's healing really well and also gave me guidance on how best to rehabilitate it. So I got the best of both worlds.

I was discharged on Wednesday, April 29, but they kept Tabitha because they want to make sure her pain management is optimal. To raise her hemoglobin levels, they had to give her two units of blood. That has really helped her energy levels and overall condition.



We expect Tabitha to be discharged before the weekend.

Our Tanzanian staff members are deeply affected by our situation. They are worried about us and spend a lot of time praying and fasting for us. We are so grateful for our amazing staff, who

make it possible for the work to continue undeterred.

We receive many encouraging words from our friends near and far. Several mention that it seems as though we are in a war zone, but that we are well defended by Jesus and the heavenly hosts. We have received the passage from 2 Kings 6:8–23, where Elisha, surrounded by an enemy army armed to the teeth, is granted a glimpse into the spiritual realm and can reassure his young assistant: “Do not be afraid; there are more on our side than on theirs!” That word instills peace and hope in us.

We must also simply thank God that I did not suffer this blood clot while I was out in the bush on a children’s campaign. I was in exactly the right place. God has everything in His hands. Yes, we are in good hands, and He has everything under control.

We want to thank you once again for your prayers for us and for your support of the work, which is continuing at full speed. More on that in the next newsletter.

We send you our warmest regards,
Tabitha og Torkild



As told to Susanne Lundgaard – English text: Eva Krath-Andersen