
Phyllis Hall to Uganda

East Africa

Sending Church:
Calvary Baptist Church
P.O. Box 1118
Timberville, VA 22853
(540) 896-8329

Mission Board:
Baptist International Missions, Inc.
P.O. Box 9
Harrison, TN 37341
(423) 344-5050

Field Address:
P.O. Box 818
Soroti, Uganda EAST AFRICA
cell: 011-256-772-721-568
New email: phyllis@bimi.org



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Update on Knee Replacement Surgery

I am sorry it has taken so long to write, but my concentration has been on therapy, and I start to write but am so tired. I do thank you so much for your prayers for my surgery! My cold cleared up, so, I was able to have surgery as scheduled. The doctor said that not only was it bone-on-bone, but I had actually worn a quarter inch off my leg. He said the surgery went well. I thank the Lord for supplying a place to stay to recover and needed equipment like a walker, a toilet seat with hand rails, a bath bench and a sleeper recliner, which has truly been a God-send.

The physical therapy required after a complete knee replacement is the most laborious and painful thing I have ever experienced! It is in two stages: in home therapy and outpatient therapy.

I just started outpatient therapy and I feel like I am making progress. In order to walk correctly, I need good range of motion in my knees. It is currently around 90 degrees. My goal is 120 degrees. My day revolves around three therapy sessions each day. I use a walker and am practicing with a cane. My goal is to eventually walk without a cane. In between I rest a lot. My energy level is very low and I am often drowsy. I am on strong pain killers. My goal is to increase my energy level and take no pain killers. I will have a follow up appointment with the doctor at the end of August. My goal is to be well enough to return to Uganda in early September before 3rd term of school begins there. Sarah Shadrick, who is teaching in my place, says things are going well, and my village Bible study is continuing to meet in my absence.

There are four stages to my return journey: 1. Travel from Virginia Beach to Dulles airport 2. Fly from Dulles to Europe and have a four hour layover at the airport. 3. Fly to Entebbe airport. 4. Seven hour car ride to Soroti. It is roughly 30 hours of travel! I will travel "wheel chair assist." Please pray that I will be strong enough to make this difficult journey!

God bless you!

Phyllis Hall

Phyllis
Colossians 4:17