

November 15, 2025
Letter 33**Dear Praying Friends,**

I wanted to send you a quick mid-month update on the health of my family, just in case you weren't already informed through our ministry Facebook account (Donoho Family to Bolivia). As I mentioned in my last prayer letter, we are currently asking God to give us direction regarding our departure to Bolivia.

On Sunday, October 26, my wife experienced something she has never gone through before—a panic attack. It happened during church, and I ended up taking her to the Emergency Room where they confirmed what I had already suspected. Since then, she has experienced a second panic attack, which has further confirmed to us the need to slow down and seek additional medical clarity. After speaking with my sending pastor and his wife, we agreed it was best for her to meet with her primary care physician (PCP). Thankfully, due to a schedule cancellation, we were able to get an appointment much sooner than expected.

Her PCP ordered blood work, and the results showed elevated T3 levels, suggesting possible thyroid issues. An ultrasound of her thyroid was done this past Friday, November 14th, and we are currently waiting on those results. They also plan to repeat her blood work during the last week of this month. Depending on the results, she may be referred to an endocrinologist. My mother-in-law has also dealt with thyroid problems with similar symptoms that eventually led to surgery, and we are praying that will not be the case here. We are thankful she has had no additional episodes this week, and we are taking intentional steps to help minimize her stress.

At this point, we are leaning toward leaving in January, after spending Christmas with our family. This will allow time for my wife's health to stabilize. The attacks seem to be stress-related, and traveling overseas with three children ages six and under will certainly be stressful. The last thing I want is for her to experience another panic attack while in the air. I have spoken with my field director, and he agrees that this is the wisest course of action.

This delay will also allow more time for things to stabilize in the country and for the effects of the renewed ties with the U.S. to take hold. We are praying that the need for a visa will be removed by then, as is currently expected. This would save us several hundred dollars.

Please continue to pray for health and wisdom as we navigate this situation. Postponing our move is the last thing we wanted, but we are trusting His guiding hand.

We appreciate your faithful prayers and support during this time.

Amor en Cristo,

Ethan, Lydia, Zoe, Chloe, and Elijah (Rex) Donoho

Prayer Requests

- Health and answers before our move
- Safety and smooth travel to Bolivia
- Favor through customs and residency approval
- Peace and stability in Bolivia
- Grace as we adjust to the culture and language