



the Fritz Family

missionaries to Cabo Verde



November 2025

Dear Praying Friends,

Grace and Peace to you in the name of our Lord Jesus Christ. My prayer for you as you receive and read this short letter is that you know Christ the only Savior and that you are walking in sweet communion with Him.

We thank you for your prayers on our behalf. We are very grateful for everyone of you that pray for us and that share your prayer requests with us. If there is a way that we can be praying for you please let us know.

Ministry wives retreat

Tina and a few "ministry wives" (our pastor's wife as well as two other pastor's wives on our island) have been informally meeting every few weeks for over a year now. This has been a valuable mutually beneficial time for them to encourage one another and pray for each other. Generally, they meet in our dining room or a restaurant, but this past month they had a two night "retreat" at a hotel in a quiet spot on our island. They had a good time relaxing, studying and praying together. Often in ministry, people begin to feel isolated, unseen and unappreciated. Many times these are the people that are always giving of themselves, yet rarely are able to receive spiritual and emotional encouragement and refreshment. We hope to make this sort of retreat a more regular occurrence. Investing in the leadership of likeminded church leaders is a valuable long-term investment.

Medical Team

The last week of October we hosted a medical team from Heritage Baptist Church in Haslet, Texas. Our official approval for them (16 people with all their luggage equipment and supplies) to enter was not even finalized until they were already traveling this direction. Thankfully, everything was approved and entering the country was very smooth. The team did excellent work. They saw over 1,100 patients during their four and a half days of clinic. Beyond general consultations, they did a lot of eye exams and provided glasses to those who needed them. Glasses are a huge blessing to the people here, as

an exam and glasses will cost somebody more than a month of what they would earn with minimum wage. The amount of people here who need glasses yet lack the means is staggering... it also might explain a little about their driving...Ha! The team did a great job working in a different cultural setting and overcoming the obstacles along the way. They also got to experience a few local things like swimming with the sea turtles and eating tuna spaghetti (it is better than it sounds). We look forward to having them back in the future.

We were especially grateful to see the involvement of the church folks in the medical outreach. Some were able to arrange vacation time from work, others that were there between work, school and other responsibilities. We had people help with translation from a few other churches as well as a few volunteers from the community. To me, this was the biggest blessing to see the way that the people in the local church embraced this opportunity. Pastor Eudo as well as several men and women of the church did an excellent job with sharing the Good News of Jesus Christ with those that were waiting for their medicines and glasses after they had finished their consults. We are praying for many of these Gospel seeds that were planted to take root in the hearts of those who listened, as we seek to follow up with the new contacts.

We are back to a more regular schedule again after recovering for a week or so from the medical team. Various Bible studies, Sunday School, home school, and Tina has 12 piano lessons she is giving every week...just so she doesn't get bored... all the normal stuff.

We hope that during this Thanksgiving and Christmas season that you would remember with gratefulness the greatest gift ever given - Jesus. May we never tire of declaring the wonders of who He is and what He has done!

He is Worthy!
The Fritz Family

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