



ST. AGNES HOME

Carmelite Sisters of the Divine Heart of Jesus

A Message from Sr. Anna Maria Provincial Superior

JMJT

As we close the Jubilee Year of Hope, we begin yet another year on our journey of coming closer to Trinity. The graces from the previous year allow us to move forward into this new year, giving us the opportunity to practice and live out what we learned on this fresh new page of the year 2026. I have been reflecting for myself on how to bring the graces of the jubilee year with me, and not leave them to collect dust on the shelf of the past. I feel called to share some easy points that can allow us to experience more graces this year as well.

First **Be Aware**: Be aware of what your interior voice is saying. Is it calling you to pray or calling you to the things of the world? Be attentive to your feelings. Do you notice fear, lack of trust, or confusion? Are things more difficult or challenging? Do you find yourself not even wanting to face these voices or feelings? Do you find yourself in the noise of distraction?

Second **Pray**: Take time apart from your regular routine and simply be with our Lord. Prayer is a simple conversation with a Friend. Sometimes we say, 'I'm not close to the Lord. I don't hear Him. I don't know if He hears me. I'm not holy.' This is the lie of the enemy who wants to remain an obstacle between us and intimacy with God. We all must work at taking time with the Lord. Whatever prevents you from going to Jesus, just stop it and start talking to Him! He is listening *always*, so just start talking!

Third **Listen**: This may be the most challenging of the three. We tend to have no problem talking about our life and asking questions about others' lives, but to really listen takes patience. Listening to God is a little different, for He usually speaks in a still small voice in the depths of our hearts. We can also recognize His words being spoken to us by those we meet during the day or in an experience of joy. God is relational, and by the movements of the Holy Spirit in our souls, we can feel His presence and perceive His communications in happenings of the day. What do you hear Him saying in these moments?

This January, when the weather outside is frightful, take time in a cozy area to be alone with the One who loves your soul and knows your heart the best. For those of you who live here at St. Agnes Home, take time to go to the chapel and linger in the experience of encountering the Lord in the Blessed Sacrament. Lean on those graces you received and ask Him to come in. I will be praying for your experiences!

Notes from Administration

Happy New Year from The Administrator!

I am pleased to begin the new year by welcoming **Dr. Piotr Kulikowski** to St. Agnes Home. Dr. Kulikowski will be joining our care team as an additional physician option for residents who would like a choice in their medical care, alongside Dr. Wittenauer, our Medical Director.

Dr. Kulikowski brings **nearly 25 years of experience working with older adults**. Having another trusted physician available allows us to better meet individual preferences and continue providing high-quality, resident-centered care. Outside of his medical practice, Dr. Kulikowski enjoys art and painting. He also has a furry companion named Remy, his dog, who will join him for visits when he comes to St. Agnes Home!



Dr. Piotr Kulikowski

For residents and families who wish to contact or schedule care with Dr. Kulikowski, please contact the Nursing Department at St. Agnes Home.

Happy New Year to you and your families!
Angela Ruppel



*Christmas photo shoots with
some of our handsome &
beautiful residents!*



Activites by Andrea

Happy New Year!! May this coming year be a peaceful and blessed time for you all.

We're excited to welcome some SLUH volunteers to the activities department throughout January. They'll be helping take down all the Christmas décor their first week here, but they'll also be joining us for some of the fun stuff, too – like our Prize Auction! Plus, they'll be coming around with a survey regarding the activities department and everything we offer. So, please be honest because we want to make sure everyone has things they enjoy doing here, and if interest has dropped for some of the things we're currently offering, we want to make sure we change it up and keep all of you happy! Speaking of which, if you have anything you'd like us to put on the schedule, please stop by and tell us so we can try to fit it in.



Mass Times

Monday - Friday ~ 7:00 AM

Saturday/Sunday/First Friday ~ 9:00 AM

Special Feast Days & Holidays ~
see Activity Calendar

Rosary

Monday - Friday ~ 1:15 PM

Saturday ~ 8:30 AM before mass

Fatima Devotions

1st Saturday of the Month ~ 4:30 PM

Perpetual Help Devotions

Tuesdays ~ 6:30 PM

Liturgical Schedule

Adoration

First Friday ~ After 9:00 AM Mass until
4:45 PM Benediction

Sundays ~ 1:00 PM until 4:15 Vespers &
Benediction

(No Adoration on the Sunday following
First Friday)

Liturgical Schedule subject to change.
See Weekly Activities Sheet.

**Tune in to Channel 6 to watch
Mass and devotions live.**

Faces & Friends in the Crowd at Weihnachtsmarkt, 2025



Our blessing cup ran over at our Weihnachtsmarkt. It was such a special time with the Sisters, old friends, new friends, family, staff, residents, neighbors, and those interested in learning more about our Home.

Our vendors raved about our guests. They all requested to return in '26 due to the kindness they were shown.. Thank you for making the Weihnachtsmarkt part of your Christmas tradition!

Mark your calendar for
Dec. 5,
2026.

Resident Christmas Pageant 2025



Resident Christmas Party



January 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

28	29	30	31
	This is a general guide. Activities are open to change if the need arises. Please see the weekly activity sheet for the most current schedule.		
4	5	6	7
9:00 Mass 10:00 Coffee & Doughnuts	7:00 Mass 9:30 Exercise 10:15 Needlework Club 1:15 Rosary <i>Taking Down Christmas Décor</i>	7:00 Mass 9:30 Exercise 10:00 Daycare Visit 1:15 Rosary followed by Perpetual Help 2:15 Movie: The Forge	7:00 Mass <i>Taking Down Christmas Décor</i> 1:15 Rosary 2:15 Bingo
11	12	13	14
9:00 Mass 10:00 Coffee & Doughnuts 1:00 Adoration 4:15 Vespers & Benediction	7:00 Mass 9:30 Exercise 10:15 Needlework Club 1:15 Rosary 2:15 Bowling	7:00 Mass 9:30 Exercise 10:00 Daycare Visit 1:15 Rosary followed by Perpetual Help	7:00 Mass 9:30 Exercise 10:00 Dominoes 8 1:15 Rosary 2:15 Bingo
18	19	20	21
9:00 Mass 10:00 Coffee & Doughnuts 1:00 Adoration 4:15 Vespers & Benediction	7:00 Mass 9:30 Exercise 10:15 Needlework Club 1:15 Rosary 2:15 Pictionary	7:00 Mass 9:30 Exercise 10:00 Daycare Visit 1:15 Rosary followed by Perpetual Help	St. Agnes 9:00 Mass 10:30 Rummikub 1:15 Rosary 2:15 Bingo
25	26	27	28
9:00 Mass 10:00 Coffee & Doughnuts 1:00 Adoration 4:15 Vespers & Benediction	7:00 Mass 9:30 Exercise 10:15 Needlework Club 1:15 Rosary 2:15 Toss & Talk	7:00 Mass 9:30 Exercise 10:00 Daycare Visit 1:15 Rosary followed by Perpetual Help 2:15 Resident Council	7:00 Mass 9:30 Exercise 10:00 Virtual Vac 1:15 Rosary 2:15 Bingo

	THURSDAY	FRIDAY	SATURDAY
	1	2	3
	Solemnity of Mary, Mother of God 9:00 Mass <i>'Holy Day of Obligation'</i>	First Friday 9:00 First Friday Mass, followed by Adoration 11:00 Rosary 3:00 Happy Hour-Tom T.	First Saturday 8:30 Chaplet of Divine Mercy 9:00 Mass 10:30 Confession 2:00 Ice Cream Social
	8	9	10
	7:00 Mass <i>Taking Down Christmas Décor</i> 1:15 Rosary 2:00 Vince Corkery Band	7:00 Mass <i>Taking Down Christmas Décor</i> 1:15 Rosary 2:15 Happy Hour-Matt D.	8:30 Rosary 9:00 Mass 10:30 Bingo w/ Malta 2:00 Footprints of God
	15	16	17
& Racko	7:00 Mass 9:30 Exercise 10:00 Twister Trivia 1:15 Rosary 2:15 Lives of the Saints	7:00 Mass 9:30 Exercise 10:00 Craft 1:15 Rosary 2:15 Happy Hour-Michael S.	8:30 Rosary 9:00 Mass 10:30 Confession 2:00 Roll & Cover
	22	23	24
& UNO	7:00 Mass 9:30 Exercise 10:00 SLUH Activity 1:15 Rosary 2:15 Prize Auction	7:00 Mass 9:30 Exercise 10:00 Ax Throwing 1:15 Rosary 2:15 Happy Hour-Amanda S.	8:30 Rosary 9:00 Mass 10:30 Cooking with the Saints 2:00 Footprints of God
	29	30	31
ation	7:00 Mass 9:30 Exercise 10:00 Book Club 10:30 Library Visit 1:15 Rosary 2:15 Cooking Demo	7:00 Mass 9:30 Exercise 10:00 Scrabble 1:15 Rosary 2:15 Happy Hour-Gene T.	8:30 Rosary 9:00 Mass 10:15 My Fair Lady, Pt 1 2:00 My Fair Lady, Pt 2

Mass Intentions for January 2026
St. Agnes Home Chapel

1. **Mary, Mother of God:** For all who are being remembered in the Sisters' Christmas Novena
2. **First Friday:** For our living and deceased benefactors, and for our deceased residents
3. **First Saturday:** For an increase in vocations to the priesthood and religious life
4. **The Epiphany of the Lord:** For the intentions of Mother Karla Marija and the General Council and Sr. Anna Maria and the Provincial Council
5. Sr. M. Longina – RIP (Requested by Peter)
6. Sr. Mary Joseph – RIP (Requested by Rick and Lisa)
7. *For Archbishop Carlson's Intentions*
8. Kathleen Kavanaugh – RIP (Requested by Susan)
9. Larry Clark – RIP (Requested by Michael and Cheryl)
10. For employees with birthdays this month: Gia, Marijo, Nazarena, Jessica, Berouth, Kiwana, Rebecca, Annetta, Carol, Tiara, Melanie, Donielle, Jusnol, Savannah, Qiara
11. **The Baptism of the Lord:** For children and residents with birthdays this month: Eleanor, Jac, Tully, Kathryn, Mary Ann, Fr. Faust, Jane, Mary, Mary, Marilyn, Barbara, Verna, Madlyn
12. Sr. M. Angela Therese of the Holy Family – RIP (Requested by Jan and Don)
13. Esther Richart – RIP (Requested by Ray and Pat)
14. *For Archbishop Carlson's Intentions*
15. Sr. M. Klara – RIP
16. For the Dan and Betty Koenig Family
17. For the Sucher/Leonard Family (Requested by Mike and Jackie)
18. **2nd Sunday in Ordinary Time:** For the intentions of the Carmelite Sisters (Requested by Jan and Don)
19. For our living and deceased benefactors
20. For the canonization of Bl. Maria Teresa of St. Joseph
21. **St. Agnes:** For the intentions of residents, children, families, and staff of St. Agnes Home and Carmelite Child Development Center
22. Sr. M. Hildegard – RIP
23. Sr. M. Alicia de los Angeles (Requested by Jan and Don)
24. Mary Anne Sansone (Requested by Cecilia)
25. For an increase in vocations to the priesthood and religious life
26. Jim and Denise Heisler (Requested by Peter)
27. Shirley Rozanski – RIP
28. *For Archbishop Carlson's Intentions*
29. Ed Metzger – RIP (Requested by Jan and Don)
30. Suzanne Wyrick – RIP (Requested by Helen and Valann)
31. Don Ross (Requested by Peter)

Mass Intentions for January 2026
Msgr. Jovanovic

6. Mary and Tom (Requested by Jack and Julie)
8. Paul Ring – RIP (Requested by Betty)
13. Jim Maglione – RIP (Requested by Mary Lou)
15. Dewie and Mavis Gaul – RIP (Requested by Laurie)
20. Ken Jansen – RIP (Requested by Mary)
22. Fr. Vincent Kim – RIP (Requested by Kim)
27. Joan M. Hannibal – RIP (Requested by Carol)

Suggested Mass stipend is \$10.00.

Please note that every attempt is made to honor mass intentions for specific dates or months. However, due to the number of requests, this is not always possible. Thank you for understanding!

Nursing Notes

by Sr. Mary Faustina, RN, D.O.N.

Greetings from the Nursing Department:

Merry Christmas and Happy New Year to everyone from all of the nursing staff. We hope you all had a wonderful Christmas season—an unusual one with the warm weather—and that you are blessed with a very happy and healthy New Year.

Hope is a very important virtue. It helps us stay healthy and keeps us focused on what truly matters in life. A holy bishop once said, *“When we are doing the work of God, by doing His work, the work we do brings hope to the world.”* I often remind people that this Home is God’s work, and therefore the care and work we provide here truly bring hope and joy to the world.

On another note, staying healthy also means keeping our brains healthy and strong. A former nurse once told me that as we age, our memories may not seem as sharp because the “storage space” in our brains is full—much like a computer that has reached its capacity. It’s an interesting theory to consider. Other factors that can affect memory include being overly tired, anxious, stressed, or having poor nutrition. The solution, of course, includes proper sleep, exercise, and good nutrition.

Speech Therapists are also able to help people improve attention, focus, and memory through what we often call “brain exercises.” There is a fascinating connection between language, thought, and memory improvement. Speech Therapists use exercises that link new information to existing knowledge or use visualization to create new mental images.

We can all do “brain exercises” in our daily lives through storytelling, playing board games, working on puzzles, learning new tasks, problem-solving, and keeping a journal. Taking time at the end of the day to write down events that stood out is very helpful. This practice triggers memory training and recall, while also allowing us to reflect on what we have learned, how we have responded to others, and how others are doing. Beyond strengthening memory, journaling helps us place our lives in perspective. It is also a wonderful tool at the end of the year to look back on all that has happened and to plan for what we would like to see happen in the future.

If you are interested in learning more about what Speech Therapy can offer, please let us know. The Speech Therapist who comes to St. Agnes Home has a wealth of helpful information.

God bless you all with a wonderful New Year!

Sr. Mary Faustina



#IGIVECATHOLIC



Little Drummer Boy Drum Roll please...

Thank you to St. Joseph for project managing our 2025 #igiveCatholic Outdoor Gathering Space Refresh and Enhancement Fundraiser! We have been abundantly blessed by so many who are helping us make this a reality for St. Agnes Home and our residents. As of this newsletter, we have fundraised **\$25,000!** This is absolutely amazing! Since our goal was \$20,000, we will be able to replace some of the aged outdoor furniture to make all of our outdoor gathering spaces more enjoyable. The support we received from those who believe in the mission of the Carmelite Sisters of the Divine Heart of Jesus is not taken for granted. Happy New Year and may your cup of blessings overflow!



A sincere thank you from our staff for all the kindness bestowed on them this Christmas season. Our Christmas party prize table of generous gifts for our staff is pictured below.



Roomba Balloon Pop with steak knives to determine grand prize winners! OUCH!



ST. AGNES HOME RECOGNITION PROGRAMS



Recognizes employees who exemplify what it means to be “warmed by HIS love” and provide exceptional care and service to the Home, the residents and each other. Their daily efforts show that they remember to “See God in all; Serve God in all; and, Love God in all.”

Desmine’s name will be added to the Employee of the Month plaque. She will have a special parking spot on our premises and will receive a gift card prize.
Congratulations, Desmine!



Desmine Gomillia
Nursing

TEAMWORK MAKES THE DREAMWORK

All residents, family, and staff may complete a Teamwork Makes the Dreamwork slip for staff members. These slips can be found near the front desk.

January winners: *Congratulations to the following employees who won \$25*

Kiwana Shackelford— Coming back to work to cover an available shift. Great dedication!

James Cashett— Being present and providing tours at Weihnachtsmarkt.

LaShonda Rogers— Being an important part of shadowing and interviewing processes.

Receiver's Name: _____

Giver's Name: _____

Receiver's Department: _____

Using any of our **Core Values**, how did this employee show that "Teamwork Makes the Dreamwork?"

Humble: _____

Responsible: _____

Warm: _____

The employee receiving the form should place it in the recognition box near the front desk or the employee breakroom by the timeclock. Three winners will receive \$25 gift cards.

Teamwork Makes the Dreamwork Spot Recognition

TEAMWORK

RESIDENTS:

Verna W.	08
Barbara B.	10
Fr. Gary F.	11
Mary Ann G.	19
Mary Beth B.	21
Kathryn S.	22
Marilyn W.	22
Mary L.	22
Madlyn W.	23
Jane R.	31



EMPLOYEES:

Marijo Day	01
Nazarena B.	09
Jessica H.	14
Berouth A.	15
Kiwana S.	18
Annetta H.	23
Rebecca F.	23
Carol C.	24
Tiara L.	25
Sr. Mareena J.	26
Melanie D.	26
Donielle W.	28
Jusnol F.	29
Savannah S.	30
Qiara R.	31

We express our heartfelt sympathy to the family and friends of our dear residents who have passed away:

Marie Belli ~ Norma Bright

Mary Ann Croghan

Audrey Flavin

Joe Kochanski ~ Shirley White

May their souls, through the mercy of God, rest in peace.

Welcome

To our newest residents
Mary G. (welcome back!)
Mary H.
Mary O.

Ways to Give to St. Agnes Home...

- A one time gift of cash or pledge to St. Agnes Home.
- A planned gift, such as including St. Agnes Home in a will or bequest, estate plane, life insurance policy, charitable trust, the transfer of real estate, stocks, bonds or mutual funds.
- A memorial gift in memory or in honor of a loved one.

We are honored to be part of your charitable giving.



Carmelite Sisters of the Divine Heart of Jesus
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