

March, 2026



ST. AGNES HOME

Carmelite Sisters of the Divine Heart of Jesus

A note from the Administrator

I am continually reminded that what makes our home so special is the people who pour their hearts into it each and every day — and that certainly includes our incredible volunteers!

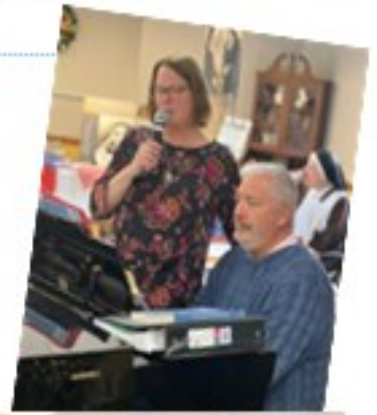
Our volunteers do *soooo* much for our home. What I love most is that our volunteers come with all kinds of interests and talents. They spend meaningful one-on-one time with residents, offering companionship, conversation, and friendship that truly brightens the day. They assist with organizing projects behind the scenes. Some share their talents through music while others lend a hand with landscaping, helping keep our grounds beautiful and welcoming. Many support special events, activities, and celebrations that make life at St. Agnes vibrant and engaging. I truly believe that everyone has something meaningful to offer.



We are also blessed to welcome volunteers of all ages — from dedicated high school students to retirees who generously share their time and life experience. What's especially meaningful are family members of former residents who now want to offer their volunteer time. If you or someone you know has ever considered volunteering, please know our doors are always open. We are grateful for those who serve — and we are always excited to welcome new faces into our St. Agnes family.

To each of our volunteers: thank you for the time, the compassionate hearts, and the joy you bring into our home. You are part of what makes St. Agnes unlike any other place. God Bless You All,
Angela Ruppel, Administrator

Volunteer Faces in the Crowd at St. Agnes Home



Courageous hope during Lent

By: **Kelley Henderson** from *The Catholic Times*

Regardless of where you find yourself ... breathe ... it will be OK. Lent is about sacrifice, but it is also a season of hope.

Each year during Lent, I choose a book or article for reflection. This year, I am re-reading *The Science of the Cross* by Edith Stein, also known as St. Teresa Benedicta of the Cross. A philosopher, Jewish convert to Catholicism and Carmelite nun, Stein was murdered at Auschwitz in 1942, leaving the manuscript nearly complete.

The book reflects on St. John of the Cross' "dark night" and offers insight into Christ's sacrifice. In a chapter titled "Purgation through Hope," Stein speaks about memory—what I would call lived experience—as something that can hinder spiritual growth. We often measure our confidence by what we have done before, allowing past successes or failures to define our expectations. Stein urges us to let it all go, because we cannot experience God by our own effort alone.

The Lenten commitments to pray, fast and give are noble affections for God as we prepare for Easter. More prayer often means giving something else up. Fasting tames our appetites. Almsgiving softens hearts hardened by indifference.

In many ways, Lent is about checking our spiritual baggage. This baggage—both painful memories and joyful experiences—can limit our openness to grace. Even blessings, if clung to too tightly, can convince us that God has nothing more to offer. Lent invites us to set it all aside.

In the Carmelite tradition, the phrase *Vacare Deo* means "make space for God" or, as I prefer, "waste time with God." This may happen in quiet prayer, a Holy Hour, or a simple conversation with someone who is lonely. When we make space, we gain the courage to hope beyond our experience, allowing God to do something new.

I witness this courage daily in those served by Catholic Social Services—seniors, families and persons living with disabilities—who hope bravely for a future filled with possibility. Compared to a lifetime of struggle, a Lenten sacrifice is small. Yet it can open the door to hope for anyone willing to let go.

My prayer for you this Lent is that you embrace *Vacare Deo* and "waste time with God," who desires nothing more than our love of God and neighbor.



CONGRATULATIONS to our 2026
Mardi Gras KING & QUEEN

*King
Msgr. J*

*Queen
Kathryn*



*God Bless our 2025
retiring and late King Joe
and Queen Mary Ann!*

*Thank You for representing
St. Agnes Home well!*



Nursing Notes

by Sr. Mary Faustina, Director of Nursing

Welcome to March—and spring! As we spring into the new season, we once again play the game of “*dressing for the right weather*,” especially here in St. Louis (sisters are excluded from this game). Just when a sweater feels like enough, the snow decides to make an appearance and suddenly a winter coat is back in style. Most of us can recall experiencing snowstorms in March.

Still, those blue skies and bursts of sunshine bring hope—thoughts of spring outings, planting flowers, and enjoying the outdoors again. So, a few gentle reminders:

First, enjoy the fresh air and sunshine!

Second, if you are leaving the building, please let your nurse know and sign out at the front desk. This helps ensure you don’t miss any medications and lets us know who is where. It can be rather awkward when someone leaves without telling anyone and family members later ask where they are. More importantly, it’s a safety concern. In the event of a fire or evacuation, knowing who is present could save a firefighter from searching a burning building for someone who isn’t there.

Above all, family likes to know where family is—and we are all family here.

Also, when you go for walks outside (and we hope you do!), please wear sturdy shoes to help prevent falls. We want you to *spring*, not *fall*. Although, as one person explained to me, it wasn’t a fall at all—he simply “flew” when the dog pulled him forward!

Suggestion for staying young: skip into spring with a song in your heart.

God Bless You!
Sr. Mary Faustina



We want to wish Andrea in Activities all the best as she begins her next chapter! For over four years in our Activities Department, her passion for seniors and the joy she brought to our residents at St. Agnes Home has been truly outstanding. She will be deeply missed, and we are so grateful for the heart and dedication she shared with us.

JOB POSTINGS:

Please help us fill these important roles at St. Agnes Home.

- **Activities Department**
- **Maintenance Department**

For more details: visit
www.stagenshome.com

March 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

1	2	3	4
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 Game 1:15 Rosary 2:15 Movie: Lillies of the Field	7:00 Mass 9:30 Exercise 10:00 Trivia Toss 1:15 Rosary 2:15 Bingo
8	9	10	11
9:00 Mass 10:00 Coffee & Doughnuts	7:00 Mass 9:30 Exercise 10:15 Needlework Club 1:15 Rosary 2:15 Ax Throwing	7:00 Mass 9:30 Exercise 10:00 Game 1:15 Rosary 2:15 Movie: Good Night, and Good Luck	7:00 Mass
15	16	17	18
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 Boggle	St. Patrick 7:00 Mass 9:30 Exercise 10:00 Game 1:15 Rosary 2:15 Movie: The Quiet Man 6:45 Holy Hour w/ the Sisters	7:00 Mass 9:30 Exercise 10:00 Watercolor 1:15 Rosary 2:15 Bingo
22	23	24	25
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 Ring Toss & Cornhole	7:00 Mass 9:30 Exercise 10:00 Game 1:15 Rosary 2:15 Movie: Trinity Goodheart	Annunciation of the L 9:00 Mass 10:30 UNO 1:15 Rosary 2:15 Bingo
29	30	31	1
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 Scrabble	7:00 Mass 9:30 Exercise 10:00 Game 1:15 Rosary 2:15 Food Council 3:00 Resident Council	

THURSDAY		FRIDAY		SATURDAY	
	5		6		7
	7:00 Mass 9:30 Exercise 10:00 Lives of the Saints 1:15 Rosary 2:45 Craft: St. Patrick Bracelets		First Friday 9:00 First Friday Mass, Followed by Adoration 11:00 Rosary 2:00 Happy Hour-Tom T. 3:00 Stations of the Cross 4:45 Vespers & Benediction		First Saturday 10:00 Funeral for Joe Meek 1:30 Memorial Mass for Audrey Flavin 2:00 Dominoes 4:30 Fatima Devotions
	12		13		14
	7:00 Mass 9:30 Exercise 10:00 Jeopardy 1:15 Rosary 2:45 Bingo		7:00 Mass 9:30 Exercise 10:00 Virtual Vacation: Ireland 1:15 Rosary 3:00 Stations of the Cross 3:30 Happy Hour-Matt D.		10:00 Funeral Mass for Joe Leritz
	19		20		21
	St. Joseph 9:00 Mass 10:30 Pastries for the Whole Home 1:15 Rosary 2:45 Irish Trivia		7:00 Mass 9:30 Exercise 10:00 Name Ten 1:15 Rosary 2:00 Happy Hour-Lauren A. 3:00 Stations of the Cross		9:00 Mass, followed by Confession 3:30 Clarkson School of Irish Dance Performance
	26		27		28
ord	7:00 Mass 9:30 Exercise 10:00 Book Club 10:30 Library Visit 1:15 Rosary 2:45 Wheel of Fortune		7:00 Mass 9:30 Exercise 10:00 You Be the Judge 1:15 Rosary 2:00 Happy Hour-Gene T. 3:00 Stations of the Cross		8:30 Rosary 9:00 Mass 10:30 Sing Along
	2		3		4
Please use this as a guide. See the weekly activity sheet for changes and additions. 					

Mass Intentions for March 2026
St. Agnes Home Chapel

1. **2nd Sunday of Lent:** For children and residents with birthdays this month: Louis, William, Ethan, Goldie, Clare, Parker, Barbara, Betty, Jo
2. For employees with birthdays this month: Jorge, Jeffrey, Regina, Mellissa, Princess, America, Aliyah, John, Heather, James, Jose, Jerry, Antoinette, Cynthia
3. Sr. M. Elia de Jesus
4. Emily Behrle (Requested by Chloe)
5. *For Archbishop Carlson's Intentions*
6. **First Friday:** For our living and deceased benefactors, and for our deceased residents
7. *Funeral Mass for Joseph Meek*
8. **3rd Sunday of Lent:** Mother Karla Marija (Requested by Peter)
9. Adalina Loos – RIP (Requested by Kevin)
10. Don Ross (Requested by Peter)
11. *For Archbishop Carlson's Intentions*
12. Richard J. Mehan, Sr. – RIP (Requested by Peg)
13. Sr. M. Anunciata Grace (Requested by Jan and Don)
14. *Funeral for Joseph Leritz*
15. **4th Sunday of Lent:** Sr. M. Longina – RIP (Requested by Peter)
16. Paul Ring, Jr. – RIP (Requested by Barbara)
17. Susan Woodrome – RIP (Requested by Anne)
18. Raymond Hellweg – RIP (Requested by Dorothy)
19. **St. Joseph, Spouse of the Blessed Virgin Mary:** Sr. Maria Josefa (Nameday)
20. Sr. Mary Joseph – RIP (Requested by Peter)
21. For the Sucher/Leonard Family (Requested by Mike and Jackie)
22. **5th Sunday of Lent:** For the intentions of residents, children, families, and staff of St. Agnes Home and Carmelite Child Development Center
23. Ann Gahn – RIP (Requested by Jan and Don)
24. For an increase in vocations to the priesthood and religious life
25. **The Annunciation of the Lord:** Sr. M. Anunciata Grace (Nameday)
26. Ethel Becker – RIP (Requested by Barry)
27. Fr. Vincent Kim – RIP (Requested by Kim)
28. Sr. M. Angela Therese of the Holy Family – RIP
29. **Palm Sunday of the Passion of the Lord:** For the intentions of Mother Karla Marija and the General Council and Sr. Anna Maria and the Provincial Council
30. Dan and Betty Koenig and Family
31. *For Archbishop Carlson's Intentions*

Mass Intentions for March 2026
Msgr. Jovanovic

3. Fr. Vincent Kim – RIP (Requested by Kim)
5. Dewie and Mavis Gaul – RIP (Requested by Laurie)
10. Dan Croghan – RIP (Requested by Mary Ann)
12. Tom Hillmeyer (Requested by Mary Lou)
17. Guadarrama Serrano Family (Requested by Manuel)
19. For our living and deceased benefactors
20. For the canonization of Bl. Maria Teresa of St. Joseph
24. Mary Cagle (Requested by Mary Lou)
26. Marie Ottenlips – For healing (Requested by Mary Lou)
31. Peter Thomas Lally (Requested by Carol and Tony)

Additional Lenten Liturgy Services During March:

Stations of the Cross: March 6, 13, 20 and 27 at 3:00 PM



Tuesday, March 17 at 6:45 p.m.

Led by the Sisters with Eucharistic Adoration, prayer tips, meditation and Confession available.

St. Agnes Home Liturgical Schedule

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—following Mass

Fatima Devotions

1st Saturday of the Month ~ 4:30 PM

Perpetual Help Devotions

Tuesdays ~ 6:30 PM

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.**



Seminarians of Kenrick-Glennon Seminary make weekly pastoral visits to residents of local senior living homes. The men come to St. Agnes home for several weeks each semester to make individual visits and pray with the Sisters. Pictured here is the freshman class of Cardinal Glennon College after one of their visits in February.



Women's Silent Retreat **Saturday, April 18th** **9:30 am - 4:30 pm**

An opportunity for women 18 years of age and older to immerse themselves in the Carmelite charism of silence and prayer, the retreat is intended to be a time 'in the desert' alone with the Lord where women can encounter more deeply the one who loves them.



Carmelite Day **Saturday, May 9th** **8:30 am - 4:30 pm**

A day of faith and fun for 6th-11th grade girls with the goal of sparking a desire for holiness within their hearts, introducing them to the Sisters, and encouraging them to pray for their vocation. Registration opening mid-March! Keep an eye on our website and mark your calendar!

Upcoming Retreats

To register for upcoming retreats hosted by the Carmelite Sisters, visit: www.carmelitedcj.org/vocation/retreats-events

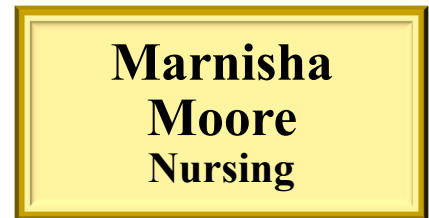
ST. AGNES HOME RECOGNITION PROGRAMS



Employee of the Month 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.”



Marnisha’s name will be added to the Employee of the Month plaque. She will also receive a gift card prize. Congratulations on being selected as Employee of the Month, Marnisha!



TEAMWORK MAKES THE DREAMWORK

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.

Staff, residents and family may utilize Employee of the Month and Teamwork Makes the Dreamwork recognition programs to recognize outstanding efforts by our staff. Ask about submission forms at the front desk.

March winners: *Congratulations to the following employees who won \$25 gift cards for showing that **Teamwork Makes the Dreamwork:***

Valerie Tanner
Naima Lewis
Darnicia Barge

Reception
Nursing
Housekeeping

Covering extra shifts at the front desk
Taking charge and fixing a toilet!
Going above and beyond to clean up a trail of spills so the floors were safe

RESIDENTS:

Barbara N.	11
Jo L.	16

Happy

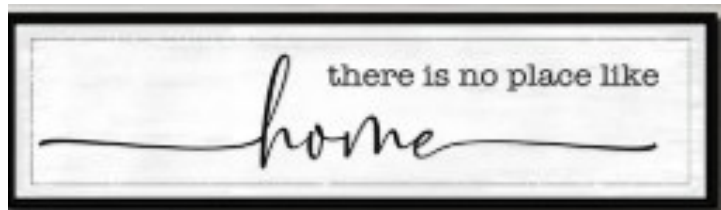
Birthday

STAFF BIRTHDAYS:

Jorge P.	02
Jeff K.	03
Regina M.	04
Mellissa D.	05
Princess E.	05
America D.	10
Aliyah C.	11
John L.	13
Heather W.	14
James C.	18
Jerry S.	26
Jose S.	26
Antoinette H.	27
Cynthia J.	31



To our newest residents:
Barbara N.



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



Marie Fiordelisi

Carol Kondracki

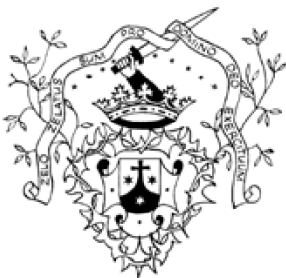
Joseph Leritz

Joe Meek

Marilyn Wandersee

Rosemary Young

May their souls and the souls of all the faithful departed, through the mercy of God, rest in peace.



Carmelite Sisters of the Divine Heart of Jesus

St. Agnes Home

10341 Manchester Rd.

St. Louis, MO 63122

(314) 965 - 7616

www.stagneshome.com