

JULY 2026

ST. AGNES HOME

Carmelite Sisters of the Divine Heart of Jesus

A message from Sr. Mary Michael Provincial Superior

An American can hardly think of July without calling to mind July 4th. This time when red, white, and blue are draped on street corners and houses marks, of course, our Independence Day. However, growing up it made me think more of the summer heat, catching fire flies, and watching my small town firework show from a blanket on the grass in the city park. (That was in Perryville, MO, by the way!)

After entering the convent, holidays like July 4th and Memorial Day took on a new significance for me. After leaving home and leaving behind all of the people I loved and all of the material possessions I once so coveted at the youthful age of 18, the concept of sacrificing one's life for something bigger than oneself became more than a notion; it became a lived experience. I tasted the very real pain of laying down one's life that simultaneously mingles with the joy of living for others.

Now, being a Carmelite of the Divine Heart of Jesus, I cannot think of July without calling to mind July 2nd, our Congregation's Foundation Day and the day on which we profess our vows. This year, **Sr. M. Magdalene Therese, Sr. Mariana Joy, and Sr. M. Anunciata Grace** will be renew their religious vows and bear witness to the freedom that is found in Christ and in doing His will. At the same Mass, our **Sr. Anna Maria** will be celebrating her 25th jubilee. Please pray for each of them that they might continue to respond whole-heartedly to the Lord's grace in their daily life and become the saints He wishes them to be. I also ask your prayers for me as I take up the office of Provincial Superior. In much of my religious life, I have been in roles related more directly to the convent and the Sisters, such as vocation directress and formator for our young Sisters. I am looking forward to the joy of serving the staff and residents of St. Agnes Home more directly. And finally, as we enter into this month of July and remember the tremendous good of our liberty which we enjoy thanks to the self-sacrifice of so many who have died fighting for and protecting the freedom of our country, I ask you to pray for our entire community as we strive to daily lay down our lives in self-sacrificing love for the Church and for the salvation of souls. Likewise, be assured of our prayers for you!

NOTES FROM ADMINISTRATION

Greetings From the Administrator!

July has arrived, bringing long sunny days, cheerful visits, and plenty of reasons to enjoy the season. It's wonderful to see and hear about residents, families, and employees making the most of summer activities here and outside of the Home.

As many of you plan vacations or short getaways, I hope you enjoy your time with family and friends, and stay safe wherever your travels take you. Summer is a beautiful opportunity to explore, relax, and spend time with loved ones.

God Bless!
Angela Ruppel



We are thankful to all the high school students we have already had volunteering at St. Agnes Home over the Summer!
Cor Jesu Academy volunteers are here as part of their LASTING project through the end of July.



SLUH and Priory students have been working outside getting the ground in tip top shape. Additionally, as Archbishop Carlson discusses in his article, St. Joseph in Cottleville sent five different groups to perform outside service, and they knocked it out of the park.

Students from Villa and Nerinx will be here in July working alongside Activities in serving our residents.

We recognize the significance of dedicating summer time to service, and we remain truly grateful for these young volunteers.

Chaplain's Corner

The week of June 22-26, St. Agnes Home had teens from the "Christ Power" Teams from St Joseph's Parish in Cottleville, MO, offering their time and energy for the benefit of the home and day-care. A different group of teens and their chaperone came to St. Agnes home each day prepared to do outside service.



Each group consisted of 8-11 young men and women who spend at least a week each summer in Christian Service. After Thursday's group of 11 high school age men and women spent completed their service, a private mass was celebrated with me in our beautiful Chapel. We then enjoyed a great lunch thanks to our Dining Services.

Teens register at their home parish and then are selected for one of the volunteer teams. The group here at St Agnes on Thursday all came, except one, from one of our great Catholic High Schools. They had great spirit, worked hard, and knew all the parts of the Mass. I know there have been several other groups helping this summer and we are blessed to have them.

Living here at St Agnes Home and serving as your Chaplain is a blessing for me and I am happy to be part of this great community that the Carmelite sisters and staff provide for us. Archbishop Robert J Carlson

25th Jubilee in Carmel D. C. J.

2001 ~ July 2 ~ 2026

Sr. Anna Maria of the Lamb of God





Nursing Notes

By: Sr. Mary Faustina, RN, Director of Nursing

Summer has begun! There is plenty of sunshine and fresh air to enjoy. Of course, the Nursing Department would like to remind everyone to drink plenty of water and other fluids to stay well hydrated. During the summer heat, staying hydrated is especially important because dehydration can develop gradually and may be easy to overlook. Some signs to watch for include a dry mouth, increased thirst (of course!), fatigue, muscle cramps, and headaches.

It is wonderful to spend time outdoors and enjoy the sunshine, which provides us with healthy Vitamin D. At the same time, it is wise to wear a hat and apply sunscreen to help prevent sunburn and reduce the risk of skin cancer later in life. Even older adults remain at risk and should take these simple precautions.

You may be surprised to see some older adults wearing several layers of clothing—even sweaters—during the hottest days of summer. Sometimes this is because they are concerned about spending time in air-conditioned areas. As we age, many people experience unintentional weight loss, including a loss of muscle mass and body fat. They may also eat less and be less physically active. These are all natural parts of the aging process. With less muscle and body fat to provide insulation, they often feel cold much more easily. So, while it may be 99 degrees outside, they may feel perfectly comfortable wearing long sleeves.

However, this can also increase the risk of dehydration without them even realizing it. The sun warms the body gradually, making it easy to underestimate how much fluid has been lost. As you enjoy summer activities and spend time outdoors (and we certainly hope you do!), remember to drink plenty of lemonade, water, or other refreshing beverages—and don't forget to enjoy an ice cream treat now and then! We hope you have a safe, healthy, and joyful summer!

A bishop once said, *"We are doing the work of God. By doing His work, the work we do brings hope to the world."*

Hope is a powerful gift, and it is something our world needs now more than ever. May each of us continue to do God's holy will, bringing His hope and love to those we serve every day.

God bless you all! *Sr. Mary Faustina and all the nursing staff*

You are invited:
Carmel's Heights Holy Hour as usual on the
3rd Tuesday – July 21st at 6:45 pm.

July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
28	29	30	1
PLEASE USE THIS AS A GUIDE. SEE WEEKLY ACTIVITY SHEET FOR CHANGES AND ADDITIONS.			
5	6	7	8
9:00 Mass 10:00 Coffee & Doughnuts	7:00 Mass 9:30 Exercise 10:15 Needlework Club 1:15 Rosary 2:15 Ice Cream Social – SH	7:00 Mass 9:30 Exercise 10:00 Tech Support 1:15 Rosary followed by Perpetual Help 2:15 Cornhole – SH	7:00 Mass 9:30 Exercise 10:00 Talk 'n 1:15 Rosary 2:15 Bingo
12	13	14	15
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 Banana Milk Shakes	7:00 Mass 9:30 Exercise 10:00 Rummikub –SH 1:15 Rosary followed by Perpetual Help 2:15 Movie – The Song of Bernadette	7:00 Mass 9:30 Exercise 10:00 King's Game 1:15 Rosary 2:15 Bingo
19	20	21	22
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 Sainly Trivia – SH	7:00 Mass 9:30 Exercise 10:00 Tech Support 1:15 Rosary followed by Perpetual Help – ML 2:15 Craft – Shell Picture Frames 6:45 Holy Hour w/ the Sisters	7:00 Mass 9:30 Exercise 10:00 Book 10:30 Libran 1:15 Rosary 2:15 Bingo
26	27	28	29
Sts. Joachim and Anne 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 Poker w/ James	7:00 Mass 9:30 Exercise 10:00 Rummikub – SH 1:15 Rosary followed by Perpetual Help 2:15 Food Council 3:00 Resident Council	7:00 Mass 9:30 Exercise 10:00 King's Game 1:15 Rosary 2:15 Bingo

DAY	THURSDAY	FRIDAY	SATURDAY
	2	3	4
se hikub	7:00 NO Mass 11:00 Mass of Profession 1:15 Rosary No Afternoon Activities due to Profession	First Friday 9:00 First Friday Mass, Followed by Adoration 11:00 Rosary 3:00 Patriotic Happy Hour – Tom T 4:45 Benediction	Independence Day 8:30 Chaplet of Divine Mercy 9:00 First Saturday Mass, followed by Confession 1:15 God Bless America Trivia w/Kate
n' with the sic! – ML			
	9	10	11
se n Talk Ball	7:00 Mass 9:30 Exercise 10:00 Kings in the Corner 1:15 Rosary 2:15 Movie –The Bells of Saint Mary's	7:00 Mass 9:30 Exercise 10:00 Rummikub – SH 1:15 Rosary 3:00 Happy Hour – Virtual Concert	8:30 Rosary 9:00 Mass 10:30 Bingo w/ the Order of Malta 2:00 Gateway Harmonica Club
	16	17	18
se s Corner	Our Lady of Mt. Carmel 7:00 Mass 9:30 Exercise 10:00 Watercolors w/ Lara 1:15 Rosary 2:30 Bus Trip – Andy's Frozen Custard	7:00 Mass 9:30 Exercise 10:00 Disco Snails Part 2 – SH 1:15 Rosary 3:00 Happy Hour – Gene T	8:30 Rosary 9:00 Mass, followed by Confession 1:15 Saintly Cinema – St. Rita
	23	24	25
se Club y Visit	7:00 Mass 9:30 No Exercise 10:00 Bus Trip – Shopping at CVS 1:15 Rosary 2:15 Movie – The Greatest Showman	7:00 Mass 9:30 Exercise 10:00 Rummikub – SH 1:15 Rosary 3:00 Happy Hour – Amanda S	8:30 Rosary 9:00 Mass 10:00 Decorating Flower Pots 1:15 Hangman
	30	31	1
se s Corner	7:00 Mass 9:30 No Exercise 10:00 Bus Trip – Shopping at Dollar Tree 1:15 Rosary 2:15 Manicures & Mimosas	7:00 Mass 9:30 Exercise 10:00 Planting Wildflowers 1:15 Rosary 3:00 Happy Hour – Michael S	

Mass Intentions for July 2026
St. Agnes Home Chapel

1. Sr. Mary Joseph – RIP (Requested by Peter)
2. **Foundation Day of Carmel DCJ:** Sr. Anna Maria, Sr. M. Magdalene Therese, Sr. Mariana Joy, and Sr. M. Anunciata Grace
3. **First Friday:** For our living and deceased benefactors, and for our deceased residents
4. **First Saturday:** For an increase in vocations to the priesthood and religious life
5. **14th Sunday in Ordinary Time:** For the intentions of Mother Karla Marija and the General Council and for Sr. Mary Michael and the Provincial Council
6. Paul Ring, Jr. – RIP (Requested by John and Mary Jane)
7. Sr. M. Angela Therese of Jesus (Requested by Jayne)
8. Sr. Mariana Joy (Requested by Jan and Don)
9. Audrey Mehan
10. For the Sucher/Leonard Family (Requested by Mike and Jackie)
11. Sr. M. Benedicta (Nameday)
12. **15th Sunday in Ordinary Time:** For children and residents with birthdays this month: Nolan, Ruby, Dorothy, Roseann, William, Msgr. Jovanovic, Frances, Patricia, Mary Margaret, Barbara, Edward, Robert
13. June Nichols
14. Jo Ann Gabris – RIP (Requested by Mary Lou)
15. *For Archbishop Carlson's Intentions*
16. **Our Lady of Mount Carmel:** Sr. Maria Carmelita (Nameday)
17. Sr. Mary Joseph – RIP (Requested by Jan and Don)
18. For employees with birthdays this month: Lara, Gwen, John, Emma, Robin, Madeline, Nadija, Sherry, Trent, Maya, Douye
19. **16th Sunday in Ordinary Time:** For our living and deceased benefactors
20. Sr. M. Elia de Jesus (Nameday)
21. *For Archbishop Carlson's Intentions*
22. Sr. M. Magdalene Therese (Nameday)
23. Sr. M. Immaculata (Nameday)
24. Francis X. Duda – RIP (Requested by Mary)
25. For an increase in vocations to the priesthood and religious life
26. **17th Sunday in Ordinary Time:** For the intentions of residents, children, families, and staff of St. Agnes Home and Carmelite Child Development Center
27. Carol Angelbeck (Requested by Crista)
28. Sr. Maria Josefa
29. Charles “Jay” Staley – RIP (Requested by Carol and Tony)
30. *For Archbishop Carlson's Intentions*
31. Bob Hartman – RIP (Requested by Betty)

Mass Intentions for July 2026
Msgr. Jovanovic

7. Joe Leritz – RIP (Requested by John and Peg)
9. Fr. Vincent Kim – RIP (Requested by Kim)
11. Sr. M. Anunciata Grace
14. Al Eise – RIP (Requested by Betty)
20. For the canonization of Bl. Maria Teresa of St. Joseph
21. Fr. Vincent Kim – RIP (Requested by Kim)
23. Sherry Henzler – RIP (Requested by Mary Lou)

Suggested Mass stipend is \$10.00.
Inquire at the front desk for mass intentions. 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!

It's a pleasure to see people meeting in the new gathering spaces!



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



God Bless,
James Cashatt MA, BSW | Director of Social Services
 Office Phone: 314.698.5127
 Main Number: 314.965.7616

Saint Louis

COUNTY

ELECTION BOARD

AUGUST 4, 2026 - PRIMARY ELECTION

IMPORTANT DATES & DEADLINES

JUNE / JULY / AUGUST 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
JUNE 21	22	ABSENTEE VOTING OPENS 23	24	25	26	27
28	29	30	JULY 1	2	3	4
5	6	7	LAST DAY TO REGISTER TO VOTE 8	9	10	11
12	13	14	15	16	17	18
19	20	EARLY VOTING BEGINS 21	LAST DAY TO REQUEST ABSENTEE BALLOT (5 P.M.) 22	23	WRITE-IN CANDIDATE FILING DEADLINE 24	WEEKEND VOTING (9 A.M. - 1 P.M.) 25
26	27	28	29	30	MILITARY APPLICATION DEADLINE 31	AUGUST WEEKEND VOTING (9 A.M. - 1 P.M.) 1
2	LAST DAY TO VOTE ABSENTEE (5 P.M.) 3	ELECTION DAY POLLING PLACES OPEN 6 A.M. - 7 P.M. 4	5	6	7	8

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.”



Mario Nikolov
Dining Room Manager

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

Teamwork Makes the Dreamwork!

An on-the-spot recognition program.

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.



If you would like to show your appreciation and nominate an employee who goes above and beyond, ask at the front desk for one of these forms.

RESIDENTS:

Fran S.	01
Bob H.	01
Ed A.	09
Pat F.	12
Roseann N.	16
Msgr. Robert J.	18
Barbara P.	21
Mary Margaret B.	27
Dorothy E.	28
Bill S.	30



EMPLOYEES:

Lara K.	02
Gwen Y.	04
John B.	07
Emma F.	09
Maddie C.	10
Robin K.	10
Nadija W.	11
Sherry D.	16
Trent J.	22
Maya G.	25
Douye U.	30

Welcome home

To our newest residents:

Nick C.
Robert H.
Lawrence R.



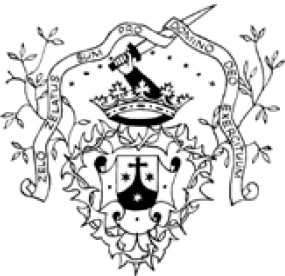
We express our heartfelt sympathy to the family and friends of our residents who have passed away:

Nicholas Chiapelas
Patricia Corkrean
Helen Doyle
Marianne Tyrrell

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

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

Maurice Stevenson	Dietary	Always kind, mindful, compassionate towards residents and staff.
Sienna Barndidge	Nursing	Her cheerful attitude even on busy days, encouraging others to do the same.
Chris VanNorman	Dietary	Chris is a great cook and gives his best!



Carmelite Sisters of the Divine Heart of Jesus
St. Agnes Home
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