

PALM SUNDAY

Hands: Palm Sunday "Palms"



Holy Week begins on Palm Sunday as Jesus enters Jerusalem with His friends to celebrate Passover, a Jewish holiday. As He arrives, palm branches are placed in His path and He is welcomed by many.

Palm branches are sacramentals, a sacred sign that points us toward the death and resurrection of Jesus. Many times palms are displayed in homes tucked behind a crucifix, or woven into crosses themselves. At Palm Sunday liturgies, we begin the Mass processing into the Church with palm branches to commemorate this event.

Ways to celebrate Palm Sunday as a family:

- + Live stream Mass from your local parish. At this Mass we read the story of Jesus' passion during the Gospel. This sets the tone for the rest of Holy Week.
- + Go on a walk to look for palm branches (if they grow in your area).
- + Create your own paper palm branches! Trace the outline of your hand on sheets of green construction paper and cut them out. Glue 5-8 of your green palm leaves (your hand cut-outs) onto a popsicle stick, strip of paper, or stick. If you do not have green construction paper you can also use a green crayon to make your own green paper.