



# 40 Ideas for 40 Days

from Joe Paprocki

## Palm Weaving and Braiding

- Palms are sacramentals – “sacred signs instituted by the Church” (CCC 1667). They represent our homage and loyalty to Christ the King, who was hailed as king as he entered Jerusalem to the waving of palm branches.
- Catholics have long displayed palms in their homes after Palm Sunday as a sign that Christ is the King of our homes. One of the ways that Catholics of many cultures (especially Italian, Polish, and Philippino) have shown reverence for palms is by weaving and braiding them.
- On his Web site – [Italiansrus.com](http://Italiansrus.com) - [Anthony Parente](#) shares his family’s customs of braiding and weaving palms. Not only does he provide [background on the tradition of palm weaving](#), but then he also provides [palm weaving tutorials](#) for creating some wonderful designs such as [braids](#), [cones](#), [crosses](#), [crowns of thorns](#), and [rose buds](#)!
- Depending on the degree of difficulty (which Anthony indicates for each), you may be able to help your students complete some of these creations!



Thanks, Anthony, for sharing this wonderful tradition!