

Palm Sunday

Hosanna!



As we continue to move into the unknown with the COVID-19 pandemic, we encourage parishioners to enter into Holy Week as fully as possible, even though it will be very different than ever before. Even though we cannot gather as a community for prayer and worship, we hope to provide ideas on how to live this holiest of weeks at home. We encourage you to participate in the live streamed liturgies and then choose one of these resources based on the age of the members of your family to engage in this devotion. Start by watching this [3-minute video on Holy Week](#).

Palm Sunday is the final Sunday of Lent, the beginning of Holy Week, and commemorates the triumphal arrival of Christ in Jerusalem, days before he was crucified. Jesus entered Jerusalem riding a donkey, and to the lavish praise of those around him who threw palms, or small branches, in front of him as a sign of homage. This was a custom for people of great respect. Palm branches are a widely recognized symbol of peace. The use of a donkey is highly symbolic, as it represents the humble arrival of someone in peace as opposed to on a steed in war.

Resources for Small Children

- [Sunday School Palm Sunday Video Lesson](#) from *Allelu!* and the [Family Activity Sheet](#)
- [Make Your Own Palmcraft](#).
- Palm Sunday [coloring sheet](#)
- Holy Week [Handprints](#)

Resources for Elementary Kids

- A great resource for [daily prayers with children](#)
- For the crafty at heart: [How to Make Resurrections Eggs](#)
- Do your kids like to act out skits? Here are some [skit resources](#) for all ages.
- Palm Sunday [Word Search](#)
- Make your own [Palm Branch](#)

Resources for Teens

- Fun and Educational: [Skit Guys: Palm Sunday Video](#)
- [Lifeteen Article](#) about Palm Sunday
- [Lectio Prayer](#) with Lifeteen: Preparing for Palm Sunday
- Life Teen Summit Video: [Palm Sunday](#)
- [Sunday Gospel Reflections and Actions](#) for Teens

Resources for Adults

- [Palm Sunday resources from the Diocese of Des Moines](#)
- [Palm Sunday Virtual Retreat](#), Sunday, 5 April 2020, 3-4:30 p.m.
- Links to many [Virtual Conversations & Retreats for Holy Week](#)
- [How to Make the Most of Holy Week](#)

SFA Holy Week Liturgies streamed live on Facebook:

Palm Sunday: April 5, 12:30 pm.
Holy Thursday: April 9, 7p.m.
Good Friday: April 10, 7p.m.
Easter Vigil: April 11, 8p.m.
Easter Sunday: April 12, 10 am.

** *Streamed Liturgies will be recorded and posted on our [website](#) and [Vimeo page](#).*