

How to make Palm Crosses

Palm Sunday is the sixth and final Sunday during Lent and it marks the beginning of Holy Week. For Catholics it is a day to commemorate Jesus as he entered into Jerusalem. His path was decorated with palm branches, which is a symbol of victory. Today, as Catholics attend church they receive palms that have been blessed as a reminder of Jesus' journey. There are many traditions that families partake on this day. Many involve exchanging these palms with family members. Others decorate the graves of loved ones, hang one on the door to protect them from evil spirits or simply place them in their homes for good luck. One tradition that seems to have slowly disappeared is the art of palm weaving, which has been in existence since Ancient times. Palm weaving is an art form that consists of taking palms and manipulating them to create various designs. Some patterns can be very simple while other can be more complex.

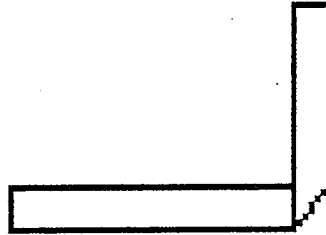
Pattern #1:

A palm frond about 1/4 inch wide and 13 inches long will make an average size cross.

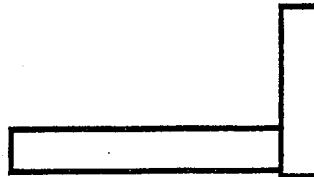
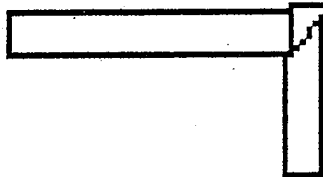
1. Hold the frond horizontally



2. Bend the right end straight up from the centre to form a right angle.



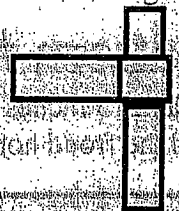
3. Fold this same top strip, from the centre, back and down, up and over again, to form a square at the back. It will still be a right angle at this point.



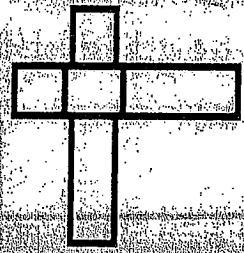
4. a) Bring the left strip forward and fold over the centre towards the right.
b) Fold away from you and pull through the square at back, all the way.

Pattern #2 is the simplest and easiest to make. It is made from a palm frond about 1/2 inch wide and 13 inches long. The top and bottom are folded away from you to form the shaft of a cross of desired length. The end is then turned down and twisted around to the right and across the front of the shaft to make a crossbar in proportion to the length of the shaft. The end is then folded around behind the shaft. The end from the bottom right is folded to the top left and under again from the bottom left to the top right. The end is then fastened through the back loops to lock.

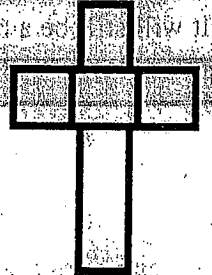
5. Bend the top strip forward and put the end through the centre square to make a shaft of desired length.



6. Fold left hand strip backwards and put through the back square. This makes the left crossbar and should be in proportion to the shaft.



7. Fold the right strip back, put through the back square and fasten.



Pattern #2:

This one is probably much easier, particularly when teaching children

- 1) Take a palm frond about 1/2 inch wide and 13 inches and hold upright
- 2) Fold the top down, away from you, and the bottom up, away from you, to form the shaft of a cross of desired length
- 3) Turn the end down and twist around to the right and across the front of the shaft to make a crossbar in proportion to the length of the shaft
- 4) Fold the end around behind the shaft.
- 5) Bring the end from behind, under the centre. Fold from the bottom right to the top left and under again from the bottom left to the top right.
- 6) Fasten the end through the back loops to lock