

Lent and the Triduum 2021

LIFT UP (PRAYER) | GIVE UP (FASTING) | TAKE UP (ALMSGIVING)

Periodic Observances

WEEK ONE

FEBRUARY 17 - FEBRUARY 23

GIVE UP: *coffee*

LIFT UP: *souls in Purgatory*

WEEK TWO

FEBRUARY 24 - MARCH 2

TAKE UP: *act of charity*

LIFT UP: *fellow Christians*

WEEK THREE

MARCH 3 - MARCH 9

GIVE UP: *condiments*

LIFT UP: *infertile couples*

WEEK FOUR

MARCH 10 - MARCH 16

TAKE UP: *daily rosary*

LIFT UP: *the unborn*

WEEK FIVE

MARCH 17 - MARCH 23

GIVE UP: *chocolate*

LIFT UP: *my family*

WEEK SIX

MARCH 24 - MARCH 31

TAKE UP: *act of charity*

LIFT UP: *the poor*

IDEA BANK: GIVE UP

COFFEE | SWEETS | MEAT
CONDIMENTS | TV | SOCIAL MEDIA
COMPLAINING | SLEEPING LATE
SNACKS | EXTRA HELPINGS | MUSIC
FICTION READING | SODA | MAKE UP

PASCHAL TRIDUUM

APRIL 1 - APRIL 3

GIVE UP: *TV*

LIFT UP: *glory to God*

IDEA BANK: TAKE UP

GIVING GIFTS | SAYING A ROSARY
WRITING LETTERS | EVANGELIZING
BEING LAST IN LINE | DONATING
TAKING PRAYER REQUESTS
RANDOM ACTS OF KINDNESS

Ongoing Observances

LIFT UP: *10 minutes every week to stand outside and thank God for His Creation*

GIVE UP: *Unproductive complaining aloud (and petty internal complaining)*

TAKE UP: *Local needs via weekly, new, material donations to area charities*

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GIVE UP:

LIFT UP:

WEEK TWO

FEBRUARY 24 - MARCH 2

TAKE UP:

LIFT UP:

WEEK THREE

MARCH 3 - MARCH 9

GIVE UP:

LIFT UP:

WEEK FOUR

MARCH 10 - MARCH 16

TAKE UP:

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GIVE UP:

LIFT UP:

WEEK SIX

MARCH 24 - MARCH 31

TAKE UP:

LIFT UP:

IDEA BANK: GIVE UP

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PASCHAL TRIDUUM

APRIL 1 - APRIL 3

GIVE UP:

LIFT UP:

IDEA BANK: TAKE UP

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RANDOM ACTS OF KINDNESS

Ongoing Observances

LIFT UP:

GIVE UP:

TAKE UP: