

**Sunday 30 February 2026**  
**Sunday of the Publican and the Pharisee**  
**Beginning of the Lenten Triodion**  
**Forefeast of the Meeting of our Lord**  
[Fast-free week]  
**Tone 1**

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**At the hours**

**Third hour:**

Troparia: Resurrection; Glory: Forefeast; Both now: Horologion  
Kontakion: Forefeast

**Sixth hour:**

Troparia: Resurrection; Glory: Forefeast; Both now: Horologion  
Kontakion: Triodion

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**The Divine Liturgy**

**TYPICAL ANTIPONS AND BEATITUDES**

**ENTRANCE HYMN:**

O come, let us worship and fall down before Christ. O Son of God, Who art risen from the dead, save us who sing to Thee: Alleluia.

**TROPARIA AND KONTAKIA:**

**Resurrection Troparion Tone 1**

**Green book / Website**

When the stone had been sealed by the Jews,  
while the soldiers were guarding Thy most pure body,  
Thou didst rise on the third day, O Saviour,  
granting life to the world.  
The powers of heaven therefore cried to Thee, O Giver of Life:  
“Glory to Thy Resurrection, O Christ!  
Glory to Thy Kingdom!//  
Glory to Thy dispensation, O Thou who lovest mankind!”

**Troparion the Forefeast Tone 1**

**Sheet / Website**

The celestial choir of the angels of heaven,  
coming to earth, behold the Firstborn of all creation who is come,  
borne into the temple  
as a Babe in the arms of the Mother who kneweth not man.  
Wherefore, with us they chant hymns of the forefeast, rejoicing.

**Resurrection Kontakion Tone 1**

**Green book / Website**

As God, Thou didst rise from the tomb in glory,  
raising the world with Thyself.  
Human nature praises Thee as God, for death has vanished.  
Adam exults, O Master!  
Eve rejoices, for she is freed from bondage and cries to Thee://  
“Thou art the Giver of Resurrection to all, O Christ!”

**Glory be to the Father, and to the Son, and to the Holy Spirit:**

**Kontakion of the Publican and Pharisee (Triodion) Tn 4**

**Sheet / Website**

Let us flee the bragging of the Pharisee,  
and learn the humility of the Publican,  
while crying out unto the Saviour with groanings:  
Be gracious unto us, //  
O Thou Who alone dost readily forgive.

**Both now and ever and unto the ages of ages. Amen**

**Kontakion of the Forefeast**

Sheet / website

The Word Who is invisibly with the Father  
is now seen in the flesh,  
ineffably born of the Virgin;  
and He is given to the high priest  
on the arm of the elder.  
Let us worship Him as our true God!

**Trisagion** as normal

**Prokeimenon** in the First Tone:

Let thy mercy be upon us, O Lord,/ as we have set our hope on thee.

*Verse:* Rejoice in the Lord, ye righteous; praise becometh the upright.

**Apostle:**

**The reading from the Epistle of the Holy Apostle Paul to Timothy.**

<sup>10</sup> My child Timothy: you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, <sup>11</sup> my persecutions, my sufferings, what befell me at Antioch, at Ico'nium, and at Lystra, what persecutions I endured; yet from them all the Lord rescued me. <sup>12</sup> Indeed all who desire to live a godly life in Christ Jesus will be persecuted, <sup>13</sup> while evil men and impostors will go on from bad to worse, deceivers and deceived. <sup>14</sup> But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it <sup>15</sup> and how from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus.

*2 Timothy 3:10-15*

**Alleluia:**

Alleluia, alleluia, alleluia.

**Choir:** Alleluia, alleluia, alleluia.

It is God who giveth me vengeance, and hath subjected peoples under me.

**Choir:** Alleluia, alleluia, alleluia.

Who magnifieth the salvations of his king, and showeth mercy to David his anointed and to his seed for ever.

**Choir:** Alleluia, alleluia, alleluia.

**The Holy Gospel:**

<sup>10</sup> Jesus said: "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. <sup>11</sup> The Pharisee stood and prayed thus with himself, 'God, I thank thee that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. <sup>12</sup> I fast twice a week, I give tithes of all that I get.' <sup>13</sup> But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' <sup>14</sup> I tell you, this man went down to his house justified rather than the other; for every one who exalts himself will be humbled, but he who humbles himself will be exalted."

*Luke 18:10-14*

**The Megalinarion:**

**Folder**

Meet it is in truth...

**Communion Hymn:**

Praise the Lord from the heavens, praise Him in the highest. Alleluia, Alleluia, Alleluia.

**After Communion**

"We have seen the True Light." etc, as usual.