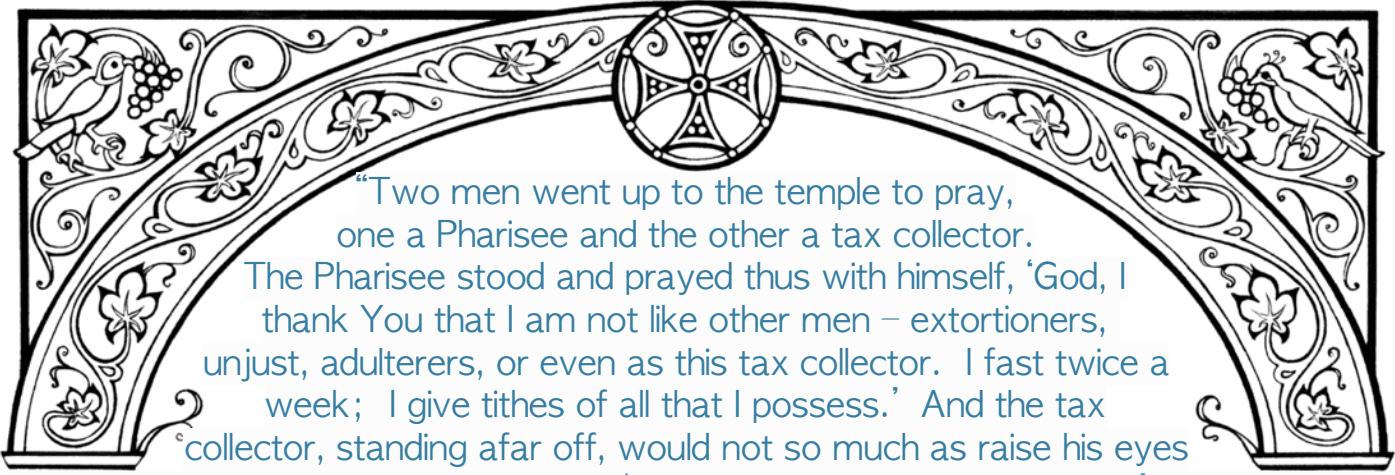


The Lenten Triodion is the period before Lent which is a time of preparation of the heart for the great Fast. Each week teaches us a lesson for the heart.





“Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, ‘God, I thank You that I am not like other men – extortioners, unjust, adulterers, or even as this tax collector. I fast twice a week; I give tithes of all that I possess.’ And the tax collector, standing afar off, would not so much as raise his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me a sinner!’ I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, and he who humbles himself will be exalted.”

(Luke 18:10-14)

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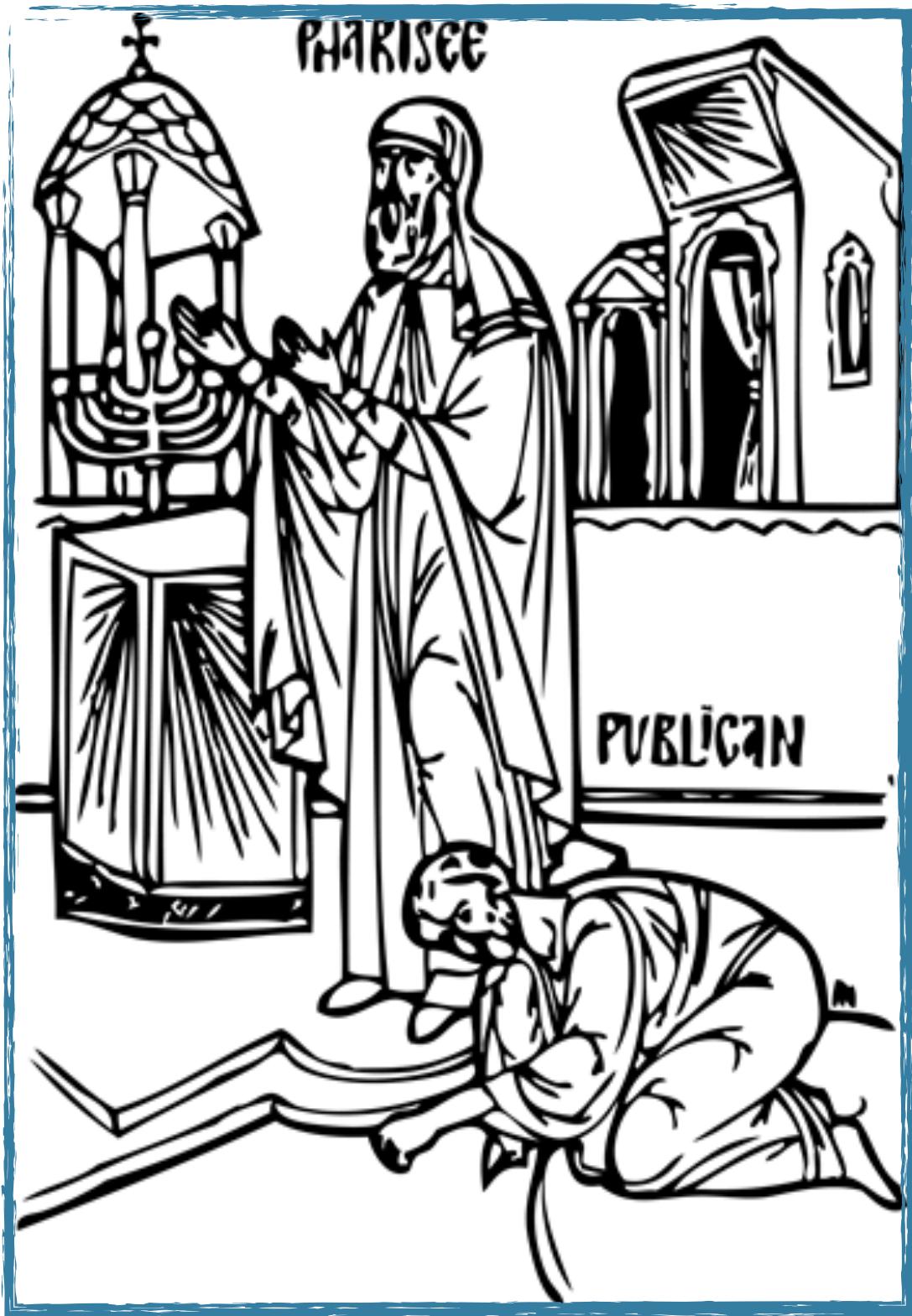
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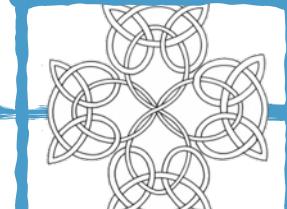
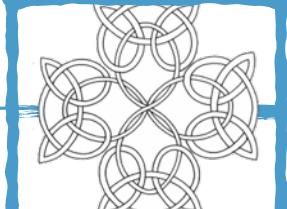
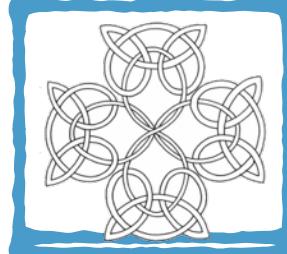
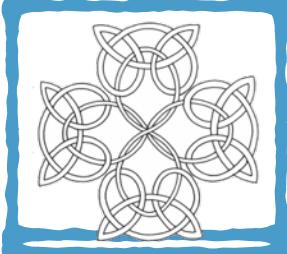
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Let us flee from the pride of the Pharisee!  
And learn humility from the Publican's tears!

Let us cry to our Savior,  
have mercy on us, only merciful One!  
Kontakion - Tone 4 ([oca.org](http://oca.org))

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