



TRIODION

February 25



Did you know today marks the beginning of the Triodion (in Greek, Τριώδιον) and the pre-Lenten preparation period, marking the starting point of our journey to Pascha (Easter)?

During the first three weeks of the Triodion, the Church encourages us to prepare our hearts, minds, bodies — and yes, even our pantries — for the Great Fast, which begins on Clean Monday, the first day of Great Lent.

The Triodion always begins on the Sunday of the Publican & the Pharisee, serving as a reminder to us about the importance of humility and genuine repentance.

A liturgical book called “The Triodion” [see photo] is used by our clergy and chanters in church services throughout the Triodion, Great Lent, Holy Week, and up to Holy Saturday night. “The Triodion” book contains hymns, prayers, and readings specific to the various Church services during this entire period.

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