

**1 February / 14 February: Martyr Tryphon / Forefeast of the Meeting of the Lord  
36th Sunday after Pentecost; Tone 3**

**Great Vespers**

*Blessed is the man*

*At Lord I have Cried: Octoechos 4; Forefeast 3; Glory: Saint; Both now: Sunday Dogmatic  
Theotokion in the tone of the week*

*Aposticha: Octoechos; Glory, Both now: Forefeast*

*Troparia: O Theotokos Virgin..., twice; Forefeast, once*

**Matins**

*Troparia after God is the Lord: Octoechos, twice; Glory: Saint Both now: Forefeast*

*After each Kathisma: Sessional hymns from the Ochoechos*

*Evlogitaria*

*Hypakoï, Hymns of Ascent and Prokimenon in the tone of the week*

*3rd Matins Gospel*

*Having beheld the Resurrection*

*Psalm 50*

*Glory: Through the prayers of the Apostles..., Both now: Through the prayers of the Theotokos...,  
Have mercy on me, O God..., Jesus having risen...*

**Canon**

*Resurrection 2 Glory to Thy Holy Resurrection, O Lord*

*Theotokos 1 O most holy Theotokos, save us*

*Forefeast 1/1 O most holy Theotokos, save us*

*Saint 3 O Holy Martyr Tryphon, pray to God for us*

*Katavasia The Sun once shone with its rays...*

*After Ode 3, Kontakion, Ikos of the Forefeast; Kontakion of the Saint; Sessional  
hymns of the Saint and Forefeast*

*After Ode 6, Kontakion and Ikos from the Octoechos*

*After Ode 8, My soul doth magnify...*

*Holy is the Lord, our God*

*Exapostilaria: 3rd Gospel; Glory: Saint; Both now: Forefeast*

*Praises: Octoechos 5; Forefeast 3; Glory: 3rd Gospel Sticheron; Both now:*

*Most blessed art thou...*

**At the Hours**

*Troparia: Resurrection; Glory: Forefeast / Saint, alternating*

*Kontakion: Resurrection / Forefeast, alternating*