

**Menaion - August 29**

Commemoration of the Beheading of the Holy and Glorious Prophet, Forerunner and Baptist John.

**LITURGY**

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**Antiphon I. Mode 2.**

**Verse 1:** Bless the Lord, O my soul, and everything within me, bless His holy name. [SAAS]

Through the intercessions of the Theotokos, Savior, save us. [GOA]

**Verse 2:** Bless the Lord, O my soul, and forget not all His rewards. [SAAS]

Through the intercessions of the Theotokos, Savior, save us.

**Verse 3:** The Lord prepared His throne in heaven, and His Kingdom rules over all. [SAAS]

Through the intercessions of the Theotokos, Savior, save us.

*Glory to the Father and the Son and the Holy Spirit.*

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

Through the intercessions of the Theotokos, Savior, save us.

**Antiphon II. Mode 2.**

**Verse 1:** Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist. [SAAS]

Save us, O Son of God, Who are wondrous in Your saints. We sing to You, Alleluia. [GOA]

**Verse 2:** Blessed is he whose help is the God of Jacob; his hope is in the Lord his God. [SAAS]

Save us, O Son of God, Who are wondrous in Your saints. We sing to You, Alleluia.

**Verse 3:** The Lord shall reign forever; your God, O Zion, to all generations. [SAAS]

Save us, O Son of God, Who are wondrous in Your saints. We sing to You, Alleluia.

*Glory to the Father and the Son and the Holy Spirit.*

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

Only begotten Son and Logos of God, being immortal, You condescended for our salvation to take flesh from the holy Theotokos and ever-virgin Mary and, without change, became man. Christ, our God, You were crucified and conquered death by death. Being one of the Holy Trinity, glorified with the Father and the Holy Spirit: Save us. [GOA]

**Antiphon III.**

**Apolytikion.**

From Menaion - - -

**Mode 2.**

The memory of the just is observed with hymns of praise; for you suffices the testimony of the Lord, O Forerunner. You have proved to be truly more ven'erable than the Prophets, since you were granted to baptize in the river the One whom they

proclaimed. Therefore, when for the truth you  
had contested, rejoicing, to those in Hades you  
preached the Gospel, that God was manifested  
in the flesh, and takes away the sin of the  
world, and grants to us the great mercy. [SD]

*An optional alternative to the Antiphons are the Typika (Psalms 102 and 145), and the Beatitudes with the appointed troparia, which are provided here.*

**Psalm 102.**

**Psalm 145.**

**The Beatitudes.**

**Mode pl. 4.**

In Your kingdom. Remember us, O Lord, when You come in Your kingdom. Blessed are the poor in spirit, for theirs is the kingdom of heaven [RSV]

Blessed are those who mourn, for they shall be comforted. [RSV]

Blessed are the meek, for they shall inherit the earth. [RSV]

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. [RSV]

**Canon 1 for the Forerunner.**

**Ode iii. Mode pl. 4. N/M**  
*(Lord, You are the firm.)*

From Menaion - - -

*Blessed are the merciful, for they shall obtain mercy.* [RSV]

When Herod was filled with strong drink, the infamous girl said to him: Herod, give me now the head of John on a platter. [OCA]

*Blessed are the pure in heart, for they shall see God.* [RSV]

The girl danced and pleased sinful Herod. She drew him to have the Forerunner and Preacher killed. [OCA]

*Blessed are the peacemakers, for they shall be called sons of God.* [RSV]

Foolish and miserable transgressor Herod, what boldness from a wanton girl made you commit unjust murder? [OCA]

*Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.* [RSV]

**Theotokion.**

Give us help by your prayers, all-pure Virgin, and drive away the assaults of adversity. [OCA]

**Canon 2 for the Forerunner.**

From Menaion - - -

**Ode vi. Mode pl. 4. N/M** *(I pray... grant.)*

*Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely [for my sake].* [RSV]

Gushing forth teachings divine for the fullness of the faithful, O glorious John, you announced to us the Lamb of God. [SD]

*Rejoice and be glad, for your reward is great in heaven.* [RSV]

As you stand near Christ, O Forerunner, do not neglect those who extol you, the true exemplar of dignity and of the strict life. [SD]

Glory.

O Forerunner and Prophet and Baptizer of Christ, grant peace to the world through your prayers, and guard our souls from any danger. [SD]

Both now. **Theotokion.**

We pray you, who by a word alone bore the Word within your womb, to deliver our souls from the entrapments of the foe. [SD]

**Entrance Hymn. Mode 2.**

Come, let us worship and bow down  
before Christ. Save us, O Son of God, Who  
are wondrous in Your saints. We sing to You,  
Alleluia. [GOA]

**Hymns After the Small Entrance.  
Apolytikion.**

From Menaion - - -

**Mode 2.**

The memory of the just is observed  
with hymns of praise; for you suffices the  
testimony of the Lord, O Forerunner. You  
have proved to be truly more ven'erable  
than the Prophets, since you were granted  
to baptize in the river the One whom they  
proclaimed. Therefore, when for the truth you  
had contested, rejoicing, to those in Hades you  
preached the Gospel, that God was manifested  
in the flesh, and takes away the sin of the  
world, and grants to us the great mercy. [SD]

**Apolytikion of the Parish Church**

(The text of the Apolytikion of the local  
church goes here.)

From Menaion - - -

**Kontakion.  
Mode 4.**

Both Joachim and Anna from their  
sterility's stigma, and Adam and Eve from  
their mortality's ruin have been set free, O  
immaculate Maid, by your holy nativity.  
For this do your people hold celebration,  
redeemed from the guilt of transgression as  
they cry to you, "The barren one bears the  
Theotokos, the nourisher of our Life." [GKD]

**THE TRISAGION HYMN**

Holy God, Holy Mighty, Holy Immortal,  
have mercy on us. (3) [GOA]

Glory to the Father and the Son and the  
Holy Spirit. Both now and ever and to the ages  
of ages. Amen.

Holy Immortal, have mercy on us.

**The Epistle**

For the Forerunner.

**Prokeimenon. Grave Mode. Psalm 63.**

The righteous man shall be glad in the  
Lord. [SAAS]

**Verse:** *Hear my voice, O God.* [SAAS]

The reading is from the Acts of the  
Apostles.

Acts 13:25-33

In those days, as John was finishing his  
course, he said, "What do you suppose that  
I am? I am not he. No, but after me one is  
coming, the sandals of whose feet I am not  
worthy to untie." Brethren, sons of the family  
of Abraham, and those among you that fear  
God, to us has been sent the message of this  
salvation. For those who live in Jerusalem and  
their rulers, because they did not recognize  
him nor understand the utterances of the  
prophets which are read every sabbath,  
fulfilled these by condemning him. Though  
they could charge him with nothing deserving  
death, yet they asked Pilate to have him killed.  
And when they had fulfilled all that was  
written of him, they took him down from the  
tree, and laid him in a tomb. But God raised  
him from the dead; and for many days he  
appeared to those who came up with him  
from Galilee to Jerusalem, who are now his

witnesses to the people. And we bring you the good news that what God promised to the fathers, this he has fulfilled to us their children by raising Jesus. [RSV]

**Alleluia. Mode 4. Psalm 91.**

Alleluia. Alleluia. Alleluia.

**Verse 1:** *The righteous shall flourish like a palm tree.* [SAAS]

Alleluia. Alleluia. Alleluia.

**Verse 2:** *Those planted in the house of the Lord.* [SAAS]

Alleluia. Alleluia. Alleluia.

**The Gospel**

For the Forerunner.

The reading is from the Holy Gospel according to Mark.

**Mk. 6:14-30**

At that time, King Herod heard that Jesus' name had become known. Some said, "John the baptizer has been raised from the dead; that is why these powers are at work in him." But others said, "It is Elijah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it he said, "John, whom I beheaded, has been raised." For Herod had sent and seized John, and bound him in prison for the sake of Herodias, his brother Philip's wife; because he had married her. For John said to Herod, "It is not lawful for you to have your brother's wife." And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and kept him safe. When he heard him, he was much perplexed; and yet he heard him gladly. But

an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and the leading men of Galilee. For when Herodias' daughter came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will grant it." And he vowed to her, "Whatever you ask me, I will give you, even half of my kingdom." And she went out, and said to her mother, "What shall I ask?" And she said, "The head of John the baptizer." And she came in immediately with haste to the king, and asked, saying, "I want you to give me at once the head of John the Baptist on a platter." And the king was exceedingly sorry; but because of his oaths and his guests he did not want to break his word to her. And immediately the king sent a soldier of the guard and gave orders to bring his head. He went and beheaded him in the prison, and brought his head on a platter, and gave it to the girl; and the girl gave it to her mother. When his disciples heard of it, they came and took his body, and laid it in a tomb. The apostles returned to Jesus, and told him all that they had done and taught. [RSV]

**Hymn to the Theotokos.**

It is truly right to bless you, Theotokos, ever blessed, most pure, and Mother of our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Logos. We magnify you, the true Theotokos. [GOA]

**Communion Hymn. Psalm 111/112.**

The righteous will be remembered for ever. Alleluia. [RSV]

**Selected Psalm Verses for the Feast of the Holy Forerunner**

1. Blessed is the man who fears the Lord; he will delight exceedingly in His commandments. (111:1) [SAAS]

2. His seed shall be mighty on earth. His righteousness continues unto ages of ages. (111:2) [SAAS]

3. For the upright, light springs up in darkness. (111:4) [SAAS]

4. A righteous man shall be in everlasting remembrance. (111:6) [SAAS]

5. His horn shall be exalted with glory. (111:9) [SAAS]

6. Now the salvation of the righteous is from the Lord. (36:39) [SAAS]

7. Light dawned for the righteous and gladness for the upright in heart. (96:11) [SAAS]

8. The righteous man shall be glad in the Lord, and shall hope in Him. (63:11) [SAAS]

9. The Lord swore to David this truth, and He shall not reject it. (131:11) [SAAS]

10. I shall set upon your throne one from the fruit of your loins. (131:11) [SAAS]

11. There I shall cause to spring up a horn for David; there I prepared a lamp for my anointed. (131:17) [SAAS]

12. Behold, I fled far away, and lodged in the wilderness. (54:8) [SAAS]

13. I have become like a pelican in a desert; I have become like an owl in a ruined house. (101:7) [SAAS]

14. I kept watch, and have become like a sparrow alone on a housetop. (101:8) [SAAS]

15. My knees were weak from fasting, and my flesh was changed because of the oil. (108:24) [SAAS]

16. He who walks blamelessly, and works righteousness. (14:2) [SAAS]

17. And you, child, will be called the prophet of the Most High. (Ode 9b:8) [RSV]

18. For you will go before the Lord to prepare his ways. (Ode 9b:8) [RSV]

19. To give knowledge of salvation to his people. (Ode 9b:9) [RSV]

20. In the forgiveness of their sins, through the tender mercy of our God. (Ode 9b:9) [RSV]

21. I held to hard ways because of the words of Your lips. (16:4) [SAAS]

22. I declared Your truth and Your salvation. (39:11) [SAAS]

23. I did not hide Your mercy and Your truth from the great congregation. (39:11) [SAAS]

24. I said to those who transgress the law, "Do not transgress the law," and to those who sin I said, "Do not exalt yourselves." (74:5) [SAAS]

25. Behold, I shall not restrain my lips, O Lord, You know. (39:10) [SAAS]

26. And my tongue shall meditate on Your righteousness, and on Your praise all the day long. (34:28) [SAAS]

**Hymn after Holy Communion.**

**Mode 2.**

We have seen the true light; we have  
received the heavenly Spirit; we have found  
the true faith, worshiping the undivided  
Trinity, for the Trinity has saved us. [GOA]

**THE DISMISSAL**

May Christ our true God, through  
the intercessions of His all-pure and all-  
immaculate holy Mother, the power of the  
precious and life-giving Cross, the protection  
of the honorable, bodiless powers of heaven,  
the supplications of the honorable, glorious  
prophet and forerunner John the Baptist,  
whose memory we celebrate; of the holy,  
glorious, and praiseworthy apostles, of the  
holy, glorious, and triumphant martyrs,  
of our righteous and God-bearing fathers,  
(local patron saint); of the holy and righteous  
ancestors of God Joachim and Anna, and of all  
the saints, have mercy on us and save us, for  
He is good and loves mankind.

**Fasting Rule**

*Strict: Refrain from meat, fish, oil, dairy, and eggs.*

*It is a major feast.*