

Obednitsa

The Beheading of the Holy Glorious Prophet, Forerunner, & Baptist John

The Typika sung in place of the Divine Liturgy in the absence of a priest.



1st Reader: O Lord Jesus Christ, Son of God, for the sake of the prayers of Thy most pure Mother and of all the saints, have mercy on us.

All: **Amen.**

(if the Hours were read before Obednitsa, we go straight to the First Antiphon, and we do not repeat the Trisagion prayers here.)

Reader: Glory to Thee, our God, glory to Thee!

O Heavenly King,
the Comforter, the Spirit of truth,
who art everywhere present and fillest all things;
Treasury of blessings,
and Giver of life:
Come and abide in us,

and cleanse us from every impurity,
and save our souls, O Good One.

Reader: Holy God, Holy Mighty, Holy Immortal: Have mercy on us.

Holy God, Holy Mighty, Holy Immortal: Have mercy on us.

Holy God, Holy Mighty, Holy Immortal: Have mercy on us.

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

O most Holy Trinity, have mercy on us.

Lord, cleanse us from our sins.

Master, pardon our transgressions.

Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

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

Our Father, who art in Heaven, hallowed be Thy name.

Thy Kingdom come. Thy will be done on earth as it is in Heaven.

Give us this day our daily bread;

and forgive us our trespasses,

as we forgive those who trespass against us;

and lead us not into temptation, but deliver us from evil.

All: **Amen.**

(In the First and Second Antiphons, as well as Psalm 33 on page 9, the verses not in bold type may be omitted if there is great need.)

First Antiphon of the Typika

Psalm 102 [103]

Bless the Lord, O my soul.

Blessed art Thou, Lord.

Bless the Lord, O my soul;

and all that is within bless His holy Name.

Bless the Lord, O my soul;

and forget not all His benefits.

Who forgives all thine iniquities,

who heals all thy diseases.

Who redeems thy life from the pit,

who crowns thee with steadfast love and mercy.

Who satisfies thee with good things,

so that thy youth is renewed like the eagle's.

The Lord works vindication

and justice for the oppressed.

He made known His ways to Moses,
His acts to the children of Israel.
**The Lord is compassionate and merciful,
long-suffering and of great goodness.**
He will not always chide,
nor will He keep His anger for ever.
He does not deal with us according to our sins
nor requite us according to our iniquities.
For as the heaven is high above the earth,
so great is his steadfast love toward those who fear Him.
As far as the east is from the west,
so far has He removed our transgressions from us.
As a father has compassion on his children,
so the Lord has compassion on those who fear Him.
For He well knows our frame;
He remembers that we are dust.
As for man, his days are as grass;
as a flower in the field, so he flourishes;
For the wind passes over it, and it is gone;
and the place thereof shall know it no more.
But the mercy of the Lord is from everlasting to everlasting
upon those who fear Him,
And His righteousness upon children's children;
To such as keep His covenant,
and remember to do His commandments.
The Lord has established His throne in the heavens,
and His kingdom rules over all.
Bless the Lord, all you His angels,
you mighty ones who do his word,
hearkening to the voice of His Word.
Bless the Lord, all His hosts;
His ministers that do His will.
Bless the Lord, all His works,
in all places of His dominion.
Glory to the Father and to the Son and to the Holy Spirit,
now and ever and unto ages of ages. Amen.
**Bless the Lord, O my soul;
and all that is within me,
bless His holy Name.
Blessed art Thou, O Lord.**

**Second Antiphon of the Typika
Psalm 145 [146] & "Only Begotten Son"**

(The verses not in bold are sometimes omitted.)

**Glory to the Father, / and to the Son, / and to the Holy Spirit:
Praise the Lord, O my soul.**

I will praise the Lord as long as I live;

I will sing praises to my God while I have being.

**Put not your trust in princes, in sons of men,
in whom there is no salvation.**

**When his breath departs, he returns to his earth;
on that very day his plans perish.**

Blessed is he whose help is the God of Jacob;
whose hope is in the Lord his God,

Who made heaven and earth,
the sea, and all that is in them;

Who keeps His faith for ever;
who executes justice for the oppressed;
who gives food to the hungry.

The Lord sets the prisoners free;
the Lord opens the eyes of the blind;
The Lord lifts up those who are bowed down;
the Lord loves the righteous;

The Lord watches over the sojourners,
He upholds the widow and the fatherless,
but the way of the wicked he brings to ruin.

**The Lord will reign forever;
thy God, O Zion, to all generations.**

Now and ever and unto ages of ages. Amen.

**Only-begotten Son and Immortal Word of God,
Who for our salvation didst will to be incarnate of the holy Theotokos
and ever-virgin Mary,
and without change didst become man
and wast crucified, O Christ our God,
trampling down death by death,
Who art one of the Holy Trinity,
glorified with the Father and the Holy Spirit:
save us!**

Third Antiphon of the Typika with stikhera for the Feast of the Beheading of the Forerunner*

The Beatitudes, *Matthew 5:3 – 12*

In Thy Kingdom, remember us, O Lord, when Thou comest in Thy kingdom.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

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

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst after righteousness, for they shall be filled.

Blessed are the merciful, for they shall obtain mercy.

The infamous girl, when Herod was filled with strong drink, said: // 'O Herod, give me now the head of John on a platter.'

Blessed are the pure in heart, for they shall see God.

The girl danced and delighted sinful Herod, // and she drew him to have the Forerunner and Preacher killed.

Blessed are the peacemakers, for they shall be called the sons of God.

O most miserable Herod, / thou fool and transgressor, // what boldness of a wanton girl made thee commit an unjust murder?

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

O Forerunner, thou hast been put forward as a mediator between the Old and New by thy preaching of the good tidings, / and thou hast condemned the sinful intercourse of the tyrant // and hast received with joy a glorious death.

Blessed are you when men shall revile you and persecute you,
and shall say all manner of evil against you falsely for my sake.

O glorious John, / thou hast gushed forth the divine teachings to the faithful, // and hast announced to us the Lamb of God.

Rejoice and be exceedingly glad, for great is your reward in heaven.

O Forerunner who standest before Christ, / thou unfeigned example of a straight and honorable life, / make those who sing thy praises stand fast.

Glory to the Father and to the Son and to the Holy Spirit,

By thine intercessions, O Prophet and Forerunner and Baptist of Christ, / give peace to the world // and preserve our souls from every danger.

now and ever and unto ages of ages. Amen.

Theotokion: We entreat Thee, who alone hast conceived the Word in Thy womb,
// deliver our souls from the snare of the enemy.

* The stikhera may be omitted and the Beatitudes simply sung or read through if there is need.

The Entrance Hymn

All (choir): O Come, let us worship and fall down before Christ. *Psalm 94 [95]: 6a*
O Son of God, who art wonderful in thy Saints, save us who sing to thee:

Alleluia. *once*

The Troparia may be sung here, but the Kontakia are not sung until after the Lord's Prayer.

Troparion, Forerunner - Tone 2

The memory of the righteous is celebrated with hymns of praise,
but the Lord's testimony is sufficient for thee, O Forerunner.
Thou wast shown in truth to be the most honorable of the Prophets,
for thou wast deemed worthy to baptize in the steams of the Jordan Him

Whom they foretold.

Therefore, having suffered for the truth with joy,
thou didst proclaim to those in hell God Who appeared in the flesh, //
Who takes away the sin of the world and grants us great mercy.

After the Troparia, the Trisagion may be sung:

The Trisagion

All (choir): Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Glory to the Father and to the Son and to the Holy Spirit,

now and ever and unto ages of ages. Amen.

Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

The Prokeimenon

Reader: The Prokeimenon in the 7th Tone: The righteous shall rejoice in the Lord * and shall hope in Him. *(Forerunner) (Ps 63 [64]: 10)*

All (choir): The righteous shall rejoice in the Lord and shall hope in Him.

Reader, verse: Hear my voice, O God, when I pray to Thee! *(Ps 63 [64]: 1)*

All (choir): The righteous shall rejoice in the Lord and shall hope in Him.

Reader: The righteous shall rejoice in the Lord

All (choir): and shall hope in Him.

The Epistle

§ 33: Acts 13: 25 - 32 *(Forerunner)*

And the reader reads the title of the lesson:

Reader: **The reading from the Acts of the Holy Apostles.**

Reader:

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.

The Alleluia

Reader: Alleluia in the 4th Tone.

All (choir): Alleluia, Alleluia, Alleluia.

Reader, verse: The righteous shall flourish like the palm tree, and grow like a cedar in
 Lebanon. (*Forerunner*) (Ps 91 [92]: 12)

All (choir): Alleluia, Alleluia, Alleluia.

Reader, verse: They that are planted in the house of the Lord shall flourish in the courts
 of our God. (Ps 91 [92]: 13)

All (choir): Alleluia, Alleluia, Alleluia.

The Gospel

If desired, the 1st Reader may read the prayer before the Gospel from the Divine Liturgy:

*Illumine our hearts, O Master who lovest mankind, with the pure light of Thy divine
 knowledge. Open the eyes of our mind to the understanding of Thy Gospel teachings.
 Implant also in us the fear of Thy blessed commandments, that trampling down all carnal
 desires, we may enter upon a spiritual manner of living, both thinking and doing such things
 as are well-pleasing unto Thee. For Thou art the illumination of our souls and bodies, O
 Christ our God, and unto Thee do we send up glory; together with Thy Father, who is from
 everlasting, and Thine all-holy, good, and life-giving Spirit, now and ever and unto ages of
 ages. Amen.*

1st Reader: The reading from the Holy Gospel according to Mark.

All (choir): **Glory to thee, O Lord, glory to thee.**

The 1st Reader reads the appointed Gospel:

§ 24; Mark 6: 14 – 30 (*Forerunner*)

AT THAT TIME, KING HEROD HEARD OF JESUS;

(for his name was spread abroad:) and he said,

That John the Baptist was risen from the dead,

and therefore mighty works do shew forth themselves in him.

Others said, That it is Elias. And others said, That it is a prophet,

or as one of the prophets.

But when Herod heard thereof, he said, It is John, whom I beheaded:

he is risen from the dead.

For Herod himself had sent forth and laid hold upon John, and bound him in prison
for Herodias' sake, his brother Philip's wife: for he had married her.

For John had said unto Herod, It is not lawful for thee to have thy brother's wife.

Therefore Herodias had a quarrel against him, and would have killed him;

but she could not:

For Herod feared John, knowing that he was a just man and an holy,

and observed him;

and when he heard him, he did many things, and heard him gladly.

And when a convenient day was come,

that Herod on his birthday made a supper to his lords, high captains,
and chief estates of Galilee;

And when the daughter of the said Herodias came in, and danced,

and pleased Herod and them that sat with him, the king said unto the damsel,

Ask of me whatsoever thou wilt, and I will give it thee.

And he sware unto her, Whatsoever thou shalt ask of me, I will give it thee,
unto the half of my kingdom.

And she went forth, and said unto her mother, What shall I ask?

And she said, The head of John the Baptist.

And she came in straightway with haste unto the king, and asked, saying,

I will that thou give me by and by in a charger the head of John the Baptist.

And the king was exceeding sorry; yet for his oath's sake,

and for their sakes which sat with him, he would not reject her.

And immediately the king sent an executioner,

and commanded his head to be brought:

and he went and beheaded him in the prison,

And brought his head in a charger, and gave it to the damsel:

and the damsel gave it to her mother.

And when his disciples heard of it, they came and took up his corpse,

and laid it in a tomb.

And the apostles gathered themselves together unto Jesus, and told him all things,

both what they had done, and what they had taught.

When the Gospel reading is concluded,

All (choir): **Glory to thee, O Lord, glory to thee.**

The choir or reader then concludes the Beatitudes:

Remember us, O Lord, when Thou comest in Thy kingdom.

Remember us, O Master, when Thou comest in Thy kingdom.

Remember us, O Holy One, when Thou comest in Thy kingdom.

Troparia

Reader: The heavenly choir sings Thy praises, crying:

Holy, Holy, Holy, Lord of Sabaoth!

Heaven and earth are full of Thy glory!

verse: Look to Him and be radiant, so your faces shall never be ashamed. *Ps. 33 [34]: 5*

The heavenly choir sings Thy praises, crying:

Holy, Holy, Holy, Lord of Sabaoth!

Heaven and earth are full of Thy glory!

verse: Glory to the Father and to the Son and to the Holy Spirit,

The choir of angels and archangels

with all the host of heaven sings Thy praises, crying:

Holy, Holy, Holy, Lord of Sabaoth!

Heaven and earth are full of Thy glory!

verse: now and ever and unto ages of ages. Amen.

The Creed

People: I believe in one God, the Father almighty,

Maker of heaven and earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God,

the only-begotten, begotten of the Father before all ages.

Light of Light; true God of true God;

begotten, not made; of one essence with the Father,

by whom all things were made;

who for us men and for our salvation came down from heaven,

and was incarnate of the Holy Spirit and the Virgin Mary, and became man.

And He was crucified for us under Pontius Pilate,

and suffered, and was buried. And the third day He rose again,

according to the Scriptures,

and ascended into heaven, and sits at the right hand of the Father;

and He shall come again with glory to judge the living and the dead;

whose Kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father;

who with the Father and the Son together is worshipped and glorified;

who spoke by the prophets.
 In one Holy Catholic, and Apostolic Church.
 I acknowledge one baptism for the remission of sins.
 I look for the resurrection of the dead,
 and the life of the world to come. Amen.

Reader: Loose, remit, and pardon, O God, our sins both voluntary and involuntary, in thought, word, or deed, in knowledge or in ignorance, committed by day or by night, of the mind or of the intention: forgive them all, for Thou art good and lovest mankind.

Hymn to the Theotokos - Tone 1

All (choir): It is truly meet to bless thee, O Theotokos,
 ever-blessed and most pure and the Mother of our God.
 More honorable than the Cherubim
 and more glorious beyond compare than the Seraphim,
 Without corruption thou gavest birth to God, the Word.
 True Theotokos, we magnify thee.

The Lord's Prayer *Matthew 6: 7 - 13*

People: **Our Father, who art in heaven,
 hallowed be Thy name. Thy Kingdom come.
 Thy will be done, on earth as it is in heaven.
 Give us this day our daily bread;
 and forgive us our trespasses, as we forgive those who trespass against us;
 and lead us not into temptation, //
 but deliver us from evil.**

1st Reader: Through the prayers of our holy fathers,
 O Lord Jesus Christ our God, have mercy on us.

All: **Amen.**

Kontakion

the Kontakion appointed is now read or sung.

verse: **Glory to the Father and to the Son and to the Holy Spirit;**

Kontakion, Forerunner - Tone 5

The glorious beheading of the Forerunner
 became an act of divine dispensation,
 for he preached to those in hell the coming of the Savior.
 Let Herodias lament, for she entreated lawless murder,
 loving not the Law of God, nor eternal life, //
 but that which is false and temporal.

verse: **now and ever and unto ages of ages. Amen.**

Theotokion - Tone 6

Steadfast Protectress of Christians,
 Constant Advocate before the Creator,
 despise not the cry of us sinners,
 but in thy goodness come speedily to help us who call on thee in faith.
 Hasten to hear our petition and to intercede for us, / O Theotokos, //
 For Thou dost always protect those who honor thee!

Reader: Lord, have mercy. (12 times)

Reader: O most Holy Trinity,
 Might one in essence, Kingdom undivided, the Cause of all good,
 have mercy even on me, a sinner.
 Confirm and instruct my heart and take away from me every defilement.
 Enlighten my mind that I may ever glorify, praise, and adore Thee, saying:
 One is holy, one is Lord, Jesus Christ, to the glory of God the Father. Amen.

All (choir): **Blessed be the name of the Lord, henceforth and forevermore.** (3 times)
Ps 112 [113]: 2

All (choir): Glory to the Father and to the Son and to the Holy Spirit,
 now and ever and unto ages of ages. Amen.

Psalm 33 [34]

All (choir): I will bless the Lord at all times,
 His praise shall continually be in my mouth.
 My soul makes its boast in the Lord,
 Let the afflicted hear and be glad.

O magnify the Lord with me
 And let us exalt His Name together.
 I sought the Lord and He answered me,
 And delivered me from all my fears.

Look to Him and be radiant,
 So your faces shall never be ashamed.
 This poor man cried, and the Lord heard him,
 And saved him out of all of his troubles.

The angel of the Lord encamps around those who fear Him,
 And delivers them.

O taste and see that the Lord is good:
 Blessed is the man who takes refuge in Him.

O fear the Lord, you His saints:
 For those who fear Him have no want.
 The rich suffer want and hunger:
 But those who seek the Lord lack no good thing.

Come, O sons, listen to me,
I will teach you the fear of the Lord.
What man is there who desires life,
and covets many days, that he may enjoy good?
Keep thy tongue from evil,
and thy lips from speaking deceit.
Depart from evil, and do good;
seek peace, and pursue it.
The eyes of the Lord are toward the righteous,
and his ears toward their cry.
The face of the Lord is against evildoers,
to cut off the remembrance of them from the earth.
When the righteous cry for help, the Lord hears,
and delivers them out of all their troubles.
The Lord is near to the brokenhearted,
and saves the crushed in spirit.
Many are the afflictions of the righteous;
but the Lord delivers them out of them all.
He keeps all his bones;
not one of them is broken.
Evil shall slay the wicked;
and those who hate the righteous shall do wrong.
The Lord redeems the life of his servants;
none of those who hope in him shall do wrong.

Dismissal

All (choir): **Glory to the Father and to the Son and to the Holy Spirit,
now and ever and unto ages of ages. Amen.
Lord, have mercy. Lord, have mercy. Lord, have mercy. Lord, Bless.**

1st Reader: O Lord Jesus Christ, Son of God, who art risen from the dead,
for the sake of the prayers of Thy most pure Mother and of all the saints,
have mercy on us. Amen.

Troparia and Kontakia, and the Prokiemena and Alleluia verses, Communion verses, from the OCA book "The Divine Liturgy", 1967, and other OCA sources.

Epistle text from "The Apostol" St. Tikhon's Seminary Press, 2012. 2nd Edition.

About Obednitsa

To the service of Typika is in the Horologion after the Hours. It is used after the Sixth Hour on most days, but during Great Lent and when the Royal Hours are done, it is placed after the Ninth Hour. If the Divine Liturgy is celebrated, it is usually not read, but it is read before Vespers and Presanctified Liturgies.

Outside Great Lent, the Horologion allows for the addition of the Epistle and Gospel with the Prokeimena and Alleluia at the end of the Beatitudes.

It is from Typika that Psalms 102, 145, the Beatitudes, and Psalm 33 came into the Divine Liturgy, hence the name "Typical Antiphons".

Obednitsa differs from Typika in that in addition to the Epistle and Gospel, it adds: The Great Litany, "Come, let us worship ...", the Troparion or Troparia, the singing of the Trisagion Hymn, The Augmented (Triple) Litany, and the Litany of Supplication. Not every Order for Obednitsa includes "Come, let us worship ...", the Troparion or Troparia, and the singing of the Trisagion Hymn. Also, usually Obednitsa Orders have the singing of "It is truly meet ..." or the Zadosoinik, sung in the manner of the singing of these hymns at Liturgy, right before the Dismissal, using the placement of in the Lenten form of Typika as a sort of precedent. However, of the forms of Typika, only the Lenten one has the singing of as part of the Dismissal in a plain dismissal tone. Since at Obednitsa we sing it in the manner of the Divine Liturgy, in the Eight Tones or with special melodies, this order has also placed it more analogous to the Divine Liturgy.

In the First and Second Antiphons, the verses in bold are the ones commonly sung in modern practice during the Divine Liturgy, and if there is a need, one may sing only these verses and omit the rest, but usually since Obednitsa is already a short service, we sing the Psalms in full. The same applies to Psalm 33, though as is well known it is quite common for the Psalm to be omitted entirely. In Psalm 33, the bold verses are the ones called for when Psalm 33 is sung at Vigil with the blessing of loaves. In contemporary practice, when Psalm 33 is sung at Liturgy, it is usually only these first ten verses.)

Proprs needed:

-Troparia on the Beatitudes (if they are to be sung from the 3rd and 6th Odes of the Canon)

-Troparion or Troparia

-Prokeimenon

-Epistle

-Alleluia

-Gospel

before Our Father, -Hymn to the Theotokos in place of "It is truly Meet ..." if appointed.

after Our Father, -Kontakion or Kontakia