Verse 1 - Fast

If thou, O Lord, should'st mark iniquities, O Lord, who shall stand, for with thee there is forgiveness.

Idiomelon 1

As the birthday of the impudent Herod was being kept, the object of the termagant dancer's oath was achieved; for the head of the Forerunner was cut off and offered on a charger, as food for those reclining. What a loathsome banquet, replete with wickedness and horrible murder.

As for us, we bless the Baptizer,
Verse 2 - Fast

Because of thy name have I waited for thee O Lord, my soul hath waited upon thy word, my soul hath hoped in the Lord.

After completing Verse 2, repeat Idiomelon 1, "As the birthday . . . ," then sing Verse 3 and continue.

Verse 3 - Fast

From the morning watch until night, from the morning watch, let Israel trust in the Lord.

Idiomelon 2

Verily, the disciple of the all evil Satan did dance and remove thy head, O Forerunner, as a hire.

Antiochian Orthodox Christian Archdiocese, 8/1/16, Rev 2, DA, CAH
What a bloody banquet; and would that thou hadst not made that vow, O iniquitous Herod, offspring of a lie. And since thou didst make the vow, would that thou hadst not carried it out; for it were better to have sworn thyself and receive life, than remaining true to thine oath to have cut off the head of the Forunner. As for us, let us bless the Baptist, honoring him as is meet; for he is the greatest born of woman.

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Verse 4 - Fast

For with the Lord there is mercy, and with him is abundant redemption, and he will deliver Israel from all his iniquities.

After completing Verse 4, sing Idiomelon 2, "Verily, the disciples . . .," then sing Verse 5 and continue.

Verse 5 - Fast

Praise the Lord, all ye nations; praise him all ye people.

Idiomelon 3

It was not worthy of thee, O Herod, to condemn to death, because of a satanic passion,

him who reproached thee for thine adultery, and the folly of thy feminine propensity.

Nay, it was not worthy of thee to
err and deliver his all honoured

head to a transgressing woman for the sake of a vow

made to a dancer. Woe to thee, how didst thou dare accomplish such murder!

And how was it that this adulterous dancer was not consumed by fire in the midst of the banquet as she carried the head on a charger?

As for us, let us bless the Baptist, honoring him as is meet; for he is the greatest born of women.
Verse 6 - Fast Slow

For his mercy is great t'ward us and the

truth of the Lord endur eth for ev er.

Idiomelon 4

Yea, again Herodi as hath lost her self-control;

again___ she is perturbed! What deceiving dance, and

what intoxication with cunning!

For the Fore runner's head was cut off, and

Herod is troubled. Wherefore, O Lord,

by the intercessions of thy Fore runner, grant

peace to our souls.