The first and second findings of the head of the Prophet, Forerunner, and Baptist John. Tradition tells us that the first finding was by two monks, in the palace of Herod the King. They brought the relic to the city of Emmesia. The second finding was much later, during the reign of the emperor Marcianus (450-457). *Transferred from Monday because of the Fast.*

**Troparion of the Resurrection - Tone 4**

The joy-ful mes-sage of the res-ur-rec - tion was heard by the women disci-ples from the an - gel, and be-ing freed from the an-ces-tral curse, they boast-ed to the a-pos - tles: Death is de-spoiled; Christ our God is ris - en, giv - ing great mer - cy to the world.

**Troparion of the Forerunner - Tone 4**

The head of the Fore-runner arose from the earth like a star, send-ing out rays of heal-ing and im-mor-tal - i - ty. In heav-en, it gathers together the
choirs of angels, while on earth, it assembles the human race in a single voice to sing the glory of Christ our God.

Cantor

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

Kontakion of Cheesefare Sunday - Tone 6

O guide to wisdom and giver of insight, teacher of the ignorant and protector of the poor, strengthen and enlighten my heart, O Master.

Word of the Father, give me words for, behold, I do not restrain my lips from crying out to you: O merciful Lord, have mercy on me, for I have fallen.
Prokeimenon of Cheesefare Sunday - Tone 8 (Psalm 75:12,2):

Make vows to the Lord your God, to the Lord your God
and fulfill them, and fulfill them.

Verse: God is known in Judah; in Israel his name is great.

Alleluia of Cheesefare Sunday - Tone 6 (Psalm 91:2,3):

Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!

Verse: It is good to give thanks to the Lord and to sing praise to your name, O Most High.
Verse: To proclaim your mercy in the morning, and your faithfulness throughout the night.

Communion Hymn:

For Sunday, the usual Communion Hymn is (Psalm 148:1): (music on pages 78-81)
Praise the Lord from the heavens, praise him in the highest. Alleluia! Alleluia! Alleluia!

And for for the Forerunner (Psalm 111:6,7):

The just man will be re- membered for - ev - er; e - vil news he
will not fear, e - vil news he will not fear. Al - le - lu - ia! Al - le - lu - ia!
Al-le-lu-ia!