



JOY
grades 3-6

Y²AAM

Ministry Plan

2018-19

A Life of Offering:
Offering our Story
January 2019





EFFECTIVE CHRISTIAN MINISTRY

BUILDING FAITH TO MOVE **MOUNTAINS**

A new ministry course designed to help you:

1. **develop** a **vision** for ministry
2. **understand** the **challenges** to ministry
3. **implement** the **practices** of effective Christian ministry

EFFECTIVECHRISTIANMINISTRY.ORG

The Y²AM Ministry Plan 2018-19

A Life of Offering

Module 1: Preparing to Connect

September 2018: Offering our Talents
October 2018: Offering our Struggles
November 2018: Offering our Conflicts

Module 2: Connecting with God

December 2018: Offering our Prayer
January 2019: Offering our Story
February 2019: Offering our Sacrifice

Module 3: Living with Connection

March 2019: Offering our Gifts
April 2019: Offering the Gospel
May 2019: Offering our Lives

Welcome to the Y²AM Ministry Plan!

July 5, 2018

Dear JOY Leader,

Last summer, we launched the **Y²AM Ministry Plan** to help Church workers lead Christ-centered and Kingdom-oriented ministry.

And, glory to God, the feedback was incredible.

This year, we're proud to unveil a new and improved version of the **Y²AM Ministry Plan**, a tool to help communities and homes lead transformational ministry for the youth and young adults in their care.

We've created nine months of materials carefully designed for well-rounded, effective, and Kingdom-oriented ministry. Organized week-by-week and month-by-month, the **Y²AM Ministry Plan** gives you a comprehensive set of tools that will help you lead ministry designed, not simply for the head, but for the heart.

After all, Christians aren't simply informed: they are formed. They are transformed into people who live lives of constant offering to God.

And it's all laid out for you, from the first week of September 2018 through the last week of May 2019.

If you ever have any questions, please feel free to reach out to us at y2am@goarch.org. Please, let us know what you think: we're committed to creating a new **Y²AM Ministry Plan** every year and constantly refining and improving the materials we offer you.

In Christ,

Steven Christoforou
Director, Y²AM

Special Acknowledgment

The **Y²AM Ministry Plan** takes the very best ministry insights and sets them forth in a simple, concrete, easy-to-use resource that can offer ministry workers help today. It reflects the great work of our Team, a fantastic group of people who have done (and continue to do) amazing things for the Church.

I'm blessed to work with them; their fierce dedication and humble love of the Lord encourage me daily.

We couldn't have produced the **Y²AM Ministry Plan** without the hard work of Christian Gonzalez, Maria Pappas, and Christina Andresen who helped edit and review the sessions and offered invaluable feedback and suggestions. I'm also grateful to Kristina Wenger who generously took the lead in developing the Family Supplement and did outstanding work.

Yet I'd be remiss if I don't offer special thanks to Cassandra Garibaldi, Y²AM's Resources & Training Coordinator, for her unique contribution.

Cassandra continues to elevate this project. Not only has she been crafting the **Y²AM Ministry Plan** for almost a year, she faithfully collected and reviewed all the feedback we received from people across the Church. As a result, I think this year's version of the **Y²AM Ministry Plan** will be even better than last year's.

Her leadership and effort (not to mention the amazing final product) are an incredible testament to Y²AM's ministry vision and the incredible impact that committed, Christ-centered young adults can have on the Church.

How to Use the Y²AM Ministry Plan

The **Y²AM Ministry Plan** is a tool designed to help you lead great ministry. It's designed to eliminate the stress of finding or creating ministry resources, so you can be free to spend time with the young people in your care. So, as you flip through the **Y²AM Ministry Plan**:

Remember:

1. The **Y²AM Ministry Plan** may be more than you need. We offer week-by-week ministry guidance, but your group may not meet every week. In practice, you may need to skip some of the lesson plans we offer. That's ok: feel free to use the **Y²AM Ministry Plan** in the way that's best for you.
2. Calendar notes are suggestions, not requirements. While the **Y²AM Ministry Plan** is designed intentionally week-by-week and month-by-month, this may not fit your schedule perfectly. That's ok.
3. Anytime you have questions about how to use the **Y²AM Ministry Plan** you can always reach out to us. We're here to help.

Here's a bit more practical advice:

When working with small groups, it can be easy to let talkative people (leaders and students included) take over conversation. Small groups are also filled with people who process things in different ways: some may need more time and silence, some may need physical manipulation (writing, getting up, etc.).

Here are some tips that you can use to help your groups thrive in discussion:

Before each session:

1. It is important to read through each session before presenting the session to participants. Be confident in what you are presenting.
 2. Note time allotments and have in mind what you would like to accomplish with your group during the session.
-

3. Before each session begins, *pass out paper and pens* to each participant. This can help participants process their thoughts and reactions.

During each session:

1. When asking questions, allow time for participants to reflect and write their answers down on the paper.
2. Read one of the main questions or Bible verses from the lesson and write it on a board. Give a few minutes to respond and then allow time for each participant to respond.
3. Try many different ways to engage conversation, and don't be afraid of silence; just because people aren't saying anything doesn't mean that they aren't thinking or responding.
4. Remember to listen before reacting.
5. If a question comes up and you are not sure of the answer, be honest and let participants know. Ask a priest and follow up with the participants. Be honest and true to yourself.
6. If you have a good discussion going on a topic, allow the conversation to flow. Don't feel like you have to ask every question or go through every activity in its entirety.

Remember:

1. These sessions are a time for participants to share their own hearts, thoughts and feelings. They have much to say and offer, so try your best to be an active listener.
2. The goal is for participants to speak and learn, not to force a lesson on them for the sake of getting through the paper outline.
3. You are on a journey with your participants, and everyone is on a journey of learning together.

Thanks for letting the **Y²AM Ministry Plan** help you lead incredible, Christ-centered ministry.



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TABLE OF CONTENTS

Learning Session January 2019	2
Fellowship Night January 2019	13
Worship Session January 2019	18
Service Project January 2019	25

LEARNING SESSION

JANUARY 2019

Offering our Stories

DATE:

Week of Monday, January 7, 2019

GOAL:

To learn that we each have a unique story to share

OBJECTIVE:

To identify one way you can offer your story to God

ESTIMATED DURATION:

50 minutes

LEARNING SESSION: OFFERING OUR STORIES

SUPPLIES NEEDED:

1. blank paper for each participant
2. pen for each participant

OPENING PRAYER

In the name of the Father, and the Son, and the Holy Spirit.

“Let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge His name.” And help us to, “not neglect to do good and to share what we have, for such sacrifices are pleasing to God.”

Amen.

(a passage from Hebrews 13:15-16)

LEARNING SESSION: OFFERING OUR STORIES

ICEBREAKER

5 minutes

Tell us your name and share your favorite memory from last year.

Remember:

It's always helpful to start with an activity to help participants relax and allow community to build. Early in the session, focus primarily on getting participants to open their hearts and connect with what's happening in the group. This is an opportunity to encourage participants to share their honest opinions and thoughts, as well as listen to those of others. Take this time to connect with what's important to them, and to understand what they've connected with.

LEARNING SESSION: OFFERING OUR STORIES

ACTIVITY 1: TIMELINES

15 minutes

Pass out paper and pens to each participant. Holding the paper landscape, instruct each participant to draw a line across the center of the paper to create a timeline. Have participants label the timeline starting with the year of their birth (on the left end of the paper) and ending (on the right) with the current year, 2019.

Ask participants to think back on their lives. Ask them to write down major events on the timeline next to the year. Be sure to note that they should have at least 5 major events written on their timeline. A major event can be anything that was significant to the participants. Try not to downplay any events shared, but also remind participants to dig deep and take the activity seriously.

LEARNING SESSION: OFFERING OUR STORIES

ACTIVITY 2: DEBRIEF

10 minutes

Ask participants the following questions and help facilitate a discussion:

- What did you write on your timeline? (ask them to share at least one event)
- How did you choose what important event to put on the timeline?
- Did you learn anything about yourself or your life from this activity?
- How do life events shape our lives and create our personal story?

Teaching: *(reflect on this rather than read it directly to participants)*

Each of us has a story. A place where we begin. We may not know exactly where that story is going to bring us, but we each are writing the pages of that story. What do we want our story to look like when it is complete? What do we want people to know when they read our story? We create the story, we decide which characters come into our stories, we decide where we want the story to take place. We are author and editor.

LEARNING SESSION: OFFERING OUR STORIES

Not everything part of our story is under our control. Sometimes there will be plot twist. Sometimes there will be unexpected events that occur. Sometimes there is literally nothing we can do in the moment, or we just think that in the moment. We are in the process of writing our stories, but we need to remember to add someone else to that story; God. If we write God into our stories, He can be one of the best characters to have. We can choose to have God in our story or we can choose to keep Him out of our story, the choice is ours because God has given us that choice.

LEARNING SESSION:
OFFERING OUR STORIES

ACTIVITY 3: SCRIPTURE

READING & APPLICATION

5 minutes

Read the following verse aloud to students, twice:

“At that time, Jesus came from Galilee to the Jordan to John, to be baptized by him. John would have prevented him, saying, ‘I need to be baptized by you, and do you come to me?’ But Jesus answered him, ‘Let it be so now; for thus it is fitting for us to fulfill all righteousness.’ Then he consented. And when Jesus was baptized, he went up immediately from the water, and behold, the heavens were opened and he saw the Spirit of God descending like a dove, and alighting on him; and lo, a voice from heaven, saying, ‘This is my beloved Son, with whom I am well pleased.’”

(Matthew 3:13-17)

LEARNING SESSION: OFFERING OUR STORIES

Teaching: *(reflect on this rather than read it directly to participants)*

The Gospel and Epistle offer us stories. Through these books, we are able to look into the life of Jesus and His disciples and we get an opportunity to see their stories. Throughout history, we may notice that stories repeat. We may see through the generations of our families, or even in our history classes. We are each human beings, and God created only so many molds. We can even see this closely in our own lives. We seem to seek out friends with similar backgrounds or interests. Sometime we can read through the Bible and find similarities with that character. They too are real people with their own stories. We come to understand, through reading Scripture, that the characters in those pages may have similar stories to ours. We may be able to read about their struggle or successes and relate to them. There are many different stories in the Bible and at different points in our lives we may live in a similar manner to those characters. Have we been like the Virgin Mary faced with a tough decision, or been by someone's side as they died? Have we been like Martha or Mary? Have we been like Peter and denied Christ? Have we been like the paralytic and need our friend for help? Have we been like Thomas and doubted? Have we been like the woman with the issue of blood and been healed by our faith? There are many roles we could have gone into. We can also learn from these stories to help us write our own stories. God is merciful and loving to each of His children. The people who encountered Jesus at that time are just like you or me. They are humans writing their own stories. There can be much to be learned from them. Through reading Scripture we can add God into our stories and help to write a better ending each day.

LEARNING SESSION: OFFERING OUR STORIES

ACTIVITY 4: WRITING

10 minutes

Pass out pens and paper to each participant. Ask participants the following questions and ask them to write down their responses.

- Is there a time that you felt like Jesus; humbling Himself to allow someone else to do something for Himself that He knew He would be better at?
- Is there a time you felt unworthy to do something like John?
- Is there a time when you have been called to do something you thought was impossible like John?
- Is there a time you were asked to do something even though it felt out of place or wrong?
- What was your reaction?
- Was there a time when you had a plan for yourself, and that plan didn't work out as you expected?
- How did you respond in this experience?
- How can we be open to God's will?

LEARNING SESSION: OFFERING OUR STORIES

Teaching: *(reflect on this rather than read it directly to participants)*

Most of us have encountered a time in our lives when we needed to put our egos aside and let someone do something for us. Maybe we are really good at that thing, maybe we think we know best, and maybe we do. God gives us opportunities to connect with others and sometimes this is in unexpected ways. It takes a lot to ask for help and it takes a lot to humble yourself to allow someone else in. On the other hand it can be daunting and scary to be asked to do something new. We all encounter new people, places, and challenges every day. We will for the rest of our lives. The new experiences can make us feel unworthy or less than. They may even make us feel like children or that we are not good enough. John could have felt this way what His God asked him to baptize. John knew He was totally unworthy but also knew that with God all things are possible. If he kept saying no, it would have been pride or false humility. He was called and responded by following God's will, even though he thought it was wrong.

What do we want our story to look like? Do we want a story of love? Do we want a story of sainthood? Do we want a story of life for ourselves? We must begin to ask ourselves these question so that we can write the best stories possible. When we look back at our stories we can feel proud and grateful for what we have and where we came from.

Looking at the stories of others can help us examine our own personal stories. It can help us write our stories when we are struggling to find the right words or which path to take. We can look to the saints and their stories to help us when we are struggling in our lives.

LEARNING SESSION: OFFERING OUR STORIES

CONCLUSION: WRAP-UP & COMMITMENT

5 minutes

Go around the room and (starting with the session leader) ask each participant to answer the following question:

- What is one way to offer your personal story to God through what you learned in the session?

CLOSING PRAYER

In the name of the Father, and the Son, and the Holy Spirit.

Lord, You have granted us to offer these common prayers in unison and have promised that when two or three agree in Your name, You will grant their requests. Fulfill now, O Lord, the petitions of Your servants as may be of benefit to them, granting us in the present age the knowledge of Your truth, and in the age to come eternal life.

Amen.

FELLOWSHIP NIGHT

JANUARY 2019

Offering our Stories Through Relationships

DATE:

Week of Monday, January 14, 2019

GOAL:

To learn that movies can help us identify our stories

OBJECTIVE:

To identify one way you can offer your story to God

ESTIMATED DURATION:

3 hours

FELLOWSHIP NIGHT: OFFERING OUR STORIES

SUPPLIES NEEDED:

1. copy of *Ferdinand*, or another appropriate movie on stories
2. projector/television and speaker
3. meal ingredients

OPENING PRAYER

In the name of the Father, and the Son, and the Holy Spirit.

“Let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge His name.” And help us to, “not neglect to do good and to share what we have, for such sacrifices are pleasing to God.”

Amen.

(a passage from Hebrews 13:15-16)

FELLOWSHIP NIGHT: OFFERING OUR STORIES

ACTIVITY 1: PREPARE THE MEAL

45 minutes

Organize participants to clean up and prepare the meal for the movie night. Make sure everyone has a job, even if it's a small one. Remember to pray before everyone starts eating.

Remember:

You can order pre-made food, but preparing a meal is a great way for people to connect and share a special bond. It's no accident that the focus of every Liturgy is a meal, and that early Christians shared meals together as a sign of their love and community.

ACTIVITY 2: WATCH MOVIE

1 hour 48 minutes

Make sure everyone has access to food, a comfortable place to sit, and a good view of the movie. We have suggested *Ferdinand*, but you could choose any movie that is age-appropriate and will inspire thought and conversation about their personal stories.

FELLOWSHIP NIGHT: OFFERING OUR STORIES

ACTIVITY 3: CLEAN UP

10 minutes

Make sure the space is completely clean after everyone has eaten.

ACTIVITY 4: MOVIE DEBRIEF

10 minutes

Ask participants a few of the following questions and facilitate a discussion:

- What did you see/hear in the movie?
- Did you learn anything from the movie?
- What is the message of this movie? Do you agree or disagree with it?
- In what ways are the characteristics of the main character(s) like your own or those of someone you know?
- Which character did you (admire, hate, love, pity) the most? What was it about that character that caused you to have that reaction?
- The resolution of the film teaches a lesson. How can you apply the lesson in the film to your own life?

FELLOWSHIP NIGHT: OFFERING OUR STORIES

CONCLUSION: WRAP-UP & COMMITMENT

5 minutes

Go around the room and ask each participant to tell the group something new they learned about personal stories during the session.

CLOSING PRAYER

In the name of the Father, and the Son, and the Holy Spirit.

Lord, You have granted us to offer these common prayers in unison and have promised that when two or three agree in Your name, You will grant their requests. Fulfill now, O Lord, the petitions of Your servants as may be of benefit to them, granting us in the present age the knowledge of Your truth, and in the age to come eternal life.

Amen.

WORSHIP SESSION

JANUARY 2019

Experiencing Offering Through Worship

DATE:

Week of Monday, January 21, 2019

GOAL:

To learn that we can each offer our story to God

OBJECTIVE:

To chant the Small Paraklesis together

ESTIMATED DURATION:

75-90 minutes

WORSHIP SESSION:
OFFERING OUR STORIES

SUPPLIES NEEDED:

1. copies of Small Paraklesis to the Theotokos
2. pencils and paper

OPENING PRAYER

In the name of the Father, and the Son, and the Holy Spirit.

Lord, You have granted us to offer these common prayers in unison and have promised that when two or three agree in Your name, You will grant their requests. Fulfill now, O Lord, the petitions of Your servants as may be of benefit to them, granting us in the present age the knowledge of Your truth, and in the age to come eternal life.

Amen.

WORSHIP SESSION:
OFFERING OUR STORIES

ACTIVITY 1: SMALL PARAKLESIS

45 minutes

Invite your parish priest to lead the service. Pass out pencils and paper, so that everyone can write down names for commemoration. If your parish priest is not available, you can still chant it as a reader service. If it's a reader service, make the following changes:

1. Instead of "Blessed is our God..." to begin the service, we say: "Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us."
2. After the "Our Father," we say "Through the prayers of our holy Fathers, Lord Jesus Christ our God, have mercy on us," instead of "For Thine is the power..."
3. We omit all the petitions and the parts the priest would do.

Assemble your group either in the Church building (if possible) or before an icon of the Theotokos.

A copy of the service is available here:

<http://www.goarch.org/chapel/chant/paraklesis/index.html>

WORSHIP SESSION: OFFERING OUR STORIES

Remember:

The more we are exposed to prayer and the language of the Church, the more our minds and hearts are shaped by the mind and heart of the Church. Over time, we can internalize the prayer of the Church and better learn to talk to God ourselves. This takes time, and should be an important part of every ministry.

ACTIVITY 2: DEBRIEF

10 minutes

Ask participants the following questions and facilitate a discussion:

- What did you experience while you were worshipping during the service?
- Did any part of the service stand out to you?
- Is there one lesson that you can take away from the service?

Remember:

Many participants may not have ever celebrated this service before. Some may not have heard it chanted in English. Give them space to process and verbalize what they've just experienced.

WORSHIP SESSION: OFFERING OUR STORIES

ACTIVITY 3: GROUP PRAYER

10 minutes

Have each participant read one line of [Psalm 142](#). Go around the circle until the Psalm has been completed.

“O LORD, hear my prayer; give ear to my supplications in your faithfulness; answer me in your righteousness. Do not enter into judgment with your servant, for no one living is righteous before you. For the enemy has pursued me, crushing my life to the ground, making me sit in darkness like those long dead. Therefore my spirit faints within me; my heart within me is appalled. I remember the days of old, I think about all your deeds, I meditate on the works of your hands. I stretch out my hands to you; my soul thirsts for you like a parched land. Answer me quickly, O LORD; my spirit fails. Do not hide your face from me, or I shall be like those who go down to the Pit. Let me hear of your steadfast love in the morning, for in you I put my trust. Teach me the way I should go, for to you I lift up my soul. Save me, O LORD, from my enemies; I have fled to you for refuge. Teach me to do your will, for you are my God. Let your good spirit lead me on a level path. For your name’s sake, O LORD, preserve my life. In your righteousness bring me out of trouble. In your steadfast love cut off my enemies, and destroy all my adversaries, for I am your servant.”

Remember:

We are all accustomed to having a priest pray aloud for us. Prayer is a very powerful tool and it is a tool each of us possesses. Remember that each of us can offer our own prayers. Allow and encourage participants to pray aloud.

WORSHIP SESSION: OFFERING OUR STORIES

CONCLUSION: WRAP-UP & COMMITMENT

5 minutes

Go around the room and ask each participant to answer the following question. The session leader should go first.

- What is one way to offer each part of your day to God through what you learned in the session?

Remember:

Don't just use this opportunity to ask participants to commit to action: check in with them, and follow up to see how they're doing after past sessions. We can all be accountable to each other to make necessary improvements in our lives.

WORSHIP SESSION:
OFFERING OUR STORIES

CLOSING PRAYER

In the name of the Father, and the Son, and the Holy Spirit.

Lord, You have granted us to offer these common prayers in unison and have promised that when two or three agree in Your name, You will grant their requests. Fulfill now, O Lord, the petitions of Your servants as may be of benefit to them, granting us in the present age the knowledge of Your truth, and in the age to come eternal life.

Amen.

SERVICE PROJECT

JANUARY 2019

Offering Through Serving

DATE:

Week of Monday, January 28, 2019

GOAL:

To learn to offer through serving

OBJECTIVE:

To identify one way to offer our stories through service to others

ESTIMATED DURATION:

1 hour 15 minutes

SERVICE PROJECT: OFFERING OUR STORIES

SUPPLIES NEEDED:

1. bowls
2. measuring cups and spoons
3. flour
4. water
5. yeast
6. salt
7. sugar
8. prosforo seal
9. paper and pens

OPENING PRAYER

*In the name of the Father, and the Son, and the Holy Spirit.
Lord, this bread that we are baking represents each one of us.
We are offering ourselves to You, our very life, in humble
obedience and total commitment to You. We place ourselves on
Your holy altar through this bread to be used by You in any way
that You feel will help enlarge Your kingdom. Accept our gift and
make us worthy to receive the greater gift that You will give us
when You consecrate this bread and give it back to us as Your
Precious Body.
Amen.*

SERVICE PROJECT: OFFERING OUR STORIES

ACTIVITY 1: PREP

10 minutes

Have all participants wash their hands thoroughly, remove all bracelets, rings and watches, and push up any long sleeves.

ACTIVITY 2: MAKE THE DOUGH

30 minutes

We recognize that there are many different ways to make prosforo. This is one recipe. You can also follow your own or bring in someone from your church that regularly makes prosforo to help. More important than the recipe is that this process is done prayerfully and that all participants are able to contribute.

Possible recipe:

Ingredients:

2 tsp yeast (1 pkg)

1 tsp sugar

¼ cup warm water

5 cups pre-sifted, flour (King Arthur preferred)

1 tsp salt

1 ½ cup warm water

SERVICE PROJECT: OFFERING OUR STORIES

Procedure:

- Place yeast and sugar in a small bowl. Add ¼ cup warm water and whisk to mix well. Sift flour and salt on top of yeast and water to allow yeast to rise for approximately 10 minutes. Next, slowly begin mixing ingredients to form dough. Dough should be soft but not sticky. Place dough on floured surface and knead to make a smooth round ball.
- Once the dough is done being kneaded. Place it in a bowl with a towel over it a place in a warm (but not too warm) area. Allow it to rise for a half hour.
- Prepare a list of names of Orthodox Christians who you would like commemorated in the service. Use first names only. On the left side, write "Living" at the top and list the names below. On the right side, write "Departed" and write the names of departed below. Bring the list and the bread to the Church before the start of Orthros (or the day before).

SERVICE PROJECT:
OFFERING OUR STORIES

ACTIVITY 3: REFLECTION

DISCUSSION GROUP

30 minutes

While the dough rises, pass out paper, pens, and Bibles to participants.

Ask participants to look up their favorite Bible verse. Ask everyone to write down their favorite verse. Next, ask participants to read the verse aloud and to share what it means to them.

When everyone has finished writing, ask participants to share what they wrote.

SERVICE PROJECT: OFFERING OUR STORIES

ACTIVITY 4: KNEADING AND STAMPING THE DOUGH

10 minutes

Have each group punch out and knead the dough a bit longer. They should shape it into a smooth round ball.

Once this is done, place the dough on a floured (not greased) baking sheet. Have participants press the seal in (make sure to flour the seal). This must be done evenly and firmly.

Once this is done, use toothpicks to poke holes around the seal and around the sides of the prosforo.

Bake in 350 degree oven for approximately 45 minutes.

ACTIVITY 5: CLEAN UP

10 minutes

While the dough is baking, make sure the space is completely clean.

SERVICE PROJECT: OFFERING OUR STORIES

CONCLUSION: WRAP-UP & COMMITMENT

5 minutes

Go around the room and ask each participant to answer the following question:

- What is one way to share our stories with God?

CLOSING PRAYER

In the name of the Father, and the Son, and the Holy Spirit.

O God, our God, You sent the heavenly Bread, the food for the whole world, our Lord and God Jesus Christ, as Savior, Redeemer, and Benefactor, to bless us and sanctify us. Do bless this offering and accept it upon Your heavenly altar. As a good and loving God remember those who brought it and those for whom it was brought. Keep us blameless in the celebration of Your divine Mysteries. For sanctified and glorified is Your most honorable and majestic name, of the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

Amen.