

The Sheptytsky Institute presents
Study Days 2026



the Gifts of Monasticism

June 19-21, 2026



Sr. Vassa
Larin



Hieromonk Teodosy
Kraychuk



Hieromonk Herman
Majkrzak



Monk Sophrony
Dennihan



University of St. Michael's College in the
University of Toronto (Toronto, ON)



\$175 (Early Bird Discount) until May 29
\$200 after May 29



Accommodations available on-site



sheptytsky@utoronto.ca



More Info &
Register Here!



Orthodox Christian Studies
FACULTY OF DIVINITY OF TRINITY COLLEGE



METROPOLITAN ANDREY SHEPTYTSKY INSTITUTE OF
Eastern Christian Studies
IN THE UNIVERSITY OF ST. MICHAEL'S COLLEGE

REGIS ST. MICHAEL'S
FACULTY OF THEOLOGY
Toronto School of Theology (in the University of Toronto)

The Metropolitan Andrey Sheptytsky Institute presents



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Program

Friday, June 19

5:00 pm	Vespers	St. Sophia Chapel
6:00 pm	Registration	Charbonnel Lounge
7:00 pm	Opening Talk + Discussion + Social	Charbonnel Lounge
<i>Hieromonk Teodosy Kraychuk ~ The Gift of Eastern Monasticism: Reference Point, Soul and Synthesis of the Christian Life</i>		

Saturday, June 20

8:30 am	Small Hours	St. Sophia Chapel
9:00 am	Breakfast	Sheptytsky House
10:00 am	Keynote	Charbonnel Lounge
<i>Sr. Vassa Larin ~ Freedom vs Obedience? The Challenge of Liberty in Contemporary Monastic & Non-Monastic Contexts</i>		
Break		
12:00 pm	Sixth Hour	St. Sophia Chapel
12:30 pm	Lunch	Canada Room, Brennan Hall
Break		
2:00 pm	Keynote	Charbonnel Lounge
<i>Hieromonk Herman Majkrzak ~ Revealing of Thoughts, 'Mental Hygiene,' and Being Vulnerable with God</i>		
Break		
4:00 pm	Keynote	Charbonnel Lounge
<i>Monk Sophrony Dennihan ~ Cenobitic Monasticism: Search for Salvation, Return to the Heart, and Ascetic Life</i>		
5:00 pm	Dinner	Canada Room, Brennan Hall
6:30 pm	Great Vespers	St. Sophia Chapel
7:30 pm	Social	Charbonnel Lounge

Sunday, June 21

8:00 am	Matins & Liturgy	St. Sophia Chapel
12:00 pm	Closing Brunch	Sheptytsky House

Keynote Speakers



Sr. Vassa Larin



Hieromonk Teodosy Kraychuk



Hieromonk Herman Majkrzak



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