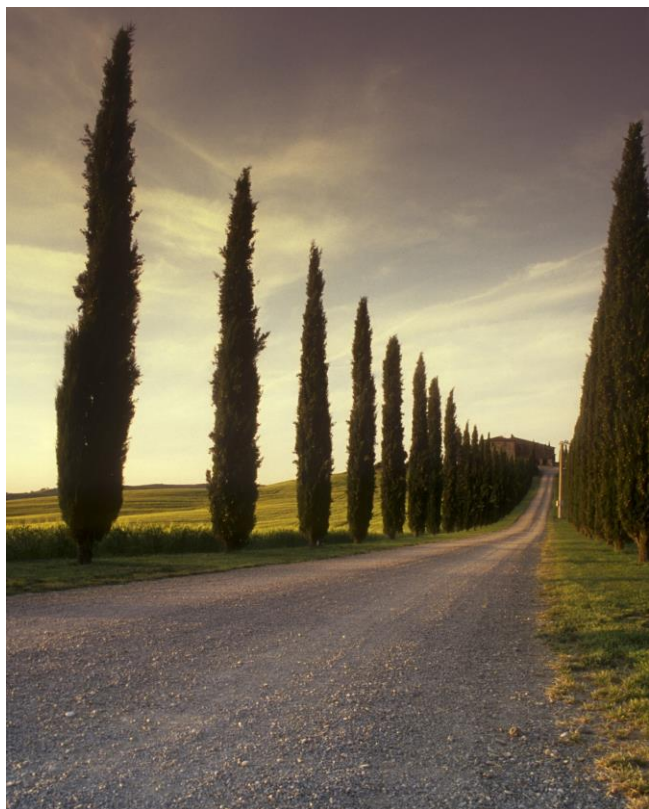




METROPOLITAN ANDREY SHEPTYTSKY INSTITUTE OF  
**Eastern Christian Studies**  
IN THE UNIVERSITY OF ST. MICHAEL'S COLLEGE



# ROAD TO EMMAUS

**Propaedeutic and Discernment Program**



**CE** UNIVERSITY OF ST. MICHAEL'S COLLEGE  
CONTINUING EDUCATION  
Learning with Purpose

A Propaedeutic/Discernment Program for those discerning ordination to Holy Orders or who feel called to serve in ministerial leadership within the UGCC Eparchy of Toronto and Eastern Canada.

**“Road to Emmaus”**  
**Propaedeutic and Discernment Program Sheptytsky Institute**

Pope St. John Paul II in *Pastores dabo vobis* identified a pressing need for a period of discernment and human formation before entering major seminary which he referred to as a “propaedeutic period.” The need for this period is made more explicit, and its content made clearer in the current in the *Ratio Fundamentalis Institutionis Sacerdotalis: The Gift of Priestly Vocation*.

The propaedeutic stage is an indispensable phase of formation with its own specific character. Its principal objective is to provide a solid basis for the spiritual life and to nurture a greater self-awareness for personal growth. In order to launch and develop their spiritual life, it will be necessary to lead seminarians to prayer by way of the sacramental life; the Liturgy of the Hours; familiarity with the Word of God, which is to be considered the soul and guide of the journey; silence; mental prayer; and spiritual reading. Moreover, this time is an ideal opportunity to acquire an initial and overall familiarity with Christian doctrine by studying the Catechism of the Catholic Church and by developing the dynamic of self-giving through experiences in the parish setting and charitable works. Finally, if necessary, the propaedeutic stage can help to make up for anything that is missing in their general education. (*Ratio*, 59)

“Road to Emmaus” is a propaedeutic program based on the above two guiding documents and modified for use within an Eastern Christian context. On the Road to Emmaus, the two disciples, grieving the loss of their Lord while travelling, inadvertently meet Him along the way, and enter into a deeper relationship with Him through their minds being opened to recognize Him in the Scriptures and in Communion in the breaking of the Bread. With their hearts “burning within them” they return to share this good news with the other disciples only to discover that the news has already reached them!<sup>1</sup> This “Road to Emmaus program” seeks to provide the context for encounter with Christ in the breaking open of the Scriptures and the breaking of the Bread in an active and intentional Sacramental Life.

Content within this course provides a good foundation in Scripture and Catechesis, towards a goal of establishing a routine of prayer and discernment. The program is intended to provide a balance between formation done at a distance and engagement in the chaplaincy at MASI and the candidate's local parish.

The program concludes with participation in MASI Study Days which provides an opportunity to engage with the larger Eastern Christian world and provides greater academic insight. Learners who wish to may obtain an additional certificate from participating in a short course which uses the Study Days lectures as the basis for an exploration of application of learning to their own communities and contexts.

---

<sup>1</sup> Luke 24:13-35.

## **Who is this program for**

This program is for use within the UGCC Eparchy of Toronto and Eastern Canada. “Road to Emmaus,” although fulfilling the need for a period of listening and spiritual formation for those discerning Holy Orders, will also be available as a foundational year for anyone considering lay-leadership within the Church.

Starting with an in-person retreat at the University of St. Michael’s College in the University of Toronto, additional learning throughout the year is done through online resources and streamed gatherings. Parish connection is essential, and local candidates will be encouraged to participate in the life of St. Sophia’s chaplaincy (MASI) through Friday night Vespers and fellowship.

Married participants are also encouraged to participate with their spouse as they are able. In the case of men discerning a call to Holy Orders, this will be even more beneficial in terms of discerning the impact of Church ministry upon the family of the candidate.

## **Goals**

By the end of this year the candidate will have:

1. Established a personal prayer rule consisting of the Jesus Prayer and *Lectio Divina*, monthly spiritual direction and Sacramental Confession.
2. A basic introduction to Eastern Christian Spirituality including: *theosis*, ascetic discipline, *kenosis*, *logismoi* and virtues. A basic Christian (patristic) anthropology.
3. Have a working knowledge of the narrative of Salvation History and a framework for further scriptural study.
4. Have a working knowledge of “Christ our Pascha” catechism of the UGCC.
5. Developed a basic understanding of Eastern Christian liturgical worship through collaboration with their pastor and engagement with the Liturgical Year through *The Divine Liturgy: An Anthology for Worship*,” including a basic understanding of the “minor canonical hours” including their meaning and how to pray them.
6. Established a liturgical and service-oriented connection with his/her pastor and carried out a project of almsgiving and self-giving love within a parish or community setting.

## **Timeline**

Following the academic year, beginning in September 2025 and ending following MASI Study Days in June 2026.

## Resources

1. Spiritual Formation
  - a. Requirement of spiritual direction and confession on a monthly basis
  - b. Jesus Prayer 33 program in St. Philip's Fast and Jesus Prayer 100 in Great Lent.<sup>2</sup>
2. Scriptural Formation
  - a. Reading "Walking with God: A Journey Through the Bible"<sup>3</sup> and related Biblical narrative books
    - i. Recommended "Orthodox Study Bible" for explanatory notes/liturgical and lectionary connections<sup>4</sup>
3. Catechetical Formation
  - a. Becoming Byzantine (guided reading program of "Christ our Pascha")<sup>5</sup>
  - b. "Study Days" theological conference at MASI
4. Liturgical Formation
  - a. The Divine Liturgy: An Anthology for Worship<sup>6</sup>

## Community

The Road to Emmaus is predominantly a shared pilgrimage and not an individual study. Although study is done individually, cohort virtual meetings will be held upon the conclusion of each "Biblical Period" as well as weekly during the Jesus Prayer 33/100 challenges.

An "Almsgiving Project" at the participant's parish or a charitable organization. Over the course of the liturgical fasting periods, the candidate will join fasting, prayer and almsgiving with the catechetical and spiritual knowledge gained from the program and direct it towards serving the Church.

---

<sup>2</sup> [www.jesusprayer33.com](http://www.jesusprayer33.com) This program is a cohort-style prayer challenge and catechetical program offered online with weekly in-person and/or ZOOMed meetings over the course of the 5 weeks. Participants agree to commit to praying 33/100 Jesus Prayers daily for the course of 40 days while being provided with thematic weekly video lectures. Jesus Prayer 100 includes reading "The Way of a Pilgrim" a classic of Eastern Christian spirituality.

<sup>3</sup> Gray, Tim, and Jeff Cavins. *Walking with God: A Journey Through the Bible*. West Chester, PA: Ascension Press, 2018. See appendix for rationale of this choice. The choice of introducing the Scriptural narrative through daily reading and study is meant to inculcate a spirit of *lectio divina* and daily scriptural prayer as opposed to formalized Biblical criticism or academic study.

<sup>4</sup> St. Athanasius Academy of Orthodox Theology. (2008). *Orthodox Study Bible*. Nashville, TN: Thomas Nelson

<sup>5</sup> [Loop](#). "Becoming Byzantine: Christ Our Pascha Series."

<sup>6</sup> Galadza, Rev. Peter, ed. *The Divine Liturgy: An Anthology for Worship*. Ottawa: Metropolitan Andrey Sheptytsky Institute of Eastern Christian Studies, 2004.

Participation at MASI Study Days 2026: Gifts of Monasticism is required for completion of the certificate.

## **Assessment**

The goal of the Road to Emmaus program is personal reflection, exploration and discernment. Learners will engage in regular self-reflection in consultation with their spiritual director and pastor. A final summative reflection will be produced by the candidate following Study Days which provides an opportunity to synthesize the learning over the year along a topic of his/her choice. These will be considered along the lines of:

1. Evidence of personal discernment towards Holy Orders (if applicable)
2. The ability to think critically
3. Evidence of new insights over the course of the year
4. Further self-identified areas of strength and growth
5. Clear articulation of the basic tenets of the faith
6. The development of further theological questions

## **Sequence**

The program begins with an opening weekend retreat providing a basic orientation of the program, developing “cohort” identity among participants and front-loading some foundational theological concepts.

Weekly rhythm will consist of reading scripture daily along with commentary from “Walking with God” and Catechetical videos from “Becoming Byzantine,” and reading the accompanying catechism paragraphs. An online meeting will occur at the beginning of the St. Philip’s Fast (Nov 15) and will serve as a “check-in” as well as an orientation for the JP33 challenge. Finally, the program will conclude with participation at the “MASI Study Days” in June.

During fasting periods, participation in cohort-based Jesus Prayer 33 (JP33) or 100 (JP100) sessions (St. Philip’s Fast and Great Lent respectively) involving a weekly catechetical video, prayer rule of daily Jesus Prayers and extra challenges.

Participants will also select a spiritual director and receive direction and sacramental confession once a month. Work and reflection with pastors will also take place throughout the liturgical year.

## Opening Retreat

Learners begin the program with a retreat **in-person on campus** at the Metropolitan Andrey Sheptytsky Institute on campus at the University of St. Michael's College in the University of Toronto on September 6, 2025. *Please note, course fees do not include travel & accommodations for the retreat.*

### **Saturday, September 6<sup>th</sup> 2025**

9 AM Moleben

10 AM Coffee break/ Registration

10:30 AM Session 1- Introduction to the Program/Holy Tradition

11:30 break

11:45 6th Hour

Noon- lunch

1:30 Session 2- Scripture

break

2:45 Session 3- Byzantine Church

break

4:00 Session 4-Leading a Life of Peace and Repentance/Liturgical Year

5:00 PM Great Vespers

6:00 PM Supper

Social and Departure

*For those participants who are unable to travel to participate in the program in-person, the sessions will be recorded and uploaded to the MASI YouTube channel and a private link will be shared following the retreat to ensure that no one misses this important introduction.*

## **Pricing**

The total cost of the program is \$450 with tuition split up into payment over three terms. Three \$150 installments paid on Sept 6, Jan 3<sup>rd</sup> and June 6<sup>th</sup>

These prices include opening retreat and Study Days registration (transportation and accommodation are not included).

## September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 <b>Opening Retreat</b>
	<b>Indiction (Liturgical New Year) Labor Day ATH 673<sup>7</sup></b>					
7	8	9	10	11	12	13
<b>Early World (Gen 1-11)<sup>8</sup></b>	<b>Nativity of the Most Holy Theotokos<sup>9</sup> ATH 677</b>				<a href="#">BB:7</a> <sup>10</sup> We Believe in the Trinity (COP §§ 71-98) <sup>11</sup>	
14	15	16	17	18	19	20
<b>Exaltation of the Precious and Life creating Cross ATH 685</b>					<a href="#">BB:8</a> The Creator and Creation (COP §§ 99-140)	<b>Virtual Meeting #1</b>
21	22	23	24	25	26	27
<b>Patriarchs (Gen 12-50)</b>					<a href="#">BB:9</a> The Ancestral Fall and Promise of the Messiah	

<sup>7</sup> Related Pages for Liturgical Propers from “The Divine liturgy: An Anthology for Worship.”

<sup>8</sup> Colour coding represents biblical time-period narrative reading plan (Walking with God- see appendix).

<sup>9</sup> Major feasts identified and correspond to parish/pastoral work and Liturgical formation with “The Anthology.”

<sup>10</sup> BB represents “Becoming Byzantine” YouTube series lessons hyperlinked in document.

<sup>11</sup> COP “Christ Our Pascha” catechism of the UGCC paragraphs.

					(COP §§ 141-177)	
<b>28</b>	<b>29</b>	<b>30</b>				

## October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			<b>Protection of the Most Holy Theotokos ATH 701</b>		<a href="#">BB:32</a> Dignity of the Human Person at the Beginning of Life (COP §§ 874-896)	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
					<a href="#">BB:33</a> Dignity of the Human Person at the End of Life (COP §§ 898-910)	<b>Virtual Meeting #2</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Exodus</b>					<a href="#">BB:34</a> The Christian View of the Model of the Human Community (COP §§ 911- 926)	
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
					<a href="#">BB:35</a> The Social Dimension of the Church (COP §§ 927- 953)	



<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

## November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
						<b>Virutal Meeting #3</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Numbers</b>						
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> <b>Almsgiving project begins</b>
						<b>JP 33 Begins + Online meeting to review previous sections JP Video #1</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
			<b>JP 33 Meeting #1</b>		<b>Entrance of the Theotokos into the Temple ATH 727</b>	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Joshua, Judges</b>			<b>JP 33 Meeting #2</b>			

<b>30</b>						

## December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
			JP 33 Meeting #3			
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
			JP 33 Meeting #4			
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
1 and 2 Samuel; 1 Kings(1- 11)			JP 33 Meeting #5		<a href="#">BB:10</a> The Incarnation of the Son of God (COP §§ 178- 202)	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
				Nativity of Our Lord ATH 755		
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

# January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> <b>CIRCUMCISION</b>	<b>2</b>	<b>3</b>
				ATH 773		
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>1 Kings</b> <b>(12-22);</b> <b>2 Kings</b>		<b>Theophany</b> ATH 788			<a href="#">BB:11</a> Proclamation of the Kingdom of God (COP §§ 203-214)	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
					<a href="#">BB:21</a> The Holy Mystery of Anointing (COP §§ 462-469)	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
					<a href="#">BB:22</a> The Holy Mystery of Marriage (COP §§ 470-484)	<b>Virtual Meeting #4</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>2 Kings 17,</b> <b>23-25</b>					<a href="#">BB:31</a> Christian Marriage (COP §§ 856-873)	

# February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Ezra, Nehemiah	Encounter ATH 809				BB:23 The Holy Mystery of Orders (COP §§ 485-499)	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
						Virtual Meeting #5
<b>15</b>	<b>16</b> Almsgiving Project begins	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Forgiveness Sunday <sup>12</sup>  *For the Holy Fast, focus on lectionary readings	Clean Monday JP 100 Begins		JP 100 Meeting #1			
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
			JP 100 Meeting #2			

<sup>12</sup> For the Great and Holy Fast fewer weekly BB videos. Also, daily scripture focused on lectionary as opposed to timeline reading plan. Keep in mind JP 100 includes weekly video lesson, meeting and reading from “The Way of the Pilgrim.”

--	--	--	--	--	--	--

## March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
			JP 100 Meeting #3			
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
			JP 100 Meeting #4			
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
			JP 100 Meeting #5		BB:16 Created for Communion & The Divine Liturgy (COP §§ 327-402)	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
					BB:17 The Holy Mysteries of Baptism and Chrismation (COP §§ 403-430)	
<b>29</b>	<b>30 HOLY WEEK</b>	<b>31</b>				
<b>Palm Sunday</b> ATH 643						

# April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				<b>Holy Thursday</b> ATH 651	<b>Holy Friday</b> <a href="#">BB:18</a> The Holy Mystery of the Eucharist (COP §§ 431-446)	
5	6 Bright Week	7	8	9	10	11
<b>PASCHA</b> ATH 501					<a href="#">BB:12</a> Pascha and the Second Coming in Glory (COP §§ 215-254)	
12	13	14	15	16	17	18
1 and 2 Maccabees						
19	20	21	22	23	24	25
26	27	28	29	30		

# May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						<b>Virtual Meeting #6</b>
3	4	5	6	7	8	9
Luke						
10	11	12	13	14	15	16
				Ascension ATH 545		
17	18	19	20	21	22	23
						<b>Virtual Meeting #7</b>
24	25	26	27	28	29	30
<b>PENTECOST</b> ATH 563 Acts of the Apostles					BB:13 The Holy Spirit and Pentecost (COP §§ 255-270)	
31						

# June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
					<a href="#">BB:14</a> The Church – An Icon of the Holy Trinity (COP §§ 271-308)	
7	8	9	10	11	12	13
					<a href="#">BB:15</a> The Church – A New Creation (COP §§ 309- 326)	
14	15	16	17	18	19	20
					Study Days	Study Days
21	22	23	24	25	26	27
Study Days						
28	29	30				



## Appendix

### The Great Adventure's Narrative Timeline of Scripture

Twelve Periods (with period color)	Fourteen Narrative Books
Early World (turquoise)	Genesis (1-11)
Patriarchs (burgundy)	Genesis (12-50)
Egypt and Exodus (red)	Exodus
Desert Wanderings (tan)	Numbers
Conquest & Judges (green)	Joshua, Judges
Royal Kingdom (purple)	1 and 2 Samuel; 1 Kings (1-11)
Divided Kingdom (black)	1 Kings (12-22); 2 Kings
Exile (baby blue)	2 Kings (17, 23-25)
Return (yellow)	Ezra; Nehemiah
Maccabean Revolt (orange)	1 and 2 Maccabees
Messianic Fulfillment (gold)	Luke
The Church (white)	Acts of the Apostles