

Spiritual Direction

Listening for the Soft Silent Sound with Paul Bykowski

As a way of introduction, I am a Roman Catholic and a parishioner of St. Michael Church in Greenfield, IN, having recently moved from Holy Spirit Parish in Indianapolis. I am married to my wife Debbie and we have 5 children and 2 grandchildren. I am employed with the Indiana Department of Natural Resources with over 37 years of experience in law enforcement as a Conservation Officer.

I have listened for the soft silent sound in my own life, having journeyed with a Spiritual Director for over nine years. As I walked the path, I felt drawn to become a Lay Cistercian of the Abbey of Gethsemani in Trappist, KY. Hearing the call to serve others in the role of Spiritual Director, I have completed training through the Spiritual Direction Internship program at the Benedict Inn and Retreat House and the Our Lady of Grace Monastery in Beech Grove, Indiana. Although not directly related to Spiritual Direction, I have additional training in Critical Incident Stress Management, Crisis Intervention and Peer Support, Mental Health Disaster Response, and Suicide Intervention.

My view of Spiritual Direction is that it is an invitation to enter into the sacred space of another person. Like an Emmaus walk, it is to accompany another person as they seek God in the midst of the chaos we call life, even though God is with us all the time. Like Elijah, we so often look for God in the earthquake and the wind, yet God was only found in the soft silent sound. Spiritual Direction is creating the space and the time necessary to quiet the heart and the mind to sort out the busyness of life, to find even if but a glimpse of where the Spirit may be working within.

Please contact the Parish Office at 317-462-4240 if you would like more information or would like an appointment. I offer Spiritual Direction for a fee of your choosing. As a guide, Spiritual Directors in the Indianapolis Archdiocese ask from \$25 to \$50+ per session. I ask for a donation, yet I will not turn anyone away for an inability to pay and the first session is always free of charge.

Paul Bykowski