

## Spiritual Directors at General Seminary

2017–2018

Spiritual direction is about companionship. In a Christian context, a spiritual director is someone who accompanies you as you explore your spirituality and grow in relationship with God. Spiritual direction can help you listen for the voice of God and live more fully into Christian faith. A spiritual director will invite you to reflect on your life in the light of faith, guide you in prayer and spiritual practices, listen to you and with you in discerning God's purposes, and encourage your baptismal discipleship.

This year General Seminary is blessed with the ministry of four visiting spiritual directors who come here regularly to offer one-to-one confidential conversations with our students, staff, faculty, family members, and residents:



### **Barbara Cawthorne Crafton**

is an Episcopal priest, spiritual director, author, and adjunct professor for spiritual direction practicums and pastoral theology courses at General. She directs The Geranium Farm, an online institute for spiritual growth that publishes her celebrated *Almost Daily eMo*. She is married to Richard Quaintance, better known to many simply as Q, a professor of English literature, and she is a grandmother.

You may reach Barbara at [mocrafton@gmail.com](mailto:mocrafton@gmail.com).



### **Bernard Delcourt, OHC**

Br. Bernard, a native of Belgium (and an American citizen since 2009), came to New York in 1998 and entered the Order of the Holy Cross in 2004. He made his life profession of the Benedictine Vow in November 2009. Before entering the monastery, he had been a banker, and then a life skills and business coach. Br. Bernard has offered regular spiritual direction for over 10 years. He is the West Park Monastery's prior, librarian, and beekeeper.

He can be reached at [bernardjeandelcourt@gmail.com](mailto:bernardjeandelcourt@gmail.com).



### **Louise Litke**

is a spiritual director and retreat leader, as well as a lay leader in the Evangelical Lutheran Church in America (ELCA). She earned her M.A. from General Seminary and has offered spiritual direction on the Close for many years. She lives on Long Island with her husband and two energetic Standard Poodles. She is a master knitter and avid traveler. She has been known to read theological tomes on the long train ride into the city and mysteries on the way home at

night. Someone once asked her if she could tell the difference. Louise can be reached at [louiselitke@gmail.com](mailto:louiselitke@gmail.com).



## **Nigel Massey**

was born in the United Kingdom and spent the latter part of his childhood on the island of Cyprus. He was ordained as a priest in the Church of England in 1987. He served as a curate in an urban priority district of the city of Birmingham while working with the Archbishop of Canterbury's adviser on Hinduism and studying for a degree in Islam. He spent two years in France studying Christian-Muslim relations and returned to work in the Diocese of London as the bishop's adviser on Inter-Faith Dialogue and race relations, and assistant priest of St. Paul's Tottenham (in the shadow of the soccer ground). He was called to be the rector of the French-speaking church of St. Esprit in New York City in 1994 and serves as Chaplain to the Huguenot Society of America, Trustee of the Cathedral of St. John the Divine, and Co-chair of the Diocese of New York Global Mission Commission. He married his American partner of 26 years in 2013; they have a black Labrador named Stormy. You may reach Nigel at [nijabe@msn.com](mailto:nijabe@msn.com).

## **Guidelines for Receiving Spiritual Direction at General**

### **Making an Appointment**

You may choose to meet with a spiritual director once or twice during the year, or to establish an ongoing relationship by meeting once a month throughout the year. To set up an appointment, please contact Barbara, Br. Bernard, Louise, or Nigel directly at the email addresses provided in their bios above. This online [calendar](#) shows the dates the directors are planning to be here.

### **Keeping Your Appointment**

Please keep track of your appointment and arrive on time out of courtesy to your director. If you need to cancel or reschedule, contact your director as soon as you are able, so that she or he can make that time available to others.

### **Where to Meet for Spiritual Direction**

Your spiritual director will meet with you in the Spiritual Direction Room, located on the ground level of the Moore building, to the right of the mailroom.

### **Financial Gifts to Support the Spiritual Direction Ministry**

Spiritual Direction is a gift from the seminary to our students, staff, faculty, residents, and family members, to promote the spiritual wellness of all. You do not have to pay for your meetings. If you wish to support the directors' presence and make a financial gift to the Seminary for spiritual direction, you may give a check to the Institutional Advancement Office on the second floor of Seabury Hall, payable to "General Theological Seminary" with the memo notation "Spiritual Directors." Thank you!