

2023  
*Spring Vitality Festival*

LIVING WATER ASSOCIATION PRESENTS  
**Nurturing Health and Vitality**

Featuring:

**Rev. Dr. Chris S. Davies**

*Executive Minister for Programs and Initiatives  
Southern New England Conference, UCC*

**Sat • April 1 • 9 - 11:30 AM • Via Zoom**

Register for free at: [livingwaterone.org/event](https://livingwaterone.org/event)



# 2023 | Nurturing Health and Vitality

## *Spring Vitality Festival*

This year's Spring Vitality Festival in our post-Christian and post pandemic world will focus on church health and wellbeing and their marks.

Good health in humans requires the integration of the physical, mental, social, psychological, and spiritual aspects of our lives. Hence, among other things we need – balanced nutrition, enough and deep sleep, sensible exercise, spiritual practices and habits, engaged and curious minds.

What does a healthy church require? Does the church only take care of the spiritual? What does the church have to integrate? What are the marks of a healthy church and what does church health have to do with church vitality?

Join us to discuss where the church is today, at this time, and how we can become healthy and vital churches no matter our size.

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## **ABOUT OUR KEYNOTE: REV. DR. CHRIS DAVIES**



The Rev. Dr. Chris S. Davies serves as the Executive Minister for Programs and Initiatives for the Southern New England Conference UCC. Chris is an ordained UCC minister who has served at the UCC's national setting as the Team Leader of Faith Education, Innovation, and Formation, Justice and Local Church Ministries.

Chris attended Smith College for her undergrad work and Andover Newton for both a Masters of Divinity and Doctor of Ministry. She grew up in the United Church of Christ, and was baptized and ordained within her home congregation in Connecticut. Since her ordination she has served at the local church level at two churches in Connecticut, on the Connecticut Conference Board of Directors (class of 2004), and as a delegate to the United Church of Christ's Genera

Synod in 2005, 2007, and 2015. Chris loves the church deeply, and is committed to finding ways to continue to bring the gospel into the world.

Chris believes that church vitality is crucial, but clarifies that vitality is not just growing a church. "In this post-pandemic world with racial trauma and polarization of country, people are tired; we need to nurture the connections we have as Associations and Conferences, as local churches and pastors, parishioners and staff. That's just as important as looking outward towards the unaffiliated. Vitality is how we are in relationship with ourselves, our community, and with God, and doing the work with integrity."