



## St. Matthew Young Adult Life

Connecting parishioners in 20s and 30s through social, spiritual, and service activities.  
Presents Theology on Tap:

# REAL LIFE SERIES



### What is Theology on Tap?

Theology on Tap is a unique way of learning the theology of our faith in a laid-back environment. Share a meal and drinks with people your age and listen to a speaker who is living their faith in a unique way and sharing their experiences with you.

**Where & When:** Harper's Restaurant, Carolina Place Mall  
**6:30pm** - Gather for food, drinks and mingling. **7:00pm** - Speaker begins.

## Thursday, November 19<sup>th</sup> Living in a Culture of Endless Choices

Speaker: Lisa Tolido, Founder of Be Strong Ministries

*How do our choices affect others? What does it mean to be a Catholic and make good choices?*



**Biography:** Lisa attended twelve years of Catholic school in southern CT before heading off to the diverse campus of Syracuse University. There she had lots of fun, joined Chi-O and earned a dual degree in marketing and advertising. (Go Orangemen!) For ten years she worked in marketing, managing clients like Miller Brewing Co., Sealy, Subaru and Nivea. Things changed in 1997 when Lisa and husband Erik had their first baby girl. The joy of motherhood completely overwhelmed this career woman who decided to turn in the briefcase for the diaper bag. 12 years later, Lisa is the founder of a new women's fitness ministry, Be Strong-Exercises for Physical and Spiritual Strength. She is a writer, a Christian speaker, a Proverbs 31 She Speaks graduate and former MOMS Ministry Leader. Lisa has lead women's retreats in Morgan Hill, CA, workshops in Charlotte and is the author of Evangelization 101 for St. Matthew Church.

More event details, information and RSVP are online:  
<http://www.meetup.com/youngadulthood>

For more info email: [st.matthews.yal@gmail.com](mailto:st.matthews.yal@gmail.com) or call Rosie (980) 428-6653