

## About St. Paul's Counseling Ministry

We are created in the image of God who has been revealed in our Christian experience as the Trinity, mutual relationships of giving and receiving love. When we are deeply participating in giving and receiving love with God, ourselves and others, we experience health of soul and spirit, and often body as well. When the flow of love in any of those relationships is blocked in some way we experience a loss of well-being, a sense of brokenness, woundedness, loneliness, or emptiness.

As we become willing to acknowledge our inner struggles or the brokenness in our relationships, as well as our desire for more life and love, God helps us to seek out a friend, support group or community, or a counselor with willingness to listen and offer compassion. Sometimes we need the accompaniment of a professional Christian psychotherapist because of the skills, insights, and qualities she/he has cultivated through special training and experience. As we begin to open to and trust God and the loving person(s) God works through, we discover active hope and receive power to heal and grow. We are set free to choose a life filled with more love, joy and peace in union with God, ourselves and others.

*"Blessed be the Lord; God has come  
to God's people and set them free.  
In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness  
and the shadow of death,  
and to guide our feet into the way of peace."  
Luke 1:68, 78-79*

Since 1985 Mary Ann C. Holtz has been in private practice as the Christian psychotherapist for St. Paul's Counseling Ministry. Mary Ann earned a Master's Degree in Counseling from the University of South Florida. She is licensed by the state of Florida as a Mental Health Counselor.

She is now semi-retired and offers only adult individual counseling and psychotherapy, via tele-therapy (Zoom), Tuesday and Wednesday late afternoon. If you are seeking couples/marriage counseling, or need other appointment times, the Diocesan Office of Marriage and Family Life ([727-344-1611](tel:727-344-1611)) can provide you with a list of marriage and family therapists and licensed mental health counselors

For more details, please see the Client Reference Handout on the Counseling Ministry homepage.

If you would like to speak with Mary Ann, please call her confidential voice mail at (727) 327-5045, and leave a message. Mary Ann usually returns calls during her work hours, Tuesday and Wednesday late afternoon.

**Next: Explore topics including stress and relaxation, marriage and other relationships, and gratefulness, by clicking on the links to web-columns listed on the Counseling Ministry homepage:**  
<https://stpaulstpete.com/ministries-page/counseling/>