

Contemplative Heart Meditation



“Lift Up Your Heart!”

Gethsemane Lutheran
2696 Melbourne Dr
San Diego, CA 92123

**Second Saturday of the month in 2026
2:30 – 3:30 PM**

Linda Hill-Phoenix, Harp Therapist
619.469.4277

Harp pieces will be alternated with moments of silence
Admission is free (donations are welcome)
Masks are optional.

Please mark your calendars for the meditations in 2026

January 10

February 14

March 14

April 11

May 9

June 13

July 11

~~August 8~~ (no session)

September 12

October 10

November 14

December 12