

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