



6525 Forest Lane, Dallas, TX 75230 - 972.233.7106 - [welcome@unitydallas.org](mailto:welcome@unitydallas.org)

“Seeing Through the Lens of Empathy - The Spiritual Practice of Seeing and Being Seen”

Sun. Service w/Dr. Nancy Little, LUT, Feb. 1, 11 am

What does it mean to be truly seen?

How does it feel when someone listens with genuine curiosity and compassion?

What becomes possible when we offer that same presence to others?

Join Dr. Nancy Little for her February 1 message at 11 am exploring the spiritual practice of seeing and being seen through empathic understanding, compassionate presence, and conscious listening. Inspired by contemporary reflections on human connection, including insights from *How to Know a Person*, and grounded in Unity principles, the message invites us beyond surface interaction into deeper awareness of ourselves and one another.

Through the service and the reflection questions provided, we will explore why being truly seen can be healing, how empathy differs from fixing or judging, and what it means to recognize the Divine spark in every person. This message offers practical insight for everyday relationships while inviting a more compassionate way of being with ourselves, with others, and within spiritual community.

Guest Artist: Mary & Jonathan Kreider

Mary Kreider fell in love with singing on stage at age 11 and learned guitar to further her passion. She performed in Christian, folk, and rock bands throughout the Southeast, and then collaborated with numerous Dallas musicians.

Currently, she co-writes spiritual music with her husband, playing at Unity Dallas children's church (Unity Kids), chaplain retreats and special services. She loves using her music to support and uplift her Unity family.

Thank you for your continued support of Unity of Dallas and our community outreach including Now Forward (formerly North Dallas Shared ministries) and the SoupMobile.

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I Am Loved - Karen Drucker ©2005 Tay Toones Music

God Is Good - Jonathan and Mary Kreider ©2014

If I Had A Hammer - LEE HAYS and PETE SEEGER ©1958 (Renewed 1962) Ludlow Music, Inc.

Let There Be Peace On Earth - Sy Miller & Jill Jackson ©1955 Jan-Lee Music (Renewed 1983)

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