



6525 Forest Lane, Dallas, TX 75230 - 972.233.7106 - welcome@unitydallas.org

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

Sun. Sermon 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.

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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