

Cicely Tyson (1924-2021)

One way we can learn to walk in the dark is by seeing how others do it.

Cicely Tyson, who died on January 28th at age 96, is an exemplar of living fully even when things seem stacked against you. Asked for her advice for young people, she said, *"It's simple. I try always to be true to myself."*

Her vivid portrayals of strong African-American women shattered racial stereotypes in the dramatic arts of the 1970s and beyond, propelling her to stardom and fame as an exemplar for civil rights.

Tyson was born in East Harlem and spent her life showing all of us how to walk with dignity, grace and strength no matter the odds. She knew how to walk in the dark, being her full, true self.

Watch this recording of Cece Winans singing "Blessed Assurance" to honor Tyson at the 2015 Kennedy Center honors, and see Tyson being herself:

<https://tinyurl.com/cece-tyson>