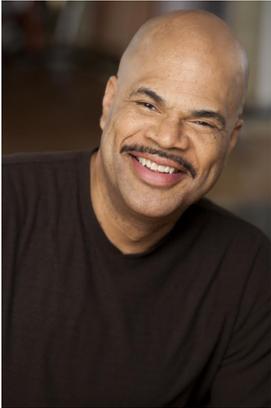


**“My Heart Sings, So My Spirit May Fly...
Poetry, Music and Songs of African Americans”
7:00 PM – Wednesday, March 22**

Performed by actor, vocalist and storyteller: T. Mychael Rambo

Pianist: Thomas West



My Heart Sings, So My Spirit May Fly is an informative and entertaining presentation that speaks to the heart and soul of African American culture. This performance reaches back to the freedom songs of slavery and carries us forward into the spirited words of Dr. Martin Luther King Jr. and other notable African American leaders. While on this cultural voyage, we travel through a landscape of poetry set against a backdrop of musical compositions created by African American songwriters and composers. Strung throughout the performance are “Black Pearls” of wisdom – colorful stories, adages, and anecdotes. Combined these elements make for an interactive journey into the rich tradition of African Americans. This performance encourages audiences of all ages and backgrounds to embrace the power of their own voice, their own story, and their own ability to make “...their heart sing, so their spirit may fly!”

**A Benefit Performance
for the South Saint Paul Food Shelf of Neighbors, Inc.
(www.neighborsmn.org)**

**Hosted by Saint Anne’s Episcopal Church
2035 Charlton Road / Charlton and Hwy 110
(www.saintannesmn.org)**

**The concert is free; bring canned goods for the Food Shelf.
A free-will offering will be taken.**

Regional Emmy Award winning actor, vocalist, arts educator and community organizer; T. Mychael Rambo has made an indelible mark here in the Twin Cities performing principle roles at such theaters as: Penumbra, the Guthrie, Ordway Theatre, Illusion Theatre, Mixed Blood, Park Square Theatre, 10,000 Things, Theater Latte Da, Children’s Theatre and Minnesota Opera to name but a few. Nationally and internationally his stage credits include Carnegie Hall and performances abroad in Africa, Europe and South America. He has appeared in local and national television commercials, feature films, HBO mini-series, and other television programming. T. Mychael is an accomplished residency artist and an affiliate professor in the College of Liberal Arts, Theatre Arts and Dance at the University of Minnesota. As a recording artist, T. Mychael has released two popular CD’s: “**Simply**” - a collection of jazz standards; and “**The Gift; A Christmas With Love**” - a selection of original and holiday classics. T. Mychael had the great honor of singing the National Anthem for both President Barak Obama and former President Jimmy Carter. Mr. Rambo is also the proud recipient of the 2010 Sally Award in Arts Educator - presented by the Ordway Theatre and the 2010 Minnesota Black Music Award. His other honors and awards include Young Audience Artist of the Year, McKnight Theatre Artist Fellowship, Minnesota State Arts Board Artist Fellowship, Bush Finalist and both the University of Minnesota Century Council Community Award and Outstanding Community Service Award among others.