



The Rapper

Issue 12

January 15, 2007

Mission Statement:

“Creating a safe, positive, non-judging atmosphere where we can come to share, express, support and learn to take control.”



RAP Ground Rules

1. Information that is shared should be treated as confidential.
2. We may have to “agree to disagree” on some issues.
3. This group is not a forum to push products or services - just a place where people can learn about them or openly discuss their experiences with them.
4. Meetings are not meant to be “gripe” sessions. We want to share our experiences, learn from each other, and offer encouragement.

Kim Forness Wilson to Lead January Meeting with “The Art of Pain Management”

Bring your art smocks and painting shirts! The January meeting of RAP promises to be a lot of fun: Kim Forness Wilson will be leading the group in a hands-on experience of art. Suffering from chronic pain for years from an unusual accident, Wilson found relief and an escape from her pain through painting. She will bring the supplies, all we need to bring are interested people with clothes that can get messy!

If you'd like to know more about

Wilson's experience with chronic pain and her art, check out the January 2007 issue of Red River Valley Women today, available at Hugo's locations, the YMCA, and other locations around town. Kim's artwork can also be viewed at her website - www.kimberlyfornesswilson.com.

The January RAP meeting is Sunday, Jan. 21 at 2 pm at the YMCA - hope to see you there! ◇

Inspirational Quotes

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.

Dale Carnegie

Finish everyday and be done with it. You have done what you could. Some blunders and absurdities no doubt have crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense. This day is all that is good and fair. It is too dear, with its hopes and invitations, to waste a moment on yesterdays.

Ralph Waldo Emerson

I have the audacity to believe that people everywhere can have three meals a day for their bodies, education and culture for their minds, and dignity, quality, and freedom for their spirits. I believe that what self-centered men have torn down, other-centered men can build up.”

Dr. Martin Luther King, Jr.