



# The Golden Brick Road

## How I Feel Affects Other People!!!

## July 2021

Reminding "Seasoned Citizens" to continue to laugh, learn and love their lives...

How I feel affects other people!!!



**When I focus on myself it doesn't mean I'm selfish. It means I understand the battle for my spirit needs me to strengthen from within!**

~ Sporty King

**I am an important piece of the puzzle. And I will take care of myself. Life is about going from one puzzle to the next in each of my business, family and social relationships I am a small, medium or large piece. Yet no matter what puzzle piece size I see myself as, without me the puzzle is incomplete! I hear me saying this to myself!!!**

How I feel affects other people!!!



**When I throw my seeds from the palace I never know where/when they'll land. I know they'll land. I know WHY they'll land. I'll share!!!**

~ Sporty King

To book Sporty to share his powerful and joy-filled message with your group: [www.sportyking.com](http://www.sportyking.com) If you or someone you know would like to receive a copy of this newsletter by email, send request to [Sporty@sportyking.com](mailto:Sporty@sportyking.com)

**So NOW it's time to take a seat... Clean yourself up... Enjoy!!! JULY is 1 of the 12 best months for loving, living and laughing... Even in a **Second Pandemic** Year!!!**

### TIP REVENGE

A man finds his seat in the theater but decides it's too far from the stage. He whispers to the usher, "This is a mystery and I have to watch a mystery close up. Get me a better seat, and I'll give you a handsome tip."

The usher moves him to the second row, and the man hands the usher a quarter.

The usher looks at the quarter and then leans over and whispers, "The wife did it."

~ Unknown (Gloria sent it!)

~ Thanks Gloria F/SC

### AND GOD LOOKED DOWN...

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach & stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.

~ Thanks God

### HEALTH WARNING!!!

**WHAT'S THE WORST THING TO STEP ON IN THE DARK?**



Someone else's foot when you live alone...

**Just Understand God Loves You (... anybody else is a bonus)**

# You're not getting senile. You're exercising your right to forget!



## YOU ARE NOT ALONE!!! EVERYONE'S GOT SOME KIND OF CHALLENGE AND VICTORY!!!



The back of Mona Lisa

**Balance doesn't mean equal time. It means amount of time.**  
 When you're sick it's just a chance to lay back and see God do his healing thing...  
 Again!  
 Don't rush the recuperation. Heal!!!

*How I feel affects other people!!!*

**You can't anticipate who God will save and you never know who his spies are, because they don't hide... you choose not to recognize them.**

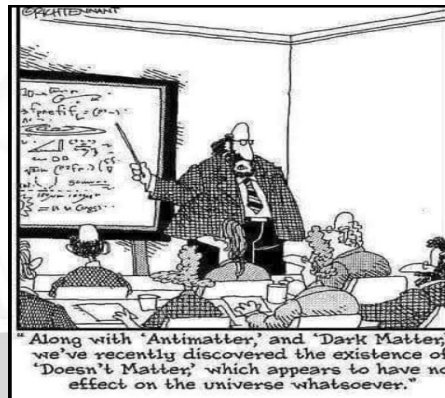
*~ Sporty King*

*How I feel affects other people!!!*

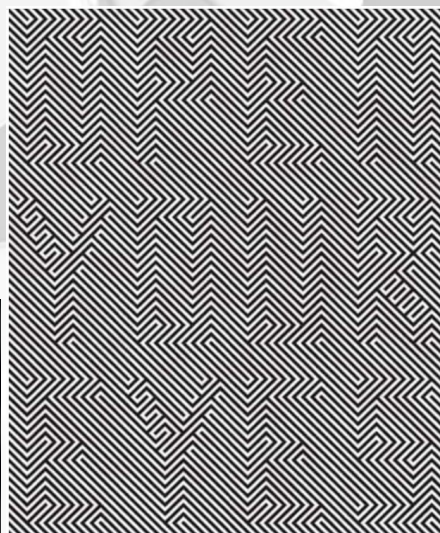
**Beware the mental enslavement of absolutes. The ONLY thing ALL people have experienced is birth... yet they can NEVER tell you how they felt about it.**

*~ Sporty King*

**My choice of words make a difference in the lives of those I touch, seen and unseen. It only takes one occurrence to erase an absolute. My job is to add an alternative.**



### Smile when you see it...



**Stress is for the things I can't control. Once I see why I can't control them, they no longer remain Stress.**

*How I feel affects other people!!!*

**Don't worry about the pitch that's coming. Focus on how you swing. THAT you can control.**

*~ Sporty King*

*How I Feel Affects Other People!!!*

**Full speed is constantly redefined. Sometimes all you've got has to be accepted as all you can give.**

*~ Sporty King*

**I love how we as a country watched adults fail miserably at social distancing but we are convinced kindergartners will figure it out.**

**Take The... Older then Dirt Quiz**  
*Do you remember?*

- Blackjack chewing gum and Teaberry.
- Wax Coke-shaped bottles with colored sugar water.
- Candy cigarettes.
- Soda pop machines that dispensed glass bottles.
- Coffee shops or diners with table-side jukeboxes.
- Home milk delivery in glass bottles with cardboard stoppers.
- Party lines on the telephone.
- Newsreels before the movie.
- P.F. Flyers.
- Butch wax.
- TV test patterns that came on at night after the last show and were there until TV shows started again in the morning. (There were only three channels, if you were lucky).
- Peashooters.
- Howdy Doody.
- 45 RPM records.
- S&H green stamps.
- Hi-fi's.
- Metal ice trays with lever.

**You have to SHARE if you remember 4 or more!**

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# The Golden Brick Road

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**While obedient to Christ's principles we have to be aware not to be so "giving" that we are actually surrendering (just moving out of the way) and letting the enemy get away with murder.**

~ Sparty King

During my June 9 GLUE Wednesday broadcast I shared a term I learned from my Ministry Brother Shanga Wilson, which he learned from a Wise Man, that as you say it several times fast you may find that "The Enemy" starts to sound like "The Inner Me" and the battle becomes clearer. Negative self-

Beware of the words that become cliches that heighten the tension in the conversation. Yet do not jump to trap people with their misuse. Let the goal to understand stretch and weave throughout the conversation. That pattern creates the smoother ride...

How I Feel Affects Other People!!!

**I Do see color. I choose not to let it blind me.**

~ Sparty King

talk has the inside track on holding you back. We can hate ourselves before anyone else gets the chance to 'offer their opinion' of who we are. Positive self-talk has the inside track on moving you forward. We can love ourselves stronger than any judgement of our actions. Your faith is an Inside Job. Remember, most battles are lost because someone on the inside is a traitor. Stop letting negative self-talk rule the day. It WILL come up and twist your feelings and words. You've got to decide to over-rule it every time.

**And you can!**

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What you focus on, you ferment. As you complain, the reason for complaining gets stronger and more justifiable. As you release and cherish how far you've come, your reason for celebration gets stronger and more natural.

How I feel affects other people!!!

**I can complain about overextending myself or I can extend my farewell to something on my list.**

~ Sparty King

How I feel affects other people!!!

**Battles are won on the last day, not the first!**

~ Sparty King

YES!!!! I got my vaccination. But so did the Fat Lady and she still ain't singing!!! This whole pandemic process is an experiment and learning period. Praise and thanks to the many Scientists and Health Professionals whose gifts had to shine in the forefront of the battle. Yet remember that every-

thing they've done is based on what's been done in the past. A past that's won over other diseases over time... BATTLES are won on the last day, not the first. We are still BELIEVING in the rollout and the return, hoping against the repeat and reemergence of the COVID virus. Different people react to medicines and situations differently. The only fact we're dealing with is the progress from one minute ago...

Please continue to wear your masks and think about how big of a crowd you want to dive into.

What you decide not to share will eventually bump up against what you share and make it seem questionable. This post may not change what you share about your life. However I hope it impacts the advice you share about others'.

How I Feel Affects Other People!!!

**After a while your secrets become lies!!!**

~ Sparty King

Even since renting this house in November 2019 I've become more of a nature fan... appreciating the landscaping my owner has obviously put into the space. I'd heard the term 'bi-annual flowers' before, yet now know what it means as I see blooms that didn't show up in 2020 (and with nothing to do with the pandemic).

And even now I smile at how God shows up in the scenery whether we take the time to enjoy it or not. He's here for you because you deserve it. Look around you and fall in love with your life. And I'm not just talking suburban. You can

appreciate the gift of hand-crafting that went into marble structures, the concrete that holds things together for you, that first person who tried something you take for granted and the one who was first to survive the attempt... **WOW! I'm loving LIFE!!! Look at what I just wrote or read!**

How I feel affects other people!!!

**YOU'RE STILL HERE??? EVEN AFTER COMPLAINING YESTERDAY???**

~ Sparty King

How I feel affects other people!!!

**EVIL**  
**One letter short of Devil.**  
**If you turn it around you'll get to LIVE**  
**Not just in the spelling.**

© Ae-Firmations

~ Sparty King

How I feel affects other people!!!

**Sometimes I don't know if I'm running from God like Jonah or with God like Paul.**  
**Both stumbled and overcame a "trip" before getting it together.**  
**I do know he's running my life and the trip has scenery I have to learn to appreciate.**

~ Sparty King

# You're not getting senile. You're exercising your right to forget!

Beware that you don't get so caught up in today's injustice that you think erasing 'yesterday' will help. Instead, focus on finding the good and sharing it to include 'yesterday' as another triumphant step. Find the helping hands and applaud them. Here's a post I found on LinkedIn that I've since found cannot be authenticated... so I'm reposting with a different lesson. And I'll tell you my reason up front.

What you'll see described below is a story of the teamwork and trust it takes to be free. **IF** these systems were in place they were created with no internet, phones, news updates, prior results... you get it!!! Thus everyone involved had to trust everyone who said they were involved.

**THANK YOU TO EVERYONE'S ANCESTORS WHO LIVED FOR CIVIL RIGHTS AND FOR THOSE OF US WHO DO THE SAME**

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**HERE'S THE POST:**

I'm really amazed at how a lot of people don't know the real meaning behind these statues, so they vandalize them, fuss about them being racist, etc. The image of a black 'footman' with a lantern signified the home was a stop on the underground railroad. These are largely a northern thing and weren't commonly found in the south until after World War II when northerners moved there and brought this custom with them. The clothing of the statue was also coded. A striped jockey's shirt meant that this was a place to swap horses, while a footman in a tailed coat meant overnight lodging/food, and a blue sailor's waistcoat meant the homeowner could take you to a port and get you on a ship to Canada. I always laugh when i hear black folks talk about how racist these are, because honestly, the cats who had them were likely the least racist. Later, these came back into popularity after World War II, and they were again coded to show the white homeowners supporting early civil rights efforts weren't Klan, etc. ~ **Dr. BK**

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Some of us can only imagine the mental toughness it took to live in a world without rights, technology or even a good night's sleep. And people trusted one another when it was 'legal' to not trust.

**Do we really have to have such a hard time getting along? Or have we just decided to? Please keep lighting and showing the way: LOVE (Let Ourselves Value Everyone)**



**THE ORIGINAL COMPUTER!!**



Print

Delete

Memory was something you lost with age

An application was for employment

A program was a TV show

A cursor used profanity

A keyboard was a piano

A web was a spider's home

A virus was the flu

A CD was a bank account

A hard drive was a long trip on the road

A mouse pad was where a mouse lived

**Nine Important Facts To Remember As We Grow Older**

- #9 Death is the number 1 killer in the world.
- #8 Life is sexually transmitted.
- #7 Good health is merely the slowest possible rate at which one can die.
- #6 Men have 2 motivations: hunger and hanky panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.
- #5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.
- #4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.
- #3 All of us could take a lesson from the weather. It pays no attention to criticism.
- #2 In the 60's, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.
- #1 Life is like a jar of jalapeno peppers. What you do today might burn your butt tomorrow.

# You're not getting senile. You're exercising your right to forget!

## WHERE HAVE YOU BEEN?

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have never been in Doubt. That is a sad place to go, and I try not to visit there.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

And more and more I think of the Here After. Several times a day, in fact, I enter a room and think "What am I here after?"

Sound familiar? Join the Club! ~ *Thanks Roberta/CHI*

## SENIOR INTERNET DATING IN FLORIDA

### **FOXY LADY FROM KINGS POINT:**

Sexy, fashion-conscious blue-haired beauty, 80's, slim, 5'4' (used to be 5'6'), searching for sharp-looking, sharp-dressing companion. Matching white shoes and belt a plus.

### **LONG-TERM COMMITMENT - BOCA TEECA:**

Recent widow who has just buried fourth husband, and am looking for someone to round out a six-unit plot. Dizziness, fainting, shortness of breath not a problem

### **SERENITY NOW: CENTURYVILLAGE - LYONS ROAD :**

I am into solitude, long walks, sunrises, the ocean, yoga and meditation. If you are the silent type, let's get together, take our hearing aids out and enjoy quiet times.

### **WINNING SMILE - BROKEN SOUND**

Active grandmother with original teeth seeking a dedicated flosser to share rare steaks, corn on the cob and caramel candy

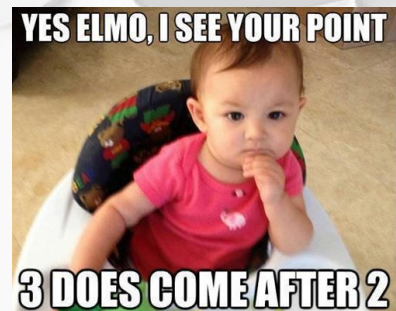
### **BEATLES OR STONES? - Boca Largo**

I still like to rock, still like to cruise in my Camaro on Saturday nights and still like to play the guitar. If you were a groovy chick, or are now a groovy hen, let's get together and listen to my eight-track tapes

### **MEMORIES ARE MADE OF THIS - FORT LAUDERDALE**

I can usually remember Monday through Thursday. If you can remember Friday, Saturday and Sunday, let's put our two heads together

## Keep up with the kids...



# The Golden Brick Road

*As people (you) read these affirmations you will be breathing the words into your spirit and taking ownership. So often we hear affirmations that start out as someone else's. As we choose to follow them they become our own, as a simple switch of the pronoun changes the impact:*

- 1) Sometimes when I fall down, I won't hop right back up. I'll see if there's something I didn't look for in the right place.
- 2) I'm not shocked or surprised at what God can do. I spend more time enjoying his results.
- 3) Stay conscious of the difference I've made in countless lives. God doesn't want me so humble that I don't acknowledge his delivery.
- 4) I've learned to stop counting how many fires I've gone through. I just keep my gear ready.
- 5) Control my words... don't let my words control me.
- 6) I've got inconsistencies in my life, but I like me constantly.
- 7) I have conflicting thoughts about everything. I'm getting better at making the right choices. What was the best choice I made today?
- 8) My happiest moments last longer than I think they do. What was one of my happiest moments?
- 9) My saddest moments could not have lasted longer than I thought they would. What did I overcome today?
- 10) I made a great choice today. What was the best choice I made today?

An illiterate father with his educated son (with a PhD in Astrology) went on a camping trip. They set up their tent and fell asleep. Some hours later, the father wakes his son and asks: Look up to the sky and tell me what you see?

Son: I see millions of stars.  
 Father: What does that tell you son?  
 Son: Astronomically, it tells that there are millions of galaxies & planets.  
 Father remains silent for a moment then says: NO JACKASS, somebody stole our tent!!!

### SUSPICIOUS DELIVERY

There was an unexpected knock on my door and like I always do, I first opened the peephole and asked, "Who's there?"  
 "Parcel post, ma'am. I have a package that needs a signature."  
 "Where's the package"? I asked suspiciously.  
 The delivery man held it up.  
 "Could I see some ID"? I asked, still not convinced.  
 "Lady," he replied wearily, "if I wanted to break into your house, I'd probably just use these."  
 And he pulled out the keys I had left in the door.



**Sooner or later you're gonna have to stop seeking God, and recognize him.**  
 Life can be like dancing. You don't always have to do certain moves; you have to be in position for when you have to.