



# The Golden Brick Road

## How I Feel Affects Other People!!!

## February 2022

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

How I feel affects other people!!!



**I'm living proof  
that I'm alive!  
I'm blessed,  
and I'm used to it!**

~ Sporty King

**A FLASHBACK  
FOR SOME...  
INTRO TO OTHERS**

**This is how we opened  
our sessions when I  
created the GBR in  
Chicago's Department  
on Aging Centers.  
I spoke at 5 centers  
a month.**

**Guard against scammers trying to  
steal your personal information.**

When ordering tests, use the official,  
secure government website:

<https://COVIDtests.gov>

**Watch out for phone scammers, too.**

If you get a phone call requesting  
information so that free at-home tests  
can be mailed to you, hang up - it's a scam!



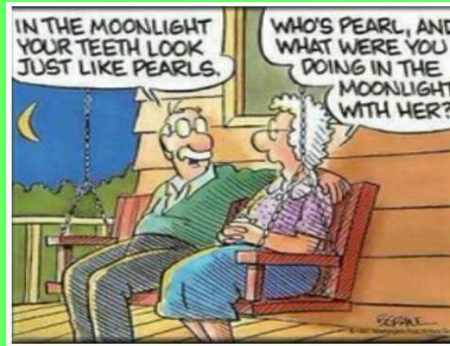
U.S. Dept of Health & Human Services

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!!!**

**FEBRUARY is 1 of the 12 best  
months for loving, living  
and laughing...**

**Even in a Third Pandemic Year!!!  
AND you'll get to say 2/2/22**



**WE HEAR AND SEE WHAT WE WANT TO**

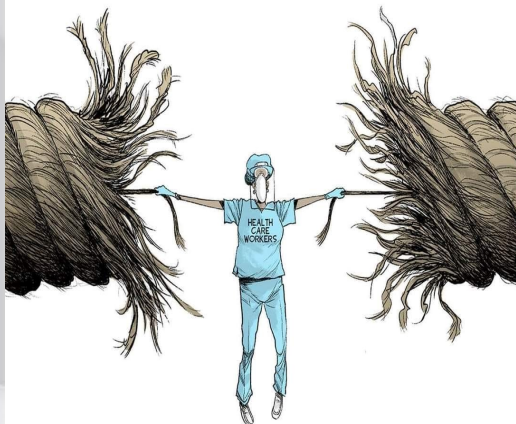
**Sometimes this is the failure in communication.**

**You may be one of the people looking forward to hearing from me  
and seeing the GBR in your mailbox.**

**Sometimes that's the beauty in communication.**

**Thank I You for smiling your whites pearly.**

## HEALTH WARNING!



**DON'T STOP CONSIDERING  
THEM HEROES!**

## MEANWHILE DON'T LET THESE CREATIVE SCAMMERS WIN

Here are some of the text messages I've gotten that sound personal and as if they know me or I requested their contact. Seeing the preview is enough for me to know NOT to bother opening the message.

**JUST DELETE IT!!!**

If you open it the technology monitors and records that you opened. And they add your name to another list. There are more than these but they follow the same pattern. Take your time and beware.

**9 out of 10 times you DIDN'T FORGET that you ordered something.**

**READ the 'ALERT' carefully. Does it make sense?**

**Some are hard to resist. (LOL)**

• +1 (626) 487-9667 >

Delivery Tomorrow At  
2:40PM: rmkw3.xyz/5T10I...  
10:01AM

• +1 (402) 805-3793 >

ALERT! Claim Your FREE  
\$2,886 Stimulus Flex Card...  
4:09AM

• +1 (775) 717-9157 >

Your Section8 approved  
waiting list info begins tom...  
9:13AM

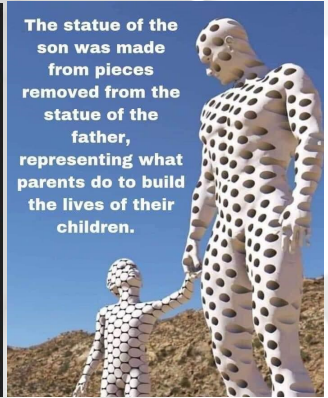
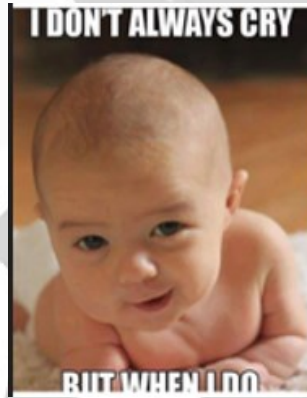
# You're not getting senile. You're exercising your right to forget!

**YOU ARE NOT ALONE! EVERYONE'S GOT SOME KIND OF CHALLENGE & VICTORY!**



Never thought about it, until I saw it...

Sometimes the challenge IS how we think about what we hear. Continue to check and choose your messengers carefully... recognizing that you are carefully being chosen as one and someone will think about what they hear from you. When they do... Will they hear crying or construction? →



The statue of the son was made from pieces removed from the statue of the father, representing what parents do to build the lives of their children.

Light has no shadow. "God is light. In Him there is no darkness at all."  
~ 1 John 1:5

## TAKE CARE OF YOUR PMS Physical... Mental... Spiritual Self

You can't help anyone until you help yourself and you can't help anyone who doesn't want your help. However you can always offer help. Sometimes knowing someone cares works wonders. And that goes both ways: **You need to know Someone Cares.**



alleyvalkyrie '20

## James Brown's To-Do List:

- 1) Get up
- 2) Get on up
- 3) Get up and do my thing
- 4) Get up offa that thing
- 5) Get on the good foot
- 6) Get involved
- 7) Get Papa a brand new bag
- 8) Give it up or turn it alose
- 9) Make it funky
- 10) Don't take no mess
- 11) Stay on the scene
- 12) Count it off
- 13) WAIT
- 14) Keep on singing
- 15) Get down

~ Ivebeenmugged.typepad.com  
~ Thanks Jeff S/Chi



**For those praying for an Apple Watch**

A husband was trying to prove to his wife that women talk more than men. He showed her a study which indicated that men use about 10,000 words per day, whereas women use 20,000 words per day. His wife thought about this for a while. She then told her husband that women use twice as many words as men because they have to repeat everything they say. Her husband looked stunned. He said, "What?"

~ Unknown (Unspoken) ~ Thanks Gloria/SC

I recently saw a distraught young lady weeping beside her car. "Do you need some help?" I asked. She replied, "I knew I should have replaced the battery to this remote door unlocker. Now I can't get into my car. Do you think they (pointing to a distant convenience store) would have a battery to fit this?" "Hmmm, I dunno. Do you have an alarm, too?" I asked. "No, just this remote thingy," she answered, handing it and the car keys to me. As I took the key and manually unlocked the door, I replied, "Why don't you drive over there and check about the batteries. It's a long walk." ~ Unknown

# The Golden Brick Road

## AN AFTERNOON IN THE PARK

There once was a little boy who wanted to meet God. He knew it was a long trip to where God lived, so he packed his suitcase with Twinkies and a six-pack of root beer, and he started his journey.

When he had gone about three blocks, he met an old woman. She was sitting in the park just staring at some pigeons. The boy sat down next to her and opened his suitcase. He was about to take a drink from his root beer when he noticed that the old lady looked hungry, so he offered her a Twinkie. She gratefully accepted it and smiled at him. Her smile was so pretty that the boy wanted to see it again, so he offered her a root beer. Once again, she smiled at him. The boy was delighted! They sat there all afternoon eating and smiling, but they never said a word.

As it grew dark, the boy realized how tired he was and he got up to leave. But before he had gone more than a few steps; he turned around, ran back to the old woman, and gave her a hug. She gave him her biggest smile ever.

When the boy opened the door to his own house a short time later, his mother was surprised by the look of joy on his face. She asked him, "What did you do today that made you so happy?" He replied, "I had lunch with God." And before his mother could respond, he added, "You know what? She's got the most beautiful smile I've ever seen!"

Meanwhile, the old woman, also radiant with joy, returned to her home. Her son was stunned by the look of peace on her face and he asked, "Mother, what did you do today that made you so happy?" She replied, "I ate Twinkies in the park with God." And before her son responded, she added, "You know, He's much younger than I expected."

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring. All of which have the potential to turn a life around. People come into our lives for a reason, a season, or a lifetime.... Have you met God today?

~ Author unknown (could be you...)

***You are a blessing to someone!  
Don't forget to be a blessing to yourself.***

Fill yourself and others with love and acceptance. We are all Hue-Man Beings <https://heyugly.org/hue-man-being-project/Be>  
Please share with your friends.

*How I feel affects other people!!!*



**We live in such a wonderfully great gray world that gets blemished when we live it as woefully extreme black and white.**

~ Sporty King

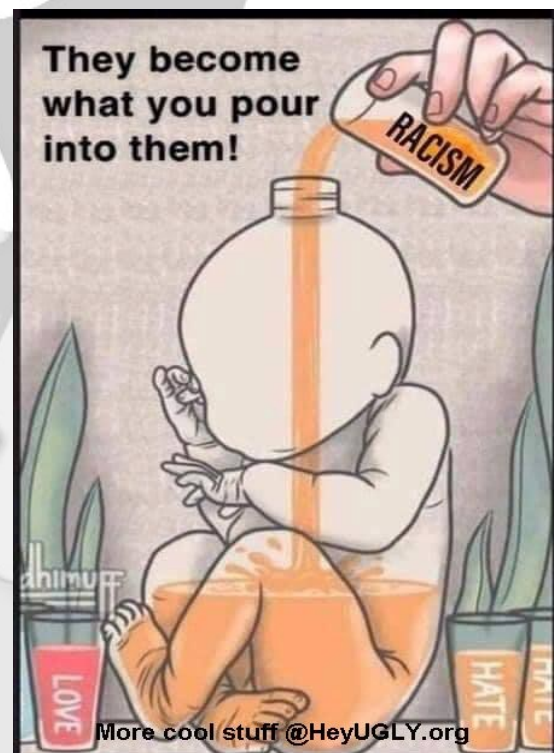
*How I feel affects other people!!!*



**I've been the only \_\_\_\_\_... and someone defended me.**

**I think a lot of people forget "that time" where they were outnumbered.**

~ Sporty King



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

*How I feel affects other people!!!*



**If you look at your challenges as God squeezing the butterfly out of your cocoon, you'll also look around and see that he'll give you new tools to shine with.**

**The battle really "is not" ours!  
The challenge is for us to remember to ask, "Hey Lord, which weapon do you want me to use to get this one behind me?"  
The ram will be in the bush!!!**

*~ Sporty King*



**Your faith is  
God's weapon of choice**

*How I feel affects other people!!!*



**Am I blind to the hatred,  
injustice and negativity?**

**NOPE!**

**Read about it in the Bible!  
Also read about how to act  
when I saw it, felt it  
or became a part of it!**

*~ Sporty King*

*How I feel affects other people!!!*



**Don't fear  
the moment!  
Create it!!!**

*~ Sporty King*

## THE CONSTANT COMPANION

At first, I saw God as my observer, my judge. Keeping track of the things I did wrong, so as to know whether I merited heaven or hell when I die. He was out there sort of like a president. I recognized His picture when I saw it, but I really didn't know Him. But later on when I met Christ, it seemed as though life were rather like a bike ride. But it was a tandem bike, and I noticed that Christ was in the back helping me pedal.

I don't know just when it was that He suggested we change places, but life has not been the same since. When I had control, I knew the way. It was rather boring, but predictable... it was the shortest distance between two points. But when He took the lead, He knew delightful long cuts, up mountains, and through rocky places at breakneck speeds. It was all I could do to hang on! Even though it looked like madness, He said, "Pedal!"

I worried and was anxious and asked, "Where are you taking me?" He laughed and didn't answer, and I started to learn to trust. I forgot my boring life and entered into the adventure. And when I'd say, "I'm scared," He'd lean back and touch my hand. He took me to people with gifts that I needed, gifts of healing, acceptance and joy. They gave me gifts to take on my journey, my Lord's and mine. And we were off again. He said, "Give the gifts away; they're extra baggage, too much weight." So I did... to the people we met, and I found that in giving I received, and still our burden was light.

I did not trust Him at first, in control of my life. I thought He'd wreck it; but He knows bike secrets, knows how to make it bend to take sharp corners, knows how to jump to clear high rocks, knows how to fly to shorten scary passages. And I am learning to keep quiet and pedal in the strangest places. And I'm beginning to enjoy the view and the cool breeze on my face with my delightful constant companion, Jesus Christ. And when I'm sure I just can't do it anymore, He just smiles and says, "Pedal."

*~ Unknown (Yet a Constant Reminder...)*

Sometimes the fear is in our anticipating what the storm will damage. We also have the option to watch it unfold. You've been through storms before. This is just a new one. You're about to find out something new about yourself. Hold onto your excitement. Then burst out in celebration.

## ... How I Feel Affects Other People!!!

what our lives must really be about: knowing the power that we have to bring light into the lives of others... feeling ourselves released to share that light... understanding the endless recharge our battery gets when we do.

Every day you should:

- ◆ give thanks for waking up
- ◆ find time to tell yourself something new that you're good at or like about yourself
- ◆ look in the mirror and give yourself a wink
- ◆ conquer every hardship by saying "I'm living proof that I'm alive"
- ◆ help someone feel good about themselves
- ◆ laugh (especially at yourself)
- ◆ listen to a senior citizen
- ◆ get some rest
- ◆ forgive yourself

Rocket science? No! Yet, how many of them have you done lately? In any specific order? No! And no limit on the number of times a day either. You are here to enjoy life. Get your joy, so that when it's time for you to ascend to your heavenly father, you can close your eyes with a genuine smile on your face that says "... there's no place like home...."

*Sometimes it's not how you finish... it's where (when) you started.*

### ENJOY THIS EXCERPT FROM

#### S.T.U.F.F. Happens!!!

#### *Situations That Unleash our Focus & Faith!!!*

Being chosen as the one to witness my mother take her last breath in 2007, I found the strength to put grief on hold. Blessed with the opportunity to coach youth basketball in 1990, I learned to coach parents, though I have no kids. Bankruptcy in 1999 pushed me to believe in my passionate calling to be a Speaker. And in 2010 I began this new path in following my dream. That's how life happens!!! Four life episodes Dealing with (Life, Parenting, Passion, Change) STUFF that becomes one calm and reassuring read to help you enjoy the challenge of remaining focused and maintaining your faith.

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# S.T.U.F.F. HAPPENS!!!

## Situations That Unleash our Focus & Faith!!!

# SPORTY KING

*How I Feel Affects Other People!!!*

# Dealing With Passion!!

## Reaching Unseen Levels (2000)

After 18 years in Corporate America, my steps into the world of entrepreneurship have reached varying levels of gratification. Over the past years I have spoken to groups ranging from third graders to senior citizens. And in that range the most gratifying level came when I was blessed to speak before a group of seniors that included the visually impaired and blind.

Since October 1997, I'd led a monthly session called *The Golden Brick Road: The Golden Path to Adventure* at the Chicago Department on Aging Centers. During the class I read my poetry and spoke with seniors about continuing to enjoy the aging journey.

It was an intimidating undertaking... standing before senior citizens, suggesting how they might better enjoy their lives. My first visit to each of the centers started with my wondering whether or not they'd say "*Come on, Sonny, we've heard all of that before....*" Each visit ended with thanks, nods of approval, even comments on how proud my mother must be of me.

All of which encouraged me, and gave me the faith and courage to stand before "my seniors" and tell them that they needed to laugh, live, love and rest more. And as they agreed to do so, they reminded me to do the same.

As so many people have heard seniors say "*I've forgotten more than you'll ever remember....*" we created a collection of poetry called *Remembering More Than You'll Ever Forget*. There were times where I wrote from the words they gave me... and times where we wrote together... using their names, favorite colors, numbers or expressions. Every time was a blessing. A blessing that led me to coin the title "*Seasoned*" Citizens... for we are each seasoned with a little something different, and a gift that makes the stew true.

I stood before them and beamed my gracious, humble and handsome smile. And made gestures and faces of the characters in my words that helped them laugh and love me more. Oh and how they complimented me on my colorful sweaters and stylish sports jackets.

## How I Feel Affects Other People!!!

They talked among themselves, and outside, about the light I brought into their lives. And they shared me, like proud parents, aunts and uncles, big brothers and sisters.

My *Seasoneds* looked forward to me coming to see them monthly, and looked forward to seeing me. They knew that whenever I left their Center, our spirits had made the connection they needed to keep them going.

Then one day, my *Seasoneds* at the Central West site decided to combine our session with that of the visually impaired. My confidence was shaken. For, the challenge of reciting to them immediately forced me to become conscious of my reading pace, articulation and painting of every syllable. And as I began to read, I felt my voice quiver and question my ability to step up onto this higher plane of communication.

Then I heard one of the visually impaired audience members say "Amen...." I watched them smile and nod in agreement. And, finally, I felt them raise me up to the higher plane with their applause.

Skillfully, I relaxed into my new place, and with each poem or sentence that parted my lips, I felt myself getting stronger at painting words and syllables like I had never been conscious of doing before. I leaned back and let the spirit of wisdom move us ahead as the thoughts from both the seeing and un-seeing opened up the room to a joyous sharing. And for a moment I laughed at how often I had sat in meetings where people could look right in someone else's face and disrespectfully press their own opinion.

No one had to hold up cue cards... one of the blessings of aging is cultivation of the #1 communication skill: listening. Attached to listening is respect. And as the comments went around the room, so too did the level of respect and joy for one another....

Then it came time for an interactive exercise in my class. Each member of the audience had to tell us something they were good at, or liked about themselves. I instinctively walked around the room and put my hand on the shoulder to let each person know that they would be next. No one missed a beat. And when my session was over, I hugged and kissed every one of my *Seasoneds* with a new sense of love and accomplishment. I had come to bring joy, and walked away with a fresh dose of the same. A high I will never come down from....

And just as I encourage my *Seasoneds*, I encourage you to recognize