How I Feel Affects Other People!!!

April 2022 Reminding "Seasoned Citizens" to continue to laugh, learn and love their lives...

Monday, February 28, was my final day wearing this crown, which I received after my September knee replacement. What I would do was only use the space if there were several available. It was just as therapeutic to park and get some walking exercise in. Being temporarily handicapped I found I had options. Yet I knew it was temporary. I threw this away with no separation pain.

Do not give a temporary handicap full time status.

To book Sporty to share his powerful and joy-filled message with your group: 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

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

HEALTH WARNING!

Isn't the first day scary? The first day of school... first job... first date.... It even goes back as far as your first day at the baby sitter's. We've all been scared or nervous about a new experience.

Today is the first day of the remainder of your life. You can handle this. In retrospect, there haven't been many "firsts" you couldn't handle. Isn't the first day wonderful? © 2002 Sporty King



LYING

A minister told his congregation, "Next week I plan to preach about the sin of lying. To help you understand my sermon, I want you all to read Mark 17."

The following Sunday, as he prepared to deliver his sermon, the minister asked for a show of hands. He wanted to know how many had read Mark 17. Every hand went up. The minister smiled and said, "Mark has only 16 chapters. I will now proceed with my sermon on the sin of lving."

~ Internet Jokester (Mark... my words)

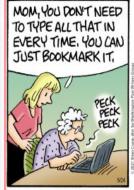
"The Tates In Your Church"

Do you know how many members of the Tate family belong to your church?

There is old man Dic-Tate who wants to run everything, while Uncle Ro-Tate tries to change everything. There's sister Agi-Tate who stirs up plenty of trouble, with help from her husband, Irri-Tate. Whenever new projects are suggested, Hesi-Tate and his wife, Vege-Tate, want to wait until next year. Then there is Aunt Imi-Tate, who wants our church to be like all the others. Devas-Tate provides the voice of doom, while Poten-Tate wants to be a big shot. And of course there is the black sheep of the family, Ampu-Tate, who has completely cut himself off from the church.

But not all members of the family are bad. Brother Facili-Tate is quite helpful in church matters. And a delightful, happy member of the family is Miss Felici-Tate. Cousins Cogi-Tate and Medi-Tate always think things over and lend helpful, steady hands.

How about it - do you know anyone in the "Tate" family? **Internet Jokester (***Cyber-Tate?***)**





IF I LEARN HOW TO DO THAT I'LL HAVE TO FORGET HOW TO DO SOMETHING ELSE MORE IMPORTANT.





I manage to show a few emotions while speaking with my Military Family. And it's the final one that gets me even more excited about my weekends after discussing Stress, Communication and Attitude...











The reminder that there's always a child involved in whatever you do. AMEN.

We read Thos. Edison
made light.
But in Sun. School they said
You did it.
So I bet he Stoled
Your I dea.
Sincerly.
DO NNA

Thet it is yery hard to for you to for you for you have all of love all of every body in the every body in the whole world. There are only 4 people in our family and I can never doit.

Nan

Shawn I am braking up with you. You have not talked to me since the day you ask re out. That was 3 months ago. You need to git it together or you will never git mareed and that wold be sad. You shold git mareed dust not to me.

Rachel

He walked three miles to the woman's house and returned the money.

Imagine that you lived at the same time as Abraham Lincoln. What would you say to him or ask him?

J'étell han not to go to a play ever, Dear tooth fairy

I lost my tooth on 23 of
oct. Now it is Now \$12

FIT I lost my tooth
in pizza.

I lost both to lay.
You owe medil.00
not to be hard but
I need money.

Annisa

Write five words you can spell (5 marks)

1 five 2 words 3 you 4 can



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

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



I don't know how to use TikTok, but I can write in cursive, do long division and tell time on clocks with hands... so there's that.

Add multiple numbers, and subtract without using a calculator...

Why Suzanne changed hotels

Last week, Suzanne checked into the Four Seasons in Palm Beach and was a bit lonely. She thought, "I'll call one of those men you see advertised in phone books for escorts and sensual massages."

She looked through the phone book, found a full page ad for a guy calling himself, "Tender Vern" - a very handsome man with assorted physical skills flexing in the photo. He had all the right muscles in all the right places, thick wavy hair, long powerful legs, dazzling smile, six pack abs and she felt quite certain she could bounce a quarter off his well-oiled butt... you get the picture. She figured, what the heck, I'll give him a call.

"Hello, ma'am, how may I help you?" . . . Oh my, he sounds sooo sexy!

Afraid she would lose her nerve if she hesitated she rushed right in, "Hi, I hear you give a great massage, I'd like you to come to my room and give me one. No, wait, I should be straight with you. I'm in town all alone and what I really want is sex. I want it hard, I want it hot, and I want it now. Bring implements, toys, rubber, leather, and whips, everything you've got in your bag of tricks. We'll go hot and heavy all night - tie me up, cover me in chocolate syrup and whipped cream, anything and everything baby. Now how does that sound?"

He says "Oh my God... that sounds absolutely fantastic, but you need to press 9 for an outside line."

~ Anonymous (... make that, Unanimous!)

Imagine burning sage to get rid of bad vibes and YOU disappeared!!

Gentle Thoughts for Today

- 1. Birds of a feather flock together... and then crap on your car.
- 2. A penny saved is a Government oversight.
- 3. The older you get, the tougher it is to lose weight, because by then your body and your fat have gotten to be really good friends.
- 4. The easiest way to find something lost around the House is to buy a replacement...
- 5. He who hesitates is probably right.
- 6. Did you ever notice: The Roman Numerals for forty (40) are 'XL'
- 7. The sole purpose of a child's middle name is so he can tell when he's really in trouble.
- 8. Did you ever notice: When you put the 2 words 'The' and 'IRS' together it spells 'Theirs'
- 9. Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.
- 10. Some people try to turn back their odometers. Not me, I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.
- 11. When you are dissatisfied and would like to go back to your youth, think of Algebra.
- 12. You know you are getting old when everything either dries up or leaks.
- 13. One of the many things no one tells you about aging is that it is such a nice change from being young. Ah, being young is beautiful, but being old is comfortable.
- 14. Lord, keep your arm around my shoulder and your hand over my mouth
- ~ Anonymous (... for today!)

Avocados

A wife asks her husband, "Could you please go shopping for me and buy one carton of milk and if they have avocados, get 6.

A short time later the husband comes back with 6 cartons of milk. The wife asks him, "Why did you buy 6 cartons of milk?"

He replied, "They had avocados.

*** *** ***

If you're a woman, I'm sure you're going back to read it again!

Men will get it the first time.

(My work is done here)

How I Feel Affects Other People!!!

If you feed off of

negative people

when you're in a group

or on a team

you'll have

negative food

for thought.

If you don't

believe in God,

become an

Entrepreneur.

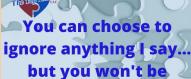
You'll believe!

How I Feel Affects Other People!!!



The Golden Brick Roa

How I Feel Affects Other People!!!



able to say I didn't say anything.

~ Sporty King

You are not everyone's messenger. Don't try to be. It is more important that you are consistent with your message so that whomever it's for will be encouraged, enlightened and empowered.

In that process so will you.

How I feel affects other people!!!

Whether dealing with grief, a breakup, hospital stay, deployment, away at school, relocation... hours, days, weeks, months or years... it is possible to find reason to smile. You must be willing to try and then... give yourself time.

How I Feel Affects Other People!!!

Try not to count the time separated. **Focus on enjoying** the memories and moments shared...

then smile.

~ Sporty King

Grief is not a moment you're supposed to get over. It's fuel for a process you'll need to keep going. ~ Sporty King

How I Feel Affects Other People!!!

Sometime looking for the sugar coated version makes us lose track of the blessing and direction we need to take!

~ Sporty King

How I Feel Affects Other People!!!

Some use anger to end a personal or professional relationship. I use love.

I love my happiness, being happy and people who are happy for me!

~ Sporty King

Yes, it really IS all about you! Those who tell you it's not... understand that.

How I Feel Affects Other People!!! There's a chance that I've missed some opportunities in life,

> according to others. Yet I've never missed an opportunity to enjoy my life, according to me.

How I Feel Affects Other People!!!

God has never made a mistake or a stranger... even when he's been unpopular or unknown. Are you doing his will?

How I feel affects other people!!!

Successful people live by strict rules & discipline that doesn't always include what you may consider obvious choices... sometimes they don't include you!

How I Feel Affects Other People!!!

How I Feel Affects Other People!!!

If you're dealing

with one of the

hardest times in

vour life remember

it's ONE of...

YESTERDAY **CAN LAST AS LONG AS**

YOU LET OR LIKE! ture beliefs.

I think too often we can shrug off the past as "gone" or "done" with a negative tone. What it has gone and done is set up the groundwork for our present and fu-

Don't forget to "thank" Yesterday for who you've chosen to be while living with Today.

Don't need you to read it about me. Say and believe it about you.

How I feel affects other people!!!



I am an important piece of the puzzle, and the world needs me alive.

~ Sporty King







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

NEGATIVITY MAKES HEADLINES You have to LOOK for the positive. Once you find it don't fret and question. Rejoice and hold onto it.

Jackson was honored with a lifetime achievement award during the Academy of Motion Picture Arts & Sciences annual Governors Awards ceremony on Friday night, March 25 but it was an event that wasn't televised or streamed anywhere. One of the biggest and most-beloved stars of all time receiving a long overdue statuette by another of the biggest and most-beloved stars of all time, and we all missed it?

Washington was ebullient as he listed off all of Jackson's sterling credits, both on-screen and through his charitable work. He made particular note that it is quite possible Jackson is the most success

having earned \$27 billion there.

Samuel L. Jackson Receives First-Ever Oscar from Denzel Washington in Non-Televised Event

particular note that it is quite possible Jackson is the most successful movie star of all time, by box office, with his films

Jackson was clearly touched in his own speech, joking about how his career started with him scoring major roles like "Gang Member Number 2" and "Black Guy" to featuring in more than 150 projects.

~ www.TooFab.com



MEMORY FUN WITH THE ALPHABET

Work your way through the alphabet giving someone's name for each pair of letters:

AB (Angela Bassett), BC (Barry Clark),
CD (Clyde Davis), DE (Donna Ellis)...
You don't have to actually know the person, but it's more fun if you do. Then create variations make the pair men only, women only, children only, movie stars... about positive messages:
AB (Always Believe), BC (Better Choices),
CD (Count Days), DE (Desire Excellence)...
The harder you make the challenge the more you do for your brain exercise and staying positive.
But you must not focus on how hard it is...
focus on how much fun it is to celebrate each pair and why you thought of it.

Just think: A-Z, I celebrate being Me!





... How I feel affects other people!!!

I Am the **Burned Bridge**

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Straightening Life Upside Down

> My turns have met challenges, and smiles and fears My going straight gifts me with higher air. Not that my journey seeks rhyme above reason My life seeks new roads as I traverse my seasons

My view allows me to never look down on people As my focus is clear You see, the true road of your life does not call for comparison As creativity continues its curvature in distinct splashes of rebirth Nope, nothing new about making life matter The joy is when you do so on earth

> It's okay to let your skies be your rivers To find solid footing amongst caramel clouds Take a stand and allow yourself to be wait-less As you use your time to live your life out loud

You see, I'm straightening my life upside down Because my turns enjoy friendship and cheer I'm boldly going where I've always known I'd go What I've found out is how to get there.

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I know you'll want to rehash (I dare not say rekindle) the past walks across that refused to buckle under the weight of our immature experience.

I'll be reminded of the twists as we took our turns and focused on looking up so as not to be distracted by the roughness of the path.

Over rivers we flowed. Through mountains we forged. Blindly trusting one another we held hands and heard hearts as the traffic threatened to block and blur the booths that would take a toll on our journey.

And as my planks have welcomed many every time I'm crossed bares a slight erosion. Yet the truth is you can only cross once. Even when my burn is rebuilt there are certain parts that will no longer be the same...

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ONLINE BROADCASTS FACEBOOK ... LINKEDIN ... YOUTUBE

Monday Morning Moment 8:00am EDT 1-2 minute inspirational message.

GLUE (God's Love Undoes Everything) Wednesday 1:00pm EDT

30-45 minute interactive inspirational message. GIFT (God Is For Today) Friday 11:00am EDT

8-12 minute sharing of my original poetry and how to use it to inspire others... and yourself.

WHETHER YOU'RE ON SOCIAL MEDIA OR NOT IF YOU HAVE ACCESS TO EMAIL I SEND THE 3 TO-GETHER AT THE END OF EACH WEEK. EMAIL ME