

# The Golden Brick Road

## How I Feel Affects Other People!!!

## SEPTEMBER 2022

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

How I feel affects other people!!!

**God has been making my day "every" for a long time. And it's still my favorite!!!**

~ Sporty King

How I feel affects other people!!!

**Be your wonderful self today... AGAIN!!!**

~ Sporty King

I'll be honest. I don't feel like waiting to be scheduled to say, "Thank You" to more people than I can count or see. I am proud to be an American who survived and appreciates those who continue to help others survive and thrive...

How I feel affects other people!!!



**Remember 9/11 so you can be PROUD not angry!!!**

~ 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!!!**  
SEPTEMBER is 1 of the 12 best months for loving, living and laughing... Even in a **Third Pandemic** Year!!!

How I feel affects other people!!!

**You don't know how really good of a speaker I am, because you see my motivational messages instead of my life.**

~ Sporty King

How I feel affects other people!!!

**I cannot tell you how happy I am that all didn't go the way I planned...**

~ Sporty King

How I feel affects other people!!!

**With this new 365 I'll remember that God is having me try some new things so that he can help me see what 'll be doing. I really enjoy celebrating myself. Thank you for helping me enjoy celebrating you.**

~ Sporty King

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I have never claimed to have it all together. I have always proclaimed that I don't have to be right... I have to be Sporty. I am as comfortable at being my judge as I am at being my jury.

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My BirthDate Anniversary message to remind you to celebrate EACH 365 from this day.

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**King Fact:**

[My birth name] Ryspodii spelled backwards is Ildopsyr and

pronounced Ah-dop-sear. Ricky [my father] random quizzed me with the understanding that that was how I was to name my son. I passed the quizzes **but NEVER intended to do it.** ☺

Try yours.

### HEALTH WATCH

How I feel affects other people!!!

**It's actually very easy to hear the enemy because he knows he can't beat you from afar. An enemy knows he has to get up close and make moves that make you start to believe you can't win.**

~ Sporty King

I wish you a Week From Heaven where nothing goes according to your plans, but everything according to His master plan... And that you see it!!!

How I feel affects other people!!!

**Sometimes you don't KNOW until you say NO! You've made a lot of tough decisions...**

~ Sporty King

How I feel affects other people!!!

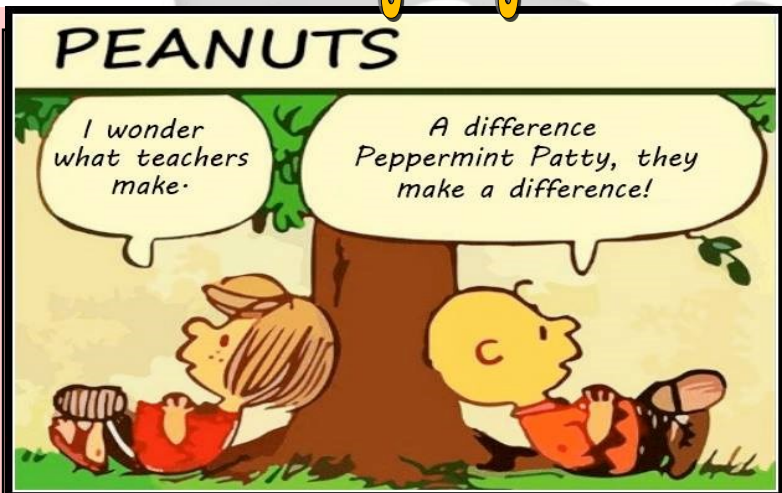
**HELPFUL AFFIRMATION FOR MOVING ON!!!**

**I've made some good decisions. Getting rid of [person or thing] was one of them. I'm happy to move on.**  
**I've made some bad decisions. Getting rid of [person or thing] wasn't one of them. I'm able to move on.**  
**I've made some tough decisions. Getting rid of [person or thing] was one I won't regret. I'm still moving on.**

~ Sporty King

**I Am Starting To Think I Will Never Be Old Enough To Know Better.**

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



## TEACHER: IT'S WORTH THE JOURNEY!

Did you hear about the teacher who was helping one of her pupils put on his boots? He asked for help, and she could see why. Even with her pulling, and him pushing, the little boots still didn't want to go on. By the time they got the second boot on, she had worked up a sweat. She almost cried when the little boy said, 'Teacher, they're on the wrong feet.' She looked, and sure enough, they were. Unfortunately, it wasn't any easier pulling the boots off than it was putting them on. She managed to keep her cool as, together; they worked to get the boots back on, this time on the correct feet.

He then announced, 'These aren't my boots.' She bit her tongue, rather than get right in his face and scream, 'Why didn't you say so?' like she wanted to. Once again, she struggled to help him pull the ill-fitting boots off his little feet. No sooner had they got the boots off when he said, 'They're my brother's boots. But my Mom made me wear 'em today.' Now she didn't know if she should laugh or cry. But she mustered up what grace and courage she had left to wrestle the boots BACK onto his feet again. Helping him into his coat, she asked, 'Now, where are your mittens?' He said, 'I stuffed 'em in the toes of my boots.' She'll be eligible for parole in three years.

~ Unknown

**MORNING...** Children ask, "Why?" because they are comfortable in being worthy of receiving love and all that comes with it. I ask, "Why... have we grown away from recognizing that our maturity is an eternal gift toward extending that childlike understanding?" The ideal place to rest your spirit of long-suffering is in the minds of those who will remember that you asked, "WHY?" For their answer will be **We Have You...**

**NOON...** Don't worry about the messenger, get your message. Maybe the person "you" think God chooses/uses to talk to you isn't who you want to listen to. Picking unlikely messengers is one of His ways of disguising the Word. Don't let a "mortal" feeling block a spiritual lesson.

**& NIGHT...** Sometimes we worry that we're doing too much... deciding that someone else is doing too little to help the team win. Teamwork requires a start and a finish as well... so the people who don't get in on the front end can come in on the back. Your early information may give the team the jumpstart they need. Play to your team's strength... don't require them to be strong.

"Morning... Noon... & Night..."

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## OLDIE, BUT GOODIE... BECAUSE WE TEND TO FORGET...

The dinner guests were sitting around the table discussing Me. One man, a CEO, decided to explain the problem with education. He argued, "What's a kid going to learn from someone who decided his best option in life was to become a teacher?"

He reminded the other dinner guests what they say about teachers: "Those who can, do. Those who can't, teach."

To stress his point he said to another guest; "You're a teacher, Helen. Be honest. What do you make?"

Helen, who had a reputation for honesty and frankness replied, "You want to know what I make? (She paused for a second, and then began...) Well, I make kids work harder than they ever thought they could. I make a C<sup>+</sup> feel like the Congressional Medal of Honor winner. I make kids sit through 40 minutes of class time when their parents can't make them sit for 5 without an I Pod, Game Cube or movie rental.

'You want to know what I make. I make kids wonder. I make them question. I make them apologize and mean it. I make them have respect and take responsibility for their actions. I teach them to write and then I make them write. I make them read, read, read. I make them show all their work in math. I make them give thanks for their God given brain, not the man-made calculator. I make my students preserve their unique cultural identity. I make my classroom a place where all my students feel safe and respected.

'I make my students stand, placing their hand over their heart to say the IB Pledge of Allegiance to the Flag, One Nation Under God, because we live in the United States of America; And I let them make the sign of the cross!

'Finally, I make them understand that if they use the gifts they were given, work hard, and follow their hearts, they can succeed in life by helping others. I make them understand that when people try to judge you by what you make, you have to know the economics that prove that money isn't everything, so that you can teach ethics.

'You want to know what I make. I MAKE A DIFFERENCE. Thanks for asking! And what about you, what do you make Mr. CEO?"

~ author well known (because a teacher taught)

**King Fact:** When I babysat my younger brothers, I would let them stay crying in wet diapers as long as possible, waiting for Leah or Zyt [my mother or sister] to come home and change them. I pretended they weren't crying or held them upright so they wouldn't sit in the mush.

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

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

### DUCKS IN HEAVEN

Three women die together in an accident and go to heaven. When they get there, St. Peter says, 'We only have one rule here in heaven: don't step on the ducks!'

So they enter heaven, and sure enough, there are ducks all over the place. It is almost impossible not to step on a duck, and although they try their best to avoid them, the first woman accidentally steps on one. Along comes St. Peter with the ugliest man she ever saw. St. Peter chains them together and says, 'Your punishment for stepping on a duck is to spend eternity chained to this ugly man!'

The next day, the second woman accidentally steps on a duck and along comes St. Peter, who doesn't miss a thing. With him is another extremely ugly man. He chains them together with the same admonishment as for the first woman.

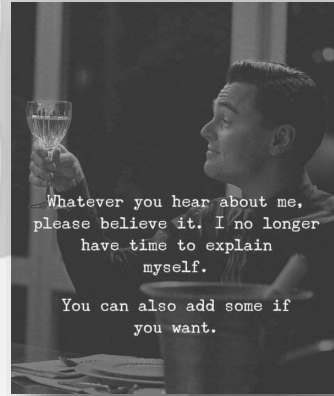
The third woman has observed all this and, not wanting to be chained for all eternity to an ugly man, is very, VERY careful where she steps. She manages to go months without stepping on any ducks, but one day St. Peter comes up to her with the most handsome man she has ever laid eyes on ... very tall, long eyelashes, muscular, and thin. St. Peter chains them together without saying a word. The happy woman says, 'I wonder what I did to deserve being chained to you for all of eternity?'

The guy says, 'I don't know about you, but I stepped on a duck!'

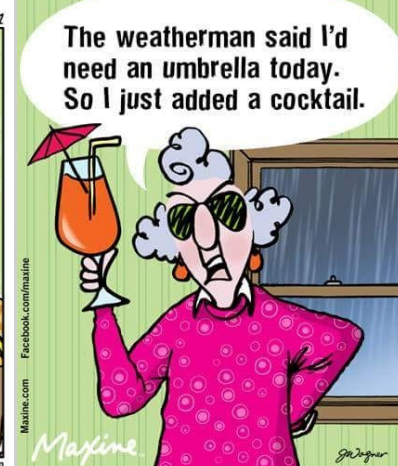
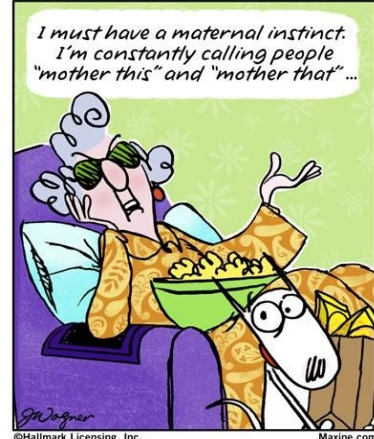
~ Unknown Jokester (... Quack!)

- If the rich could hire other people to die for them, the poor could make a wonderful living.
- The wise man, even when he holds his tongue, says more than the fool when he speaks.
- What you don't see with your eyes, don't invent with your mouth.
- A hero is someone who can keep his mouth shut when he is right.
- A wise man hears one word and understands two.
- You can't control the wind, but you can adjust your sails.

~ Yiddish Proverbs



Crabby Road 5-6-21



# The Golden Brick Road

How I feel affects other people!!!  
**Strength is a beautiful thing. Stay strong and enjoy it.**  
~ Sporty King

Focus on your strengths, not your weaknesses. Congratulate yourself and smile as you reflect upon how some of the hurdles you've eclipsed. Celebrate by saying:  
***I'm Glad I'm Strong!***

A seventeen-year-old came home with a Porsche, and his parents began to yell and scream, "Where did you get that car?" He calmly told them, "I bought it today." "With what money!?" demanded his parents. "We know what a Porsche costs." "Well," said the boy, "this one cost me fifteen dollars." The parents began to yell even louder. "Who would sell a car like that for fifteen dollars?" they asked.

when nothing goes right... go left.

How I feel affects other people!!!  
**When you get a new challenge, look around. God also includes a ram in the bush and weapons to meet it.**  
~ Sporty King

How I feel affects other people!!!  
**Satan is still behind me trying harder to catch up, because I'm so much more easily moving toward the finish line. Meanwhile, my seeing the hurdles as properly placed by God will remain my strength, and fuel my endurance.**  
~ Sporty King

"It was the lady up the street," said the boy. "Don't know her name -- they just moved in. She saw me ride past on my bike and asked me if I wanted to buy a Porsche for fifteen dollars." "Oh my goodness!" moaned the mother, "she must be a child abuser. Who knows what she will do next? John, you go right up there and see what's going on." So the boy's father walked up the street to the house where the lady lived and found her out in the yard calmly planting flowers. He introduced himself as the father of the boy to whom she had sold a Porsche to for fifteen dollars and demanded to know why she did it.

How I feel affects other people!!!  
**People who can't recreate your path need to get out of your way.**  
~ Sporty King

You may need to help them. In their weak, unjustifiable defense... they didn't realize who they were dealing with. Don't you forget.

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How I feel affects other people!!!  
**Cutting people out of your life does not mean you hate them. It simply means you respect you.**  
~ Sporty King

"Well," she said, "this morning I got a phone call from my husband. I thought he was on a business trip, but I learned from a friend he has run off to Hawaii with his secretary. Then apparently, she stole all his money and stranded him there! Well he called me, without a dollar to his name, and asked me to sell his new Porsche and send him the money. So that's exactly what I did."  
~ Unknown (Aloha...)

Many embrace and often use the cliché: "You have to give respect to get respect." I believe you have to respect yourself to allow yourself to be respected.

How you feel affects other people!!!  
**God is intentional. So when you feel like he's doing something, he's doing something. When you feel like he's doing nothing, he's doing something.**  
~ Sporty King

How I feel affects other people!!!  
**Your walk into the light is not new. Don't minimize your success and allow it to fade.**  
~ Sporty King

How I feel affects other people!!!  
**Go with the flow... and make ripples. Each of us is a key ingredient in the stew. The twists & turns you make add the flavor someone needs!!!**  
~ Sporty King

How I feel affects other people!!!  
**I haven't changed who I am. I've changed who you get to meet me as and how you get to judge me.**  
~ Sporty King

How I feel affects other people!!!  
**I may not always remember why we celebrate certain things, but I'll never forget why we celebrate one another.**  
~ Sporty King

It may be an African proverb that if you want to go fast, go by yourself. If you want to go far, go with others. I believe in the Biblical proverb that if you want to enjoy your path, follow God.

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That little extra time you spend talking against your EX can signal a doubt in your past judgment... or taste in partners.

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**King Fact:** I was not allowed to purchase or wear a sports jersey that had my favorite player's name on the back. Ricky [my father] said wearing another man's name on your back meant he owned you.

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



## DON'T WE ALL?

I was parked in front of the mall wiping off my car. I had just come from the car wash and was waiting for my wife to get out of work. Coming my way from across the parking lot was what society would consider a bum. From the looks of him, he had no car, no home, no clean clothes, and no money. There are times when you feel generous but there are other times that you just don't want to be bothered. This was one of those "don't want to be bothered" times.

"I hope he doesn't ask me for any money," I thought. He didn't. He came and sat on the curb in front of the bus stop, but he didn't look like he could have enough money to even ride the bus. After a few minutes he spoke. "That's a very pretty car," he said.

He was ragged but he had an air of dignity around him. His scraggly silver beard kept more than his face warm. I said, "Thanks," and continued wiping off my car. He sat there quietly as I worked. The expected plea for money never came. As the silence between us widened something inside said, "Ask him if he needs any help." I was sure he would say "yes" but I held true to the inner voice. "Do you need any help?" I asked.

He answered in three simple but profound words that I shall never forget. We often look for wisdom in great men and women. We expect it from those of higher learning and accomplishments. I expected nothing but an outstretched grimy hand. He spoke the three words that shook me. "Don't we all?" he said.

I was feeling high and mighty, successful and important, above a bum in the street, until those three words hit me like a twelve-gauge shotgun. Don't we all?

I needed help. Maybe not for bus fare or a place to sleep, but I needed help. I reached in my wallet and gave him not only enough for bus fare, but enough to get a warm meal and shelter for the day. Those three little words still ring true. No matter how much you have, no matter how much you have accomplished, you need help too. No matter how little you have, no matter how loaded you are with problems, even without money or a place to sleep, you can give help. Even if it's just a compliment, you can give that. You never know when you may see someone that appears to have it all. They are waiting on you to give them what they don't have: a different perspective on life, a glimpse at something beautiful, a respite from daily chaos, which only you through a torn world can see.

Maybe the man was just a homeless stranger wandering the streets. Maybe he was more than that. Maybe he was sent by a Power that is great and wise, to minister to a soul too comfortable in themselves.

Maybe God looked down, called an Angel, dressed him like a bum, and then said, "Go minister to that man cleaning the car, that man needs help."

Don't we all?

~ *Unknown Internet Helper*

1. My goal last month was to lose just 10 pounds. Only 15 to go.
2. Ate salad for dinner! Mostly croutons & tomatoes. Really just 1 big, round crouton covered with tomato sauce, & cheese. OK FINE!!! Yes, it was a pizza.
3. I just did a week's worth of cardio after walking into a spider web.
4. I don't mean to brag but ... I finished my 14-day diet in just 3 hrs & 20 minutes.
5. A recent study has found that women who carry a little extra weight live longer than men who mention it.

- A. Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.
- B. Senility has been a smooth transition for me.
- C. Remember back when we were kids & every time it was below zero out they closed school? Me neither.
- D. I may not be that funny or athletic or good looking or smart or talented... I forgot where I was going with this.
- E. A thief broke into my house last night ... He started searching for money, so I got up & searched with him.

~ *Unlisted Jokester (...now 16 pounds to go...)*

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

www.sportyking.com 708-805-9279 Sporty@SportyKing.com



## I Am the Burned Bridge

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...

© Sporty King 12/1/20

### THE FAMILY TREE OF VINCENT VAN GOGH

His dizzy aunt - Verti Gogh  
The brother who ate prunes - Gotta Gogh  
The brother who worked at a convenience store - Stop N Gogh  
The grandfather from Yugoslavia - U Gogh  
The cousin from Illinois - Chica Gogh  
His magician uncle - Where-diddy Gogh  
His Mexican cousin - A Mee Gogh  
The Mexican cousin's American half-brother - Gring Gogh  
The nephew who drove a stage coach - Wells-far Gogh  
The constipated uncle - Can't Gogh  
The ballroom dancing aunt - Tang Gogh  
The bird lover uncle - Flamin Gogh  
The fruit loving cousin - Man Gogh  
An aunt who taught positive thinking - Way-to-Gogh  
The little bouncy nephew - Poe Gogh  
A sister who loved disco - Go Gogh  
His niece who travels the country in an RV - Winnie Bay Gogh  
Are you smiling yet? - There ya Gogh!

~ Van Gogh Gone

### Judge Not and the Quick Responder

A man boarded a plane with six kids. After they got settled in their seats a woman sitting across the aisle from him leaned over to him and asked (with somewhat of a judgmental air), "Are all of those kids yours?"

"No Ma'am, I work for a condom company.

These are customer complaints."

~ Unknown (*No complaints*)

*As my Aunt Bea Franklin says, "Kid, you outdid yourself this time! I'm proud of ya!"*

*I love you... and I'll see you!!!  
Happy LIFE Moments!!!*

Say it out loud and use this as an affirmation. You'll get a nice chuckle out of it the first time. Eventually you'll develop a comforting smile from its truth.

*How I feel affects other people!!!*



**When I fall it will be  
such a long flight  
to the bottom  
I'll have time  
to learn to fly.  
I guess that's what being  
an angel is all about.**

© Morning... Noon... & Night... ~ Sporty King

### 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 TOGETHER AT THE END OF EACH WEEK. EMAIL ME