

The Golden Brick Road

How I Feel Affects Other People!!!

OCTOBER 2022

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

Do not allow a manmade calendar to restrict/control your joy in celebrating you or the ones you love. Merry Happy Blessed Joyous!

How I feel affects other people!!!

**Happy Mothers' Day!
Happy Fathers' Day!
Unless you've got a darn good reason to wait until May/June 2023 to salute!**

~ Sporty King

How I feel affects other people!!!

Why try to cheat God out of a laugh? Go on and make your plans.

You do know you can't cheat him??? ~ Sporty King

How children perceive their Grandparents

- ◆ My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo and replied, "No, how are we alike?" "You're both old," he replied.
- ◆ When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to avoid attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."
- ◆ A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past.

Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties.

"They use him to keep crowds back", said one child.

"No," said another. "He's just for good luck."

A third child brought the argument to a close. "You're both wrong . . . They use the dogs," she said firmly, "to find the fire hydrants."

- ◆ A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."
- ◆ "My Grandparents are funny. When they bend over, you hear gas leaks and they blame their dog."

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!!!
OCTOBER is 1 of the 12 best months for loving, living and laughing...
Even in a Third Pandemic Year!!!
It's also 1 of the BER Months:
SEPTEM... NOVEM... DECEM...**

HEALTH WATCH

A man is recovering from surgery when the Surgical Nurse appears and asks him how he is feeling. "I'm OK, but I didn't like the four-letter-word the doctor used in surgery," he answered. "What did he say," gasped the nurse. "OOPS."
~ Internet unknown (FINE)

Bumper sticker of the year:

'If you can read this, thank a teacher - and, since it's in English, thank a soldier.'
And remember: life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

THE SHOEBOX

A man and woman had been married for more than 60 years. They had shared everything... They had talked about everything. They had kept no secrets from each other except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about. For all of these years, he had never thought about the box, but one day the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside. She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000. He asked her about the contents.

"When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the doll, but what about all of this money? Where did it come from?"

"Oh," she said, "that's the money I made from selling the dolls."
~ Jokester Unknown

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

Confession from a Baby Girl: Cup of Tea

One day my mother was out and my dad was in charge of me. I was maybe 2 1/2 years old and had just recovered from an accident. Someone had given me a little 'tea set' as a get-well gift and it was one of my favorite toys.

Daddy was in the living room engrossed in the evening news when I brought Daddy a little cup of 'tea', which was just water. After several cups of tea and lots of praise for such yummy tea, my Mom came home.

My Dad made her wait in the living room to watch me bring him a cup of tea, because it was 'just the cutest thing!' My Mom waited, and sure enough, here I come down the hall with a cup of tea for Daddy and she watches him drink it up.

Then she says (as only a mother would know) "Did it ever occur to you that the only place she can reach to get water is the toilet?"

~ Internet unknown (except by Mom)

**Be sure to check who you'll be using for a reference...
your sources make a difference**

Sporty's Mom's Words:

- ◆ *If you end up old and crazy, and you started out young and crazy, you're not doing too bad.*
- ◆ *I don't care if it's Momma. Don't open my door.*
- ◆ *If you didn't want it you should've said so when I put it on your plate. And you're gonna eat it, if it gets ice cold. I don't have no food to throw away.*
- ◆ *[when we said we wanted more meat] You'd better meet your Jesus.*
- ◆ *People in hell want ice water.*
- ◆ *[when we'd say we were hungry or tired...] Pleased to meet you, I'm Mary Louise.*
- ◆ *Listen to me, if anybody tries to rob you, don't be stupid and be a hero, drop it and run.*
- ◆ *[source of my confident air] Thank you darling. I just wish there were more like me.*

~ Mary Louise King (RIP)

A Baptist Pastor...

... was presenting a children's sermon. During the sermon, he asked the children if they knew what the resurrection was. A little boy raised his hand. The pastor called on him and the little boy said, "I know that if you have a resurrection that lasts more than four hours you are supposed to call a doctor."

It took over ten minutes for the congregation to settle down enough from laughter to continue the service worship.

~ Jokester unknown

Thanks Lou F/CX

PARAPROSDOKIANS (para-proz-doe-kee-ns)

... are figures of speech in which the latter part of a sentence is unexpected.

- * Where there's a will, I want to be in it.
- * Since light travels faster than sound, some people appear bright until you hear them speak.
- * If I agreed with you, we'd both be wrong.
- * War does not determine who is right - only who is left.
- * Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- * They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
- * To steal ideas from someone is plagiarism. To steal from many is called research.
- * In filling in an application, where it says, 'In case of emergency, notify:' I put 'DOCTOR.'
- * I didn't say it was your fault, I said I was blaming you.
- * Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they look sexy.
- * Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.
- * A clear conscience is the sign of a bad memory.
- * I used to be indecisive. Now I'm not so sure.
- * Nostalgia isn't what it used to be. Nor is there any future in it.
- * Change is inevitable, except from a vending machine.
- * Going to church doesn't make you a Christian any more than standing in your garage makes you a car.
- * I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.
- * I am not arguing with you, I am explaining why you are wrong.

~ Author Unknown

God doesn't miss you.
He is patiently waiting for you to understand your next assignment.

Alternate your pace. You don't want to slow down for a blessing that is not yours, or speed up and miss one that is.

***I found more than 20.
See how many more
on page four!***

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

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



Life Thoughts by 'Papa Duck'

I saw a woman wearing a sweat shirt with 'Guess' on it. So I said 'Implants?' She hit me.

How come we choose from just two people to run for President and over fifty for Miss America

Now that food has replaced sex in my life, I can't even get into my own pants.

I signed up for an exercise class and was told to wear loose fitting clothing. If I HAD any loose fitting clothing, I wouldn't have signed up in the first place!

When I was young we used to go 'skinny dipping,' now I just 'chunky dunk.'

Don't argue with an idiot; people watching may not be able to tell the difference.

Wouldn't it be nice if whenever we messed up our life we could simply press 'Ctrl Alt Delete' and start all over? AMEN, AMEN!!

Why is it that our children can't read a Bible in school, but they can in prison?

Wouldn't you know it..? Brain cells come and brain cells go, but FAT cells live forever.

Why do I have to swear on the Bible in court when the Ten Commandments cannot be displayed outside?

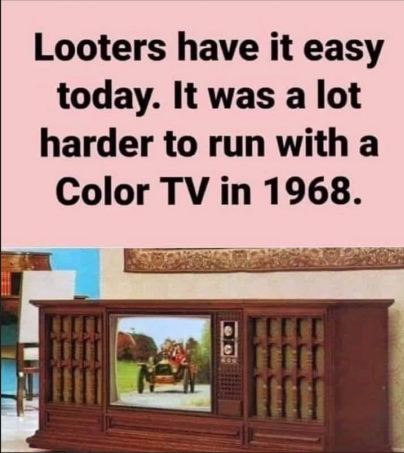
~ Author Unknown (... with a lot of questions.)



My 5 year old niece saw the blue deer on my shirt and was like "awww it's a boy deer!" I took the opportunity to be like "Or it can be a girl deer! Girls like blue too, Olivia" She stared at me and was like "I said it's a boy because it has antlers." Take my degree away now.



Absolutes ("always" "never" "every" "all"...)
block creativity and evolution.
Be open to change and excitement ("frequently").



Looters have it easy today. It was a lot harder to run with a Color TV in 1968.

Just as the graveside service finished, there was a distant lightning bolt accompanied by a tremendous burst of rumbling thunder. The little old man looked at the pastor and calmly said, "Well, she's there and it's His problem now."

The Golden Brick Road

Self-doubt can leave you out!
Self-confidence within
will get you the Win!
There is no one better to take a
chance on than yourself.
What harm is there?
All you can be is right...

How I feel affects other people!!!

**Know that there are
plenty of people
in the dark with you.
One will find the light.
Don't always be
the one.**

~ Sporty King

It is not possible
to please everyone.
Fortunately it is not required.

How I feel affects other people!!!

**If you fake it
to make it,
how will you know
what "it"
looks like?
Be true to yourself.**

~ Sporty King

How I feel affects other people!!!

**Start empowering
your reasons for
following that little
voice inside your
head, and
make a move!!!**

~ Sporty King

There are times where you
DO need to be sure you get
the last word... or thought.

How I feel affects other people!!!

**The Devil is a liar...
Yet do you know
enough truth
to catch him/her
and laugh to
yourself?**

~ Sporty King

**EMPTY SPACE
◆(YOU OK?)◆**

The opposite of 'Right'
is 'Left.' Before you
tell someone they are
wrong consider what
they were thinking.
Who they are... where
they were... how they
feel... when they acted
are also things that
make a difference.

Hmmm... sounds like
it's not such an easy call. Right?

*** **

I CAN believe how
much of a blessing
you have been to my
life. I'm blessed, and
I'm used to it. Thank
you!!!

How I feel affects other people!!!

**F.A.I.T.H.
Feeling As If**

**There's Hope!!!
The only thing you cannot do
is give up!**

*When one door closes
go for the windows!!!*

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How I feel affects other people!!!

L.E.F.T.

**Let's Encourage
Free Thinking**

*Wrong is someone else's opinion
of something you did
that didn't benefit them.*

©Ac-Firmations

~ Sporty King

How I feel affects other people!!!

E.A.S.Y.

**Expect Angels
to**

Save You

Pray and get out of the way!

©Ac-Firmations

~ Sporty King

How I feel affects other people!!!

**F.O.C.U.S.
Finding Ourselves**

Creates

**Unlimited Success!!!
Focus on you**

and let others come into focus!!!

©Ac-Firmations

~ Sporty King

How I feel affects other people!!!

**The more time
you spend complaining
about what someone's
doing to you...
the less time
you spend thinking
about what you're
doing for yourself.**

~ Sporty King

How I feel affects other people!!!

**When you
release yourself
from your fears
they run like they
never wanted to be
a part of you!**

~ Sporty King

How I feel affects other people!!!

**Another good day
to laugh:
I've learned to live
vicariously
through myself!!!**

~ Sporty King

And don't expect
respect when all
you've got
is a title. Earn it!

How I Feel Affects Other People!!!

SILLY

**(Self-Imposed
Limitations Lie to You)**

**Take a moment, sit down,
and think about
some of the things
you once told yourself
U couldn't (wouldn't dare) do.**

©Ac-Firmations

~ Sporty King

Most of the words I got were
4-letter, then 3-letter:

- (3) Ale, Ate, Cat, Eat, Ice, Lie, Lit, Mat, Tea, Tic, Tie
- (4) Lace, Late, Lice, Lime, Mail, Male, Mate, Meal, Meat, Mice, Mile, Mite, Tail, Tale, Tame, Team, Time
- (5) Claim, Metal (6) Malice
- (7) Climate

(once I started writing them I thought of more)

My wife asked
if she could have a little
peace and quiet while
she cooked dinner...

So I took the battery out
of the smoke alarm!



gamewordtrip Sponsored

Can you find at least 20 words?

○○○○○○
○○○○○○

○○○ C L I M ○○○
○○○ A T E ○○○
○○○ T E ○○○

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



“One of the shortest wills ever written: ‘Being of sound mind, I spent all the money.’ — Arthur Bland”

GUIDANCE

When I meditated on the word GUIDANCE, I kept seeing "dance" at the end of the word. I remember reading that doing God's will is a lot like dancing. When two people try to lead, nothing feels right. The movement doesn't flow with the music, and everything is quite uncomfortable and jerky.

When one person realizes this and lets the other lead, both bodies begin to flow with the music. One gives gentle cues, perhaps with a nudge to the back or by pressing lightly in one direction or another. It's as if two become one body, moving beautifully. The dance takes surrender, willingness, and attentiveness from one person and gentle guidance and skill from the other.

My eyes drew back to the word GUIDANCE. When I saw "G," I thought of God, followed by "u" and "i." "God, "u" and "i" dance!" *God, you, and I dance.* This statement is what guidance means to me.

As I lowered my head, I became willing to trust that I would get guidance about my life. Once again, I became willing to let God lead.

My prayer for you today is that God's blessings and mercies be upon you and your family on this day and everyday. May you abide in Him as He abides in you. Dance together with God, trusting Him to lead and to guide you through each season of your life.

This prayer is powerful and there is nothing attached. If God has done anything for you in your life, please share this message with someone else, for prayer is one of the best gifts we can receive.

There is no cost but a lot of reward; so let's continue to pray for one another.

I Hope You Dance!!!

~ Dancer Unknown (u?)

The ABC's of Teacher Stress Management by Mary Zabolio McGrath, Ph.D.

- | | | |
|-------------------------------------------------------------------|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| A sk for help when and where you need it | B e positive whenever possible | C are for yourself as well as for your students |
| D on't let negative people dominate your thoughts or space | E at a nutritious lunch daily with pleasant people or alone if it's more peaceful | F ind at least one co-worker with whom you can freely and confidentially share your feelings about school matters |
| G et enough sleep | H ave a life of your own apart from school | I nitiate conversations about subjects other than school in order to maintain a broader perspective of life |
| J oin a support group | K eep your mind on the job when in school and off the job during personal time | L isten to your needs and meet them as best you can |
| M ake time for your family and friends | N ever go through a day without a good laugh | O pen yourself to new educational ideas and practices |
| P ause for a deep breath when things get busy or intense | Q uiet your mind in a solitary place when pressure builds | R emember the value of your skill and experience |
| S peak up for your needs and concerns | Take time to talk to co-workers about their interests and hobbies | U tilize your support network for on and off the job concerns |
| V iew problems as a challenge leading to growth | W ork out to release stress | X -out habits injurious to your health (eg. smoking, excessive use of alcohol and caffeine) |
| | Y ou are a worthy member of a fine profession. <i>Remember that!</i> | Z oom ahead with less stress to a healthier more fulfilling career |

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

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IT'S EASY TO RUN AWAY

But when the run is over,
all of our problems catch up.
And as we put the brakes on,
we relive the discomfort from each jolt
as we flashback to our *escape*.

All of the *free* time
we visualized, fantasized, internalized
turns to lies
as we question the hue of green
surrounding the grass upon which we now feast.

A feast whose nourishment we pray
will lift the veil from our past
to, instead, confirm and justify our act(s) of desperation
(or are they just reactions to despair?)

Yes, we cling to our claim that we gave our all
That we did our best
Though, secretly, we protest any notion
that we cannot reach a higher level.

We banish the *What Ifs... Who Knows... and Why Dids*
To embellish *So What... Anyhow... and Told You So*

Summoning our highest human-ness
we block the thoughts that serve
as nothing but reminders of suffrage and pain
Though they could serve
as realization points in our growth and understanding
of who we are.

See, it's easy to run away.
It's hard to know when to leave.

© 1996



The 2.99 Special

We went to breakfast at a restaurant where the SENIORS SPECIAL was two eggs, bacon, hash browns and toast for \$2.99.

"Sounds good," my wife said. "But I don't want the eggs."
"Then, I'll have to charge you \$3.49 because you're ordering a la carte," the waitress warned her.

"You mean I'd have to pay for not taking the eggs?" my wife asked incredulously.

"YES!" stated the waitress.

"I'll take the special then," my wife said.

"How do you want your eggs?" the waitress asked.

"Raw and in the shell," my wife replied. She took the two eggs home and baked a cake.

DON'T MESS WITH SENIORS!!!

WE'VE been around the block more than once!

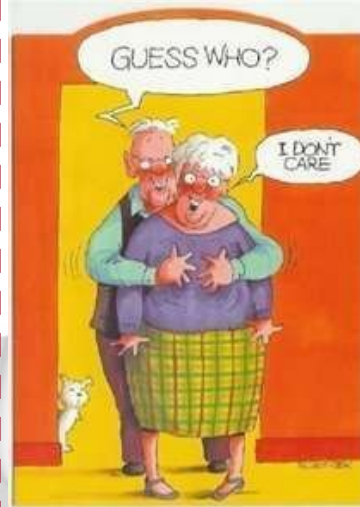
~ Baker Unknown (... but not over-easy, or yet!)

OCTOBER (Outward Celebration of Testimonies Optimally Bring Everyone Rewards)

Let it be known why

and that you have a need to thank God.

Someone else needs to know they should hang in there!



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