

# The Golden Brick Road

## How I Feel Affects Other People!!!

## OCTOBER 2023

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

SOME DAYS YOU'LL  
MOVE MOUNTAINS,  
OTHER DAYS YOU'LL  
MOVE FROM THE BED TO  
THE COUCH. BOTH DAYS  
ARE NECESSARY.

Dear black  
Friday...

We all have big  
screen TVs. Put  
those groceries  
on sale.

Here's one way to  
celebrate the  
differences.  
MY findings on  
page 2. What  
about yours?



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)

Cheers and Chairs to  
all you Parents out there.  
Keep mounting up the mental  
blessings you deserve.  
And for anyone who wants to  
shade some doubt on this post...  
only the GR8 Parents read my page

How I feel affects other people!!!  
- Sporty King  
**The Parent  
Handbook is  
40 days and nights  
(I mean) pages long.  
According to it  
you're doing  
a great job.**

**So NOW it's time to take a seat...  
Clean yourself up... Enjoy!!!  
NOVEMBER is 1 of the 12 best  
months for loving, living & laughing...**

### HEALTH WATCH

A teacher was teaching her class about bullying and gave them the following exercise to perform. She had the children take a piece of paper and told them to crumple it up, stomp on it and really mess it up but be careful not to rip it. Then she had them unfold the paper, smooth it out and look at how scarred and dirty it was. She then told them to tell if they're sorry. Now even though they said they were sorry and tried to fix the paper, she pointed out all the scars they left behind. And that those scars will never go away no matter how hard they tried to fix it. That is what happens when a child bully's another child, they may say they're sorry but the scars are there forever. The looks on the faces of the children in the classroom told her the message hit home.

### THE RULES FOR BEING HUMAN

1. You will receive a body. You may like it or hate it, but it will be yours for the entire period.
2. You will learn lessons. You are enrolled in an informal school called Life. Each day in this school, you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.
3. There are no mistakes, only lessons. Growth is a process of trial and error. Experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately "works".
4. A lesson is repeated until learned. A lesson will be presented to you in various forms until you have learned it. You can then go on to the next lesson.
5. Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
6. "There" is no better than "here." When your "there" has become a "here," you will simply obtain another "there" that will again look better than "here."
7. Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects something you either love or hate about yourself.
8. What you make of your life is up to you. You have all the tools and resources you need. What you do with them is up to you. The choice is yours.
9. Your answers lie inside you. The answers to Life's questions lie inside you. All you need to do is look, listen and trust.
10. You will forget all this...

~ Internet teacher unknown

Yet remember to read *The Golden Brick Road*

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

## EVE'S VERSION...

After three weeks in the Garden of Eden, God came to visit Eve. 'So, how is everything going?' inquired God.

'It is all so beautiful, God,' she replied. 'The sunrises and sunsets are breathtaking, the smells, the sights, everything is wonderful, but I have just one problem. It's these breasts you have given me. The middle one pushes the other two out and I am constantly knocking them with my arms, catching them on branches and snagging them on bushes. They're a real pain.'

And Eve went on to tell God that since many other parts of her body came in pairs, such as her limbs, eyes, ears, etc. She felt that having only two breasts might leave her body more 'symmetrically balanced'.

'That's a fair point,' replied God, 'But it was my first shot at this, you know. I gave the animals six breasts, so I figured that you needed only half of those, but I see that you are right. I will fix it up right away.'

And God reached down, removed the middle breast and tossed it into the bushes.

Three weeks passed and God once again visited Eve in the Garden of Eden. 'Well, Eve, how is my favorite creation?'

'Just fantastic,' she replied, 'but for one oversight. You see, all the animals are paired off. The ewe has a ram and the cow has her bull. All the animals have a mate except me. I feel so alone.'

God thought for a moment and said, 'You know, Eve, you are right. How could I have overlooked this? You do need a mate and I will immediately create a man from a part of you. Let's see... where did I put that useless boob?'

*Now doesn't THAT make more sense than the rib story?*

Send to men with a sense of humor & women who figure this makes sense.

~ Unknown Jokester (... Adam?)

"Look at ME!" boasted the fit old man to a group of young people. "Every morning I do fifty push-ups, fifty sit-ups, and walk two miles. I'm fit as a fiddle! And you want to know why? I don't smoke, I don't drink, I don't stay up late, and I don't chase after women!" He smiled at them, teeth white, eyes glittering, "And tomorrow, I'm going to celebrate my 95th birthday!" "Oh, really?" drawled one of the young onlookers, "How?"

~ Unknown Jokester (... Why?)

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He was a widower and she a widow. They had known each other for a number of years being high school classmates and having attended class reunions in the last 30 years without fail. This 60th anniversary of their class, the widower and the widow made a foursome with two other singles.

They had a wonderful evening, their spirits high. The widower throwing admiring glances across the table. The widow smiling coyly back at him. Finally, he picked up courage to ask her, "Will you marry me?"

After about six seconds of careful consideration, she answered, "Yes,..... yes I will!"

The evening ended on a happy note for the widower. But the next morning he was troubled. Did she say "Yes" or did she say "No?"

He couldn't remember. Try as he would, he just could not recall. He went over the conversation of the previous evening, but his mind was blank. He remembered asking the question but for the life of him could not recall her response. With fear and trepidation he picked up the phone and called her.

First, he explained that he couldn't remember as well as he used to. Then he reviewed the past evening. As he gained a little more courage he then inquired of her. "When I asked if you would marry me, did you say "Yes or No?"

"Why you silly man I said, 'Yes. Yes I will.' And I meant it with all my heart."

The widower was delighted. He felt his heart skip a beat. Then she continued. "And I am so glad you called because I couldn't remember who asked me!"

~ Jokester Unknown (exercising his/her right to forget)

(Thanks Robert K/CX)

Christmas wasn't coming this fast when we were kids.

# The Golden Brick Road

*How I feel affects other people!!!*  
~ Sporty King  
**In the quest to become unique many have become the same person.**

*How I feel affects other people!!!*  
~ Sporty King  
**You've got to finish the thought: When people show you who they are, believe them. [FINISH] Then treat them that way.**

*How I feel affects other people!!!*  
~ Sporty King  
**Let me show you who I am rather than telling you who you are.**

Meanwhile... that's all you need to know. In fact, you've got to believe you are not alone.

Sometimes in trying to learn from someone else you can lose sight of your need to adapt your ways rather than adopt theirs. Which is also why you must choose your messengers carefully. There are those who want you to stay dependent on them

This is not a negative thought at all. When you have a positive ID of a criminal you must adjust your approach. It's actually no different than what you do with a celebrity.

If someone stabs you in the back you keep them on your side or in front. FINISH what you believe in thought and action.

Sometimes the best way to react to how someone treats you is not through cursing them out, or even thanking them... it's by making yourself unavailable or available to their next move. Don't misread that. I can easily "not like what you did" and still be available. You'll feel the difference when its time to show you who I am.

*How I feel affects other people!!!*  
~ Sporty King  
**We all make good choices. Remember to see beyond yourself with your next choice.**

Keep choosing your way to your worthy blessing with patience and smiles.

*How I feel affects other people!!!*  
~ Sporty King  
**We don't go through anything alone. We just don't always know who we're going through with.**

Sometimes we think we're the underdog when all we really need to do is play the game. You are a Winner. You don't have to have it all together all the time. In fact, you're often the anchor for helping someone else rebound. Take time to refresh yourself, not just the ones you love.

*How I feel affects other people!!!*  
~ Sporty King  
**Don't fight having your "I feel out of it" moments so hard, that you can't come back.**

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

*How I feel affects other people!!!*  
~ Sporty King  
**I've been me for so long, nothing I do surprises me. Occasionally the timing makes me stop and think.**

*How I feel affects other people!!!*  
~ Sporty King  
**Whatever you're afraid of is hoping you stay away, so that it can win through intimidation, rather than domination.**

*How I feel affects other people!!!*  
~ Sporty King  
**Be Beautiful. Be Patient. Believe in your Struggle.**

*How I feel affects other people!!!*  
~ Sporty King  
**We sometimes forget how much we love the beauty of the butterfly, whose appeal is a result of its patience to struggle.**

*How I feel affects other people!!!*  
~ Sporty King  
**Try not to alibi your actions... when you can reward your recognition. God doesn't miss you. He is patiently waiting for you to understand your next assignment. Alternate your pace.**

*How I Feel Affects Other People!!!*  
~ Sporty King  
**Become a better private speaker to become a better public speaker and life-liver... Positive self-talk sharpens your edges, builds confidence and impact.**

*How I feel affects other people!!!*  
~ Sporty King  
**The only thing God's not in charge of is Nothing!**

*How I Feel Affects Other People!!!*  
~ Sporty King  
**Your story starts from your testimony, not always your birth!!!**

*How I feel affects other people!!!*  
~ Sporty King  
**As you're repositioning people in your life don't consider their cries. Evil spirits get upset when you recognize them.**

When he saw Jesus he screamed, fell before him, and howled, "What business do you have messing with me? You're Jesus, Son of the High God, but don't give me a hard time!" ~ Luke 8:28 (The man said this because Jesus had started to order the unclean spirit out of him.)

Your track record says you've overcome odds, which seemed stacked high against you, because you are a living blessing. Smile proud when you think about what it took from and showed you. Smile proud and expect to do it again. Have (another) GR8 week.

*How I Feel Affects Other People!!!*  
~ Sporty King  
**We all take turns feeling life's shadow (wishing it were shade) and bounce back. Recall a time where you did well on your turn. Embrace it!**

*How I feel affects other people!!!*  
~ Sporty King  
**Preach what you practice in case you have to Practice what you preach!**

*How I feel affects other people!!!*  
~ Sporty King  
**I don't have time for everything I do. I make time for anything I do.**

*How I Feel Affects Other People!!!*  
~ Sporty King  
**When someone says, "I don't know what I'd do in your shoes," it's not advice. It's a confession.**

*How I Feel Affects Other People!!!*  
~ Sporty King  
**The Devil attacks our children and uses us to drive a wedge. Stop speaking against THESE children of today... try speaking FOR them. They ARE children!!!**

I threw a ball for my dog... It's a bit extravagant I know, but it was his birthday and he looks great in a Tuxedo.

Would you follow your advice? Keep learning what you do in your life.

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



How I Feel Affects Other People!!!



~ Sporty King

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

Everything you've done in your life and everything you will do going forward, was and is right... for you. Because you make your decisions

based on the information you have. You don't say, "Ooh, that looks wrong, I think I'll do it."

What we tend to do is think that something looks right, feels right, is what we want to do in that moment. The consequences retroactively 'stamp' the wisdom. My guess is that if you look around, you'll see a lot more stamps that say you made the right choice...

## WHAT IT MEANS TO BE POOR...

One day a father of a very wealthy family took his son on a trip to the country with the firm purpose of showing his son how poor people can be. They spent a couple of days and nights on the farm of what would be considered a very poor family.

On their return from their trip, the father asked his son, "How was the trip?"

"It was great, Dad."

"Did you see how poor people can be?" the father asked.

"Oh Yeah" said the son.

So what did you learn from the trip?" asked the father. The son answered, "I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end. We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us, they have friends to protect them."

With this the boy's father was speechless.

Then his son added, "Thanks dad for showing me how poor we are."

Too many times we forget what we have and concentrate on what we don't have. What is one person's worthless object is another's prize possession. It is all based on one's perspective. Makes you wonder what would happen if we all gave thanks for all the bounty we have, instead of worrying about wanting more. Take joy in all you have, especially your friends.

**HAPPY THANKSGIVING & DAY EVERYONE!!!**

## THE CAB RIDE

When I arrived at 2:30 a.m., the building was dark except for a single light in a ground floor window. Under these circumstances, many drivers would just honk once or twice, wait a minute, and then drive away. But I had seen too many impoverished people who depended on taxis as their only means of transportation. Unless a situation smelled of danger, I always went to the door. This passenger might be someone who needs my assistance, I reasoned to myself.

So I walked to the door and knocked. "Just a minute", answered a frail, elderly voice. I could hear something being dragged across the floor. After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940s movie.

By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware. "Would you carry my bag out to the car?" she said. I took the suitcase to the cab, and then returned to assist the woman.

She took my arm and we walked slowly toward the curb. She kept thanking me for my kindness. "It's nothing", I told her. "I just try to treat my passengers the way I would want my mother treated".

"Oh, you're such a good boy", she said. When we got in the cab, she gave me an address, and then asked, "Could you drive through downtown?"

"It's not the shortest way," I answered quickly.

"Oh, I don't mind," she said. "I'm in no hurry. I'm on my way to a hospice".

I looked in the rear-view mirror. Her eyes were glistening. "I don't have any family left," she continued. "The doctor says I don't have very long."

I quietly reached over and shut off the meter. "What route would you like me to take?" I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighborhood where she and her husband lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl. Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing. As the first hint of sun was creasing the horizon, she suddenly said, "I'm tired. Let's go now."

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico. Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her. I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

"How much do I owe you?" she asked, reaching into her purse.

"Nothing," I said. "You have to make a living," she answered.

"There are other passengers," I responded. Almost without thinking, I bent and gave her a hug. She held onto me tightly.

"You gave an old woman a little moment of joy," she said. "Thank you."

I squeezed her hand, and then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life.

I didn't pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away?

On a quick review, I don't think that I have done anything more important in my life. We're conditioned to think that our lives revolve around great moments. But great moments often catch us unaware - beautifully wrapped in what others may consider a small one.

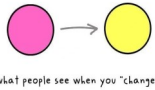
*Life may not be the party we hoped for, but while we are here, we might as well dance.*

~ Author Unknown (yet, not honking with impatience...)

**TAKE SOME TIME TO DAYDREAM TODAY!  
ENJOY THE RIDE!**

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

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



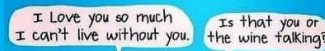
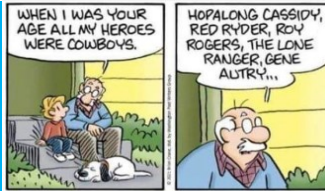
what people see when you "change"



what your evolution was actually like

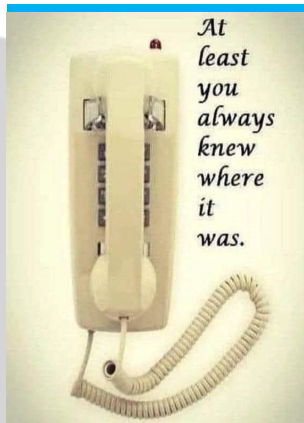
God didn't add another day to your life because you needed it.

He added it because someone needed you.



**BACK OFF I'M A PHOTOGRAPHER**  
NO WAIT  
STAY RIGHT THERE  
NOW TURN A LITTLE LEFT  
TURN YOUR FACE TOWARD THE SUN  
TILT YOUR CHIN DOWN  
A LITTLE MORE  
A LITTLE MORE  
NOW UP  
OKAY,  
JUST HOLD THAT POSITION  
THE LIGHT SHOULD BE PERFECT  
IN JUST A COUPLE MINUTES

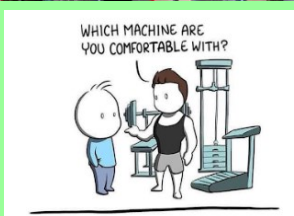
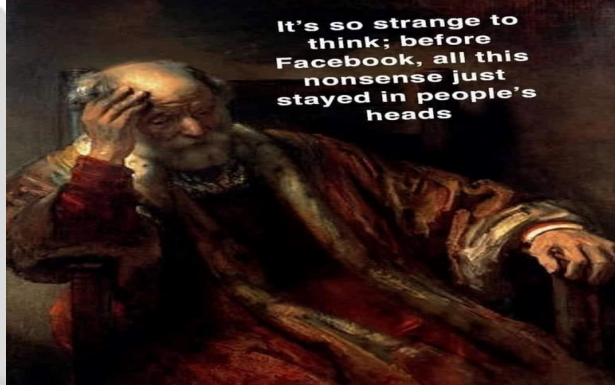
So far, you've survived 100% of your worst days.  
*This Too Shall Pass*



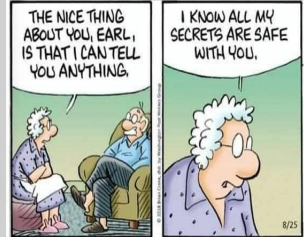
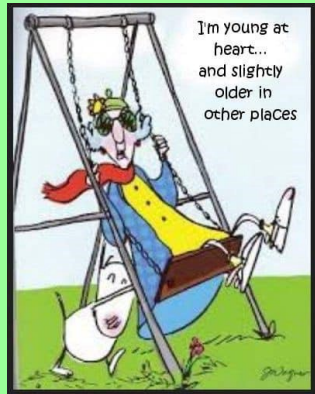
**HOW TO COOK CRACK AND CLEAN A CRAB**  
**STEP ONE: USE COMMAS**



I ALWAYS ARRIVE LATE AT THE OFFICE, BUT I MAKE UP FOR IT BY LEAVING EARLY.



Dear Bill Collectors, I know I owe you -but I got some good news, I Typed AMEN on a Facebook Post and in 48 Hours I will get a ton of MONEY -so when I get it, I will pay you -



A loan at a bank can take 30 years to pay off. If you rob a bank, you're out in 10 years. Follow me for more financial advice.



Here's a question for all the mind readers out there.

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

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



**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.

**HAPPY THIS YEAR!!!**

*I love you and I'll see you!!!*

*Happy LIFE Moments!!!*

## HAPPY BIRTHDATE ANNIVERSARY (TO YOU)!

My mother always said,  
 "You have one BirthDAY.

Every year after that is the  
 Anniversary...."

Each year I change the greeting on  
 MY Anniversary.

Here it is for those not listed on FB  
 or LI. If you're on FB or LI with  
 your DATE listed [Spoiler Alert]  
 you'll receive this greeting:

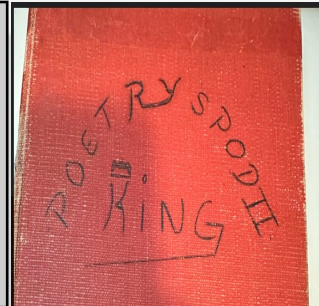
*Celebrating you today is not unu-  
 usual, yet it IS unavoidable.*

*Under no circumstances are you to  
 think you're only worthy of being  
 celebrated one day on a manmade  
 calendar. In fact... should someone  
 wish you a Happy Belated...  
 tell them they're not late,  
 you'll be this blessing all year.*



### FLASHBACK EXIT POEMS FROM MY PAST

*In around 1975 my girlfriend's father bound this book  
 of blank pages because he enjoyed the poetry I created  
 for his daughter and she shared. I had almost forgotten  
 about this book because the pages are handwritten and  
 full (124). I'm so excited and warmed by how timeless  
 some of the messages are and, more importantly,  
 seeing/sharing my spiritual growth.*



### ON THE CONTRARY

Our lives are (pitifully) just an  
 abundance of memories:  
 How about the time when we...  
 Wasn't that the day... Do you re-  
 member the first time we... I was  
 always the fastest... Too bad we  
 didn't ... I'll never forget....

Yeah, those were the days  
 Whether happy, sad, egotistical,  
 sentimental or just reminiscent  
 Our lives are (fortunately) just an  
 abundance of memories  
 Without which, we could not and  
 cannot exist.

© 1976

### THE MOST BEAUTIFUL ASPECT OF FALL

I think that the most beautiful aspect of  
 the Fall season is a golden red, sunny  
 day. A day on which the stinging hot of  
 the sun brightens the scenery is some-  
 thing special. Highlighted by the luster  
 of the flapping oak leaves, our campus  
 blends beautifully with the surrounding  
 children of nature. The youthful trees of  
 the summer mature, and suddenly begin  
 to shed their leaves. Floating down-  
 ward, fixed upon a single linear sun ray,  
 the leaves finally come to a cushion-soft  
 rest upon the silky, lavender fibers of  
 grass. The grass tilts lightly, saturated  
 with fresh morning dew.

All of the "sluggish" rocks then become  
 rejuvenated stones.

© 1973

