



Incredibly Giant

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Vol. 35 No. 20

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September 9, 2026

- Sept. 10 — World Suicide Prevention Day 🧡
- Sept. 13 — Grandparents' Day 👴👵
- Sept. 16 — World Ozone Day 🌍
- Sept. 19 — Talk Like a Pirate Day 🏴‍☠️
- Sept. 21 — International Day of Peace 🕊️
- Sept. 22 — First Day of Fall 🍁
- Sept. 23 — International Day of Sign Languages 🖐️
- Sept. 25 — Comic Book Day 📖
- Sept. 29 — Coffee Day ☕
- Sept. 30 — National Day for Truth and Reconciliation/Orange Shirt Day



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PROUDLY MANITOBAN



♈ Aries — Mar. 21-Apr. 19 You may feel pulled in several directions this week, but not everything deserves your immediate attention.

♉ Taurus — Apr. 20-May 20 You may be tempted to rush a decision, especially involving money or home matters, but patience will pay off.

♊ Gemini — May 21-June 20 Your social side is strong this week, and conversations could open new doors. By the weekend, you may crave some quiet time to recharge.

♋ Cancer — June 21-July 22 You may finally feel ready to let go of a worry you have been carrying longer than necessary. Home, family and familiar comforts will feel especially important.

♌ Leo — July 23-Aug. 22 Someone may look to you for leadership, but remember you do not have to solve everything for everyone.

♍ Virgo — Aug. 23-Sept. 22 You may discover that something you thought was complicated is actually much easier once you deal with it directly.

♎ Libra — Sept. 23-Oct. 22 Balance may be harder to find than usual this week, especially if other people keep demanding your attention.

♏ Scorpio — Oct. 23-Nov. 21 Your intuition is strong this week, so pay attention to what feels off — and what feels right. You may uncover information that helps you make an important decision.

♐ Sagittarius — Nov. 22-Dec. 21 You may be craving something new this week, whether it is a change of scenery, a new project or simply a break from routine. Follow that curiosity!

♑ Capricorn — Dec. 22-Jan. 19 You may receive recognition, reassurance or proof that your hard work has been worthwhile.

♒ Aquarius — Jan. 20-Feb. 18 A conversation with someone who sees things differently could give you exactly the perspective you need.

♓ Pisces — Feb. 19-Mar. 20 You are being nudged to pay attention to what you truly want instead of what others expect from you.



The Trouble with Playing Small - The ability to go into any social situation and sense the level of consciousness in it is a gift. It enables us to move considerably through the world. However, there is a difference between shifting our energy to accommodate people and dumbing ourselves down to a regrettable degree. Sometimes, when we get into a particular social situation, we may feel pressure to play small in order to fit in. Perhaps everyone is drinking or smoking excessively, engaging in gossipy small talk, or complaining bitterly about politics.

It's one thing to notice this and modify our expectations, and another thing entirely to join in.

When we notice where people are coming from and acknowledge to ourselves that their energy is not in alignment with ours, we have choices about how to proceed. One viable option is to quietly endure the situation, keeping to ourselves until it's time to leave.

In this way, we take care of our own consciousness and protect our growth process. Another option is to interact in a way that honors and pays respect to the people in the group while gently attempting to shift the level of consciousness with our input. In order to do this, we must maintain our own vibration, which means that joining in by dumbing down is not an option.

When we choose to shrink ourselves to fit in, we not only sell ourselves short, but we also lose a possible opportunity to influence the situation for the good. Our desire to join in may come from our natural yearning to feel connected to the people around us.

There is no shame in this, but being able to stand on our own, separate from the crowd, is a powerful milestone on any spiritual path. It can be difficult in the moment, but when we arrive on the other side, our integrity intact, we may find ourselves feeling positively smart.

SUDOKU PUZZLE

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🍅 Garden Harvest Sheet-Pan Sausage & Veggie Bake A really easy way to use up zucchini, tomatoes, peppers, onions and potatoes, and it works great for a weekly paper recipe because it's hearty.

Ingredients

- 4 sausages, sliced
- 2 medium potatoes, chopped
- 1 zucchini, chopped
- 1 bell pepper, chopped
- 1 small onion, sliced
- 2 cups cherry or chopped garden tomatoes
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- ½ tsp paprika
- Salt and pepper, to taste
- ½ cup shredded mozzarella or parmesan
- Fresh basil or parsley, *optional*



Directions

- Heat oven to 425°F. Toss potatoes with half the olive oil, salt, pepper and paprika. Spread on a baking sheet and roast for 15 minutes.
- Add sausage, zucchini, pepper, onion, tomatoes and garlic.
- Drizzle with remaining oil and sprinkle with Italian seasoning.
- Toss everything together and roast another 20-25 minutes, stirring once, until the vegetables are tender and sausage is cooked through.
- Sprinkle with cheese during the last 5 minutes.
- Top with fresh basil or parsley and serve.

Garden swap ideas

Use whatever is coming out of the garden: yellow squash, green beans, carrots, corn, eggplant or even cabbage all work.



A Dad's Letter

I don't say this enough. probably because somewhere along the way, dads got taught that love was supposed to look like fixing things, paying bills, checking the tires and asking whether you got home safe.

So sometimes "I love you" came out sounding like, "Do you need gas money?" "I'm proud of you" "Good job."

Sometimes "I'm worried about you" came out a little too much like, "What were you thinking?" and sometimes I was quiet when I should have said more but I hope you always knew that I noticed more than you thought I did.

I noticed when you were trying hard even when things weren't going your way. I noticed when you got back up after life knocked you flat. I noticed when you were pretending you were okay because you didn't want anyone worrying about you. I noticed.

If I could go back, I'd tell you more often that you never had to earn my pride. You didn't have to be the smartest, the toughest, the most successful or the one who always had everything together. You were my kid. and that was enough.

There will be times when you feel like everyone else got instructions for adulthood and yours somehow went missing. You are allowed to start over, change your mind and even walk away from things that hurt you.

You are allowed to ask for help before everything falls apart. Being strong doesn't mean carrying everything alone. If there ever comes a day when the world feels too heavy, come sit beside me. We can just sit there. Because no matter how old you get, there will always be a place beside your dad.

I'm proud of you, not just for what you've accomplished, for who you are becoming. — **Love, Dad** ❤️