

The Feast of the Father Of All Mankind

An Overview Of This Devotion

On the Feast of the Father of All Mankind, which is observed on the first Sunday in August, participants consecrate themselves to God Our Father. The seven days leading up to the feast, and consecration, is a time of spiritual preparation, which includes 20-30 minutes of prayer and spiritual reflection each day.

Participation in the Holy Sacrifice of the Mass is recommended each day for the eight day period, whenever possible. The Sacrament of Reconciliation is also recommended during the eight day period, or after the consecration.

The following is done each day, for eight consecutive days.
(Allow 20-30 minutes per day, for the completion of these prayers.)

1. Preparatory Prayer
2. The Formal Chaplet
3. The Litany
4. Daily Meditation, which includes the Consecration to God Our Father, occurring on the eighth day of the devotion.

Begin this devotion seven days before the first Sunday in August. In this way, the eighth and final day of the devotion, and the day in which participants will make their consecration to God Our Father, will fall on *the Feast of the Father of All Mankind*.

The pages included here have been set in the order in which the devotion is prayed. By following the short directions provided, participants can be assured that all of the prayers and meditations for each day are covered.

Preparatory Prayer

Invoking the Presence of God, Our Father

Each day's devotion begins with this prayer

Dearest Father--my Creator and my God,

You promised that in every place where we honor Your Name, you would come to us and bless us.

O Father, arise and come to rest in us, Your children. Clothe us in Your Salvation and let us rejoice in Your goodness. Please do not turn away our faces from Your loving Presence.

If we have found favor in Your sight, show us Your face, so that we may know You and find grace before Your eyes. Please speak to us now as You spoke to Moses--as a man speaks to his friend.

Let it be known this day that You are the "Father of All Mankind," Who can turn all hearts back to Yourself, and that we are Your children who desire only to do Your Will in all things. Answer us, Lord, answer us--so that Your children may know that You are mankind's one True God and Father. As Your prodigal children, we want only to return home to You. As we approach You, Father, please run to meet us. And, in Your unconditional love and compassion, embrace and kiss us.

Like Mary, Your handmaid, and Jesus, Your Son, we love You, Father, and we give ourselves to You. Following those You sent to bring us back home, we now freely consecrate ourselves to You saying:

" With Mary, our Mother,
Be it done to me according to Your Will.
Through Jesus, Our God and Savior
Not as I will but as You will.
In the Holy Spirit, Our God and Sanctifier
Abba, Father!"

Jesus promised, when two or three are gathered together in His Name, He is in the midst of us. So as Jesus is in You, and You in Jesus--and Jesus is the Vine and we are the branches--be with us now; and through Your Holy Spirit, dwell in us always as Your living temples.

Bless us Father, and walk among us, Your children. And, may Your Glory descend upon us, as the Transforming Fire of Your tender Love and Mercy---now and forever. Amen.

The Formal Chaplet

This chaplet is prayed every day of the devotion, using a Rosary.

1. With the Crucifix, bless yourself: In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Dearest God Our Father, I humbly ask that on my journey home to You, Your Holy Angels protect and guide me, that Your Blessed Saints in Heaven intercede for me, and that Your suffering souls in Purgatory pray for me, as I pray for them now. Amen.

2. Large Bead is skipped

3. On the three Hail Mary beads:

Bead 1: Hail Mary Prayer,

Bead 2: Jesus, my God and my Savior, You loved me so much. You died for me on the Cross, so that I, too, could return to Our Father in Heaven. You are the Way, the Truth, and the Life. Through Your Holy Eucharist, please sustain me and be present with me always on my journey home. Amen.

Bead 3: Holy Spirit, my God and my Sanctifier, Jesus sent You to me for my journey back home to the Father. Please purify and refine me. Fill me with Your Divine Light and Love, so that the Presence of God may dwell in me. Amen.

(Go directly to the first large bead.)

On the first large bead,
-referred to in this chaplet as a "MAJOR OCTAVE"-,
the following Reflection and Scriptural Prayer is said:

First Major Octave

Recited On the First Large Bead

The Disobedience and Exile of God Our Father's Children

Let us meditate on (1) Adam and Eve's choice not to do God Our Father's Will, (2) their exile from the Paradise He created for them, and (3) Our Father's promise that "the woman" (Mary) would someday Triumph "crushing the head" of the serpent that seduced them into disobedience: God Our Father was with us at the beginning in the Paradise He created for us---the Paradise of His Divine Will. Seduced by Satan, Adam and Eve chose not to do the Will of God and were, therefore, expelled from this Paradise and denied God's intimate Presence. However, Our Father promised that "the woman" would ultimately defeat the evil that had caused this separation--the evil of saying "NO" to God's Will. (Gen 2:8-3:24)

Recite the Our Father

On the next 8 beads
-referred to in this chaplet as a "MINOR OCTAVE"-
say the following prayers.

MINOR OCTAVE

First Bead

In Praise:

I love You, Father, and I give myself to You!

Second Bead

In Thanksgiving:

I love You, Father, and I give myself to You!

Third Bead

In Offering:

I love You, Father, and I give myself to You!

Fourth Bead

In Repentance:

I love You, Father, and I give myself to You!

Fifth Bead

In My Inheritance:

I love You, Father, and I give myself to You!

Sixth Bead

In Saying My "Yes":

I love You, Father, and I give myself to You!

Seventh Bead

In Fidelity:

I love You, Father, and I give myself to You!

Eighth Bead

In Consecration:

I love You, Father, and I give myself to You!

After the eighth bead go directly to the next large bead, the next Major Octave, and recite the appropriate prayer.

Second Major Octave

Recited On The Second Large Bead

The Presence of God the Father in the Old Testament Era

Let us meditate on God Our Father's Presence Among Us During the Old Testament Era: Although God's children were expelled from Paradise by their choice not to do God's Will, God never abandoned them. He was present with them from the beginning. In the Old Testament times, He manifested His Presence through His own voice, the words of His prophets, in the burning bush, in the pillar of smoke, and in the Ark of the Covenant.

After God rescued His children from the bondage of Egypt, He requested that they celebrate the Feast of Tabernacles for eight days each year. He wanted them to remember that He loved them, He saved them, and He was present with them. Later when God was present in the Ark of the Covenant, Solomon built a magnificent Temple to house it. He then celebrated an eight day Feast of Dedication in preparation for God's Presence in the Temple; and God responded by manifesting His Presence in a tangible and powerful way.

At the close of the Old Testament, the Maccabees re-instituted this eight-day feast to purify and rededicate the Temple that had been defiled through pagan influence, so the Presence of God would dwell with them once more. (Lev 8:33-36, 9:1-24, 2 Chron 7:1-9, 2 Mac 2:1-12).

Recite the Our Father

Recite the MINOR OCTAVE, on the next 8 small beads, found on the previous page

Third Major Octave

Recited On The Third Large bead

The Fiat of Mary, Our Mother

Let us meditate on (1) Mary's "Triumphant" Fiat, her "Yes" to God's Will, and (2) how she became the "New Ark", a living tabernacle for the newly manifested Presence of God: Jesus, the Second Person of the Holy Trinity---Savior of God Our Father's children.

Mary gave her "Yes" when the Angel Gabriel came to her and asked her to be the Mother of the Son of God. The Holy Spirit came upon her and the power of God the Father overshadowed her. In saying "Yes" to God's Will, Mary "the woman" allowed God to be present with His children in a new way. She actually became the "New Ark," a living tabernacle of Jesus, the Second Person of the Holy Trinity---mankind's Savior—Who, with His Mother's cooperation, would restore the exiled children of God to their Father. (Lk 1: 26-35).

Recite the Our Father

Recite the MINOR OCTAVE

Fourth Major Octave

Recited On The Fourth Large Bead

The "Fiat" of Jesus Our Savior, Son of God, and Second Person of the Holy Trinity

Let us meditate on (1) Jesus' "Fiat," His "Yes" to God's Will, and (2) how God Our Father sent Jesus to save us and to bring us back home to Him.

Jesus offered His "Fiat" to God Our Father during His Passion in the Garden of Gethsemane. "My Father, if it be possible, let this cup pass from Me; nevertheless, not as I will, but as Thou wilt." (Mt 26:39). Through His Passion, Death and Resurrection, Jesus redeemed us, defeating the sin (saying "No" to God's Will) and death (separation and exile from God) which Satan introduced to the world. Through Jesus, His Church, and His Sacraments, we could now return to God Our Father and have eternal life.

Recite the Our Father

Recite the MINOR OCTAVE

Fifth Major Octave

Recited On The Fifth Large Bead

The Sending of the Holy Spirit, Our Sanctifier-Spirit of God and the Third Person of the Holy Trinity

Let us meditate on how Jesus, after completing His Mission for God Our Father, asked Him to send the Holy Spirit, a newly revealed manifestation of God--the Third Person of the Holy Trinity. The Holy Spirit was sent (1) to lead us on our journey back home to Our Father and (2) to purify and refine us so that we could become living tabernacles of the indwelling Presence of God.

Before ascending to His Father, Jesus promised that He would not leave us orphans. He asked God Our Father to send the Holy Spirit. In doing this, God could again be present with us in a new way. It was now "possible" for God, not only to be "with" us (as in Old Testament times), but "in" us. (Jn 14: 16-17).

Recite the Our Father

Recite the MINOR OCTAVE

Sixth Major Octave

Recited On The Sixth Large Bead

The Choice of God's Prodigal Children to Return to Their Father

Let us meditate on (1) how we are all prodigal children of God Our Father and (2) how He has provided every one of us with the opportunity to make

a free will choice to return to Him.

As prodigal children of God Our Father, we are given the opportunity (individually and collectively) to make a sincere, free will decision to return to our Father's House. This means deciding to turn away from our own will, our own sinfulness, our own worldliness, and "convert" or turn back towards the Presence of God Our Father. (Lk 15: 11-24).

Recite the Our Father

Recite the MINOR OCTAVE

Seventh Major Octave

Recited On The Seventh Large Bead

The "Fiat" of God our Father's Children- Individually and as the Body of Christ

Let us meditate on how, in consecrating ourselves to God Our Father and saying "Yes" unconditionally to His Will, we find our way home to Him--we become living tabernacles of the indwelling Presence of God:

In giving our "Yes" to God Our Father, in agreeing to do His Will in all things, in giving ourselves completely to Him, He comes to dwell in us and we dwell in Him--we are home with Our Father. We become temples of the Living God (2 Cor 6:16). In a sense, Heaven and earth are joined: "Thy Kingdom come. Thy Will be done on earth as it is in Heaven." (Mt 6:10).

Recite the Our Father

Recite the MINOR OCTAVE

Eighth Major Octave

Recited On The Eighth Large Bead

The Coming of the New Jerusalem

Let us meditate on the eventual conclusion of our Salvation History--the New Jerusalem promised in the Book of Revelation--when heaven and earth will be transformed, when mankind will finally be fully restored to God Our Father, and when God will manifest His Presence and dwell with His children forever in a new way:

Then I saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more.

And I saw the holy city, New Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband; and I heard a great voice from the Throne saying, "Behold, the dwelling of God is with men. He will dwell with them, and they shall be His people; and God Himself will be with them. He will wipe away every tear from their eyes, and death shall be no more. Neither shall there be mourning nor crying nor pain any more, for the former things have passed away.

And He Who sat upon the Throne said, "Behold, I make all things new." Also

He said, "Write this, for these words are trustworthy and true." And He said to me, "It is done. I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give water without price from the fountain of the water of Life. He who conquers shall have this heritage, and I will be his God and he shall be My son." (Rev 21: 1-7).

Recite the Our Father

Recite the MINOR OCTAVE

On the Crucifix or Medal, recite the "Consecration Prayer of the Holy Octave to God Our Father," below.

Consecration Prayer Of The Holy Octave To God Our Father

This is the concluding prayer of the Formal Chaplet

My Dearest Father,

Please accept this offering of myself, my body, mind, and soul:
I praise You for Your Creation. All Your works and wonders.
I thank You for giving me life and for all that You have done for me.
I offer up to You all that You have so generously given to me. I am sincerely sorry for not knowing, loving, serving, and honoring You as I should. I embrace my inheritance as Your child, both the joy and the responsibilities. I give you my "Yes" so that I may be an instrument of Your Will. I pledge my fidelity and I ask for the grace of steadfastness and perseverance in my faith.

Most loving, caring, and merciful of Fathers, in Your Divine Presence, I sincerely proclaim my love for you; I give myself (and my family) to You; and I solemnly consecrate myself (and my family) to You--now and forever. Dearest Father, as Your child I ask: That You send Mary to guide me to Jesus, and that Jesus send me the Holy Spirit, so that they may all bring me to You. That You dwell with me and in me--a living temple prepared by Mary, dedicated by Jesus, and purified by Your Holy Spirit. That I will always be with You, and in You. That You permit me, as Your child, to be Your true and intimate friend--one who loves You above all things. And that You come for me when I die, to bring me home to You. I further ask You, Father, for the sake of all mankind: To have mercy on all Your children--past, present, and future. To bring peace to the world and to gather all Your children to Yourself.

And that Your Kingdom comes and Your Will is done on earth as it is in Heaven. Amen

Recite the Litany, next page

Litany

Lord, have mercy.
Lord, have mercy.

Christ, have mercy.
Christ, have mercy.

Lord have mercy.
Lord, have mercy.

Christ, hear us.
Christ, graciously hear us.

God Our Father saved eight people on Noah's Ark.
** Have mercy on us, O Loving Father.

God Our Father decreed that all male babies be circumcised on the eighth day as a sign of His Covenant with us.**

God Our Father manifested Himself to Moses and his children after they completed an eight-day period of consecration and offering to Him.**

God Our Father instituted the eight-day Feast of Tabernacles to remind His children that He was with them, loved them, and had brought them out of the bondage of Egypt.**

God Our Father accepted purification offerings from His children on the final eighth day of ritual cleansing.**

God Our Father was glorified when David, the eighth son of Jesse, brought the Ark of the Covenant into the City of David amidst praises sung for the octave upon harps.**

God Our Father heard David's repentant cry played on an eight-stringed harp.**

God Our Father was glorified when Solomon completed the House of the Lord in the eighth month of the year.**

God Our Father filled the Temple with His majesty and came to dwell with

His children on the eighth day of Solomon's Feast of the Dedication.**

The Presence of God Our Father was to be approached by eight steps in the new Temple envisioned by His prophet Ezekiel.**

God Our Father was glorified when His defiled Temple was purified and rededicated by the Maccabees during the eight-day Feast of the Dedication.**

God Our Father made a new Covenant with His children through Jesus, His Son, Who was circumcised on the eighth day.**

God Our Father revealed His Son Jesus during the Transfiguration, eight days after Jesus fed the multitudes.**

God Our Father was glorified when, from Solomon's porch in the Temple, on the eight-day Feast of the Dedication, His Son Jesus revealed that He was consecrated to God Our Father and that He and the Father were One.**

God Our Father was glorified after His Son Jesus rose from the dead on the eighth day of His week of Passion and Redemption for our sins.**

God Our Father was glorified when Jesus showed His wounds to unbelieving Thomas eight days after His Resurrection.**

Let us pray: Dearest God Our Father, let us know, love, and honor You through eight days of purification and dedication, as You willed it throughout our Salvation History. May The Holy Octave of Consecration to God Our Father, and its eighth solemn day, the Feast of the Father of all Mankind, serve to bring all Your children back home to You.

May this be granted through Your Love and the Love of Jesus, our God and Savior; the Holy Spirit, our God and Sanctifier; and Mary, our Mother. Amen.

Proceed to “Daily Themes”, next page.

DAILY THEMES:

Reflect upon the theme
given for each day.

DAY 1 THEME:

Praise

"I will praise the Lord as long as I live; I will sing praises to my God while I have being." (Ps 146:2).

Glory to You, God my Father! You, Who made the universe and all that is in it. You, Who made the brightest star and the darkest ocean depth. You, Who made the fiercest storm and the gentlest summer breeze. You, Who made the heavenly angels, as well as the beasts, birds, and fishes of the earth. You, Who made me, created in Your image. I praise you, God my Father---now and forever! Amen

Meditate on the wonders of God Our Father has created, and praise Him in your own thoughts and words.

End of day 1 devotion

DAY 2 THEME:

Thanksgiving

"Bless the Lord, O' my soul, and forget not all His benefits." (Ps 103:2).

Thank You, my dearest Father, for loving me into existence. Thank You for this body, mind, and soul that You fashioned specially for me. Thank You for the people and circumstances of my life. Thank you for opening my eyes, ears, and heart so that I may see, hear and love You. Thank You for taking me by the hand and leading me back home through all the dangers and difficulties of my life. Thank You for loving me. Amen.

Meditate on all that God Our Father has given you. Thank Him in your own words.

End of day 2 devotion

DAY 3 THEME:

Offering

"And like living stones, be yourselves built into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ."

(1 Pet 2:5).

You have given me everything, Father. You have given me Yourself. What can I possibly offer You? Let me offer you the first fruits, the best fruits, of all I do or receive. Let all Your children offer themselves and the fruit of Your Tree of Life, ripened on the sacrifices, sufferings, and crosses of their earthly journey. So that the worldwide effects of Your children's "No"---darkness, discord, and disorder---may be transformed and made new through Your Light and Love.

I raise my arms in offering to You, Father. Receive all You have given me into Your Paternal Heart. Amen.

Meditate on what you can offer up to God Our Father. Offer back to Him all that He has given you, the blessings and the crosses, so that all may be transformed in His Love.

End of day 3 devotion

DAY 4 THEME: Repentance

"Blessed be the God and Father of Our Lord Jesus Christ, the Father of all mercies and God of all comfort." (2 Cor 1:3).

My Good Father, You are all loving. But, You are also Just. How can Your children ever make reparation for all their sins? How can they ever hope to balance Your Scales of Justice---especially in these times? These times when so many of Your children say "No" to You. These times when so many of Your children reject Your Will. These times when so many of Your children no longer believe in You and have enthroned themselves as "gods." These times when so many of Your children embrace the fruit of the Tree of Knowledge of Good and evil. They have embraced the lie; they have embraced death. Shower us with Your Grace and Mercy, Father. Cleanse us in Your tears. Allow us to be compassionate warriors of Your Mercy on earth, so that Your Sword of Justice may be transformed into a loving means of Your Mercy. Amen.

Meditate on all the many ways you have hurt or offended God Our Father. Ask for His forgiveness and mercy. Ask for the grace to know, love, serve, and honor Him, and to do His Will in all things.

End of day 4 devotion

Day 5 THEME: Inheritance

"For all who are led by the Spirit of God are sons of God. For you did not receive the spirit of slavery to fall back into fear, but you have received the spirit of sonship. When we cry 'Abba! Father!', it is the Spirit, Himself, bearing

witness with our spirit that we are children of God; and if children, then heirs, heirs of God and fellow heirs with Christ provided we suffer with Him in order that we may also be glorified with Him." (Rom 8: 14-17).

Dearest God My Father:

With awe and wonder, I have learned to praise You and all Your creation. With sincere gratefulness, I have learned to thank you for your boundless generosity. With humility and love, I have learned to offer up to You all that You have given me. With a sorrowful but hopeful heart, I have learned to ask for Your forgiveness and tender mercy.

And now that I can fully appreciate that You exist, that You are God, that You created this entire universe, that You created me, I now learn that, in addition to these wonders, You are truly my Father and I am truly Your child. How can my heart contain the excitement--that I am not only Your creature, but I am actually Your child? You created me in Your own image, so that I could spend eternity with You. You loved me that much. But even though You have told me this in Holy Scripture and through the teachings of the Church, my ears have not heard the words, my heart was hardened. I had wandered far away from Your voice, Your Heart, and Your Love for me. But now the veil is lifted, the fog has cleared. I see, I hear, I understand. You are truly my Father and I am truly Your child!

I am Your prodigal child, running back to You, into Your waiting arms. I am coming home, to you, my Father, where I belong. Please hold me tightly to Your Heart and never let me go---now and forever. Amen.

Meditate on what it means to have God as your true Father and for you to be His true child. What does this legacy mean? Think about the tremendous joy and responsibilities that this involves.

End of day 5 devotion

DAY 6 THEME:

Fiat

"Behold, I am the handmaid of the Lord; let it be done unto me according to your word." (Lk 1:38).

"My Father, if it be possible, let this cup pass from me; nevertheless, not as I will but as thou wilt." (Mt 26:39).

My Good and Loving Father:

Please allow me the privilege of saying my "Yes" to You! I say "Yes" to you, Father, in all things. Not a conditional "Yes" that involves doing only those things that are comfortable or easy. Not a conditional "Yes" that means doing only those things that benefit me. No, I give you my "Yes" in all things, Father, because I know you are pure Love and as pure Love, You can transform all things. Doing Your will can never hurt me. Doing Your Will can never harm another. Doing Your Will can never separate me from You. Doing Your Will can

only bring about the rhythm and harmony of Your Will here on earth. Doing Your Will can only spread Your Light and Love. Doing Your Will can help bring me to You. Doing Your Will can only help me bring others to You. When I step inside Your Will, I am dancing with You in the order, rhythm, and harmony of Your Divine Will. When I step outside Your Will, I am stumbling alone in the chaos, disorder, and discord of darkness. Let me listen to Your gentle, loving voice beckoning me, inviting me into Your Divine Will. I am yours, Lord. Do with me what You will, because I know that Your Will is Love. Even when Your Will may seem painful or unfair, I know that Your ways are not always man's ways. Only You can see the grand scheme of things. Only You know the "why's" of my crosses. But despite what may sometimes appear to be unjust, I trust You totally. Why? Because You are my Father and You love me. You want only what is good for me. You want me to come home to You. There's nothing in heaven or on earth that I want more. So I say "Yes", Father! I say "Yes" to You! I say "Yes" to the rhythm and harmony of Your Divine Will. Amen.

Meditate on what it means to give your "fiat", your "Yes" to God Our Father. How will this change your life? How will this change your relationship with God, with others?

End of day 6 devotion

DAY 7 THEME:

Fidelity

"I have fought the good fight, I have finished the race, I have kept the faith." (2 Tim 4:7).

Dearest Father, my Love and my Life",

I pledge my faith, hope, and love, as a precious gift, a promise of my unconditional fidelity to You. Know that I trust in Your love for me. Give me the strength, courage, and perseverance to never doubt, never stray, never despair. Please bless this vow and make of me a gentle warrior, battling the darkness with Your sweet Sword of Love and Mercy. As You will never abandon me, I pray I will never abandon You. Please press me tenderly to Your Heart, and never let me go. In You, Father, I trust! Amen

Meditate on pledging your fidelity to God Our Father. What does it mean to be loyal and committed to God? Do you feel committed to returning to your Father? Do you want to help others return, too? What does it mean to be a "gentle warrior" of God our Father's Love and Mercy here on earth?

Like St. Paul, when you die, will you feel as though you've fought a good fight?

End of day 7 devotion

Day 8 Theme – Consecration to God Our Father, found on next page

Consecration To God Our Father

"For we are the temple of the living God; as God said,
'I will live in them and move among them,
and I will be their God and they shall be my people.'"
(2 Cor 6:16)

Dearest God My Father,

I call upon You to witness and participate in my solemn consecration to You. After seven days of preparation, I come to You now as one who is still learning how to know and love You, how to praise and thank You, how to offer up to You all the blessings and crosses You have given me, and how to ask for Your forgiveness and mercy. I also come to You as a warrior, strong in my resolve to serve and honor You. But most importantly, I come to You as a wide-eyed child, filled with awe and wonder in the knowledge that I am truly Your child and that You--Creator of the vast universe--are truly my Father.

Although I have wandered far from You in my lifetime, I choose now to return, for I long to be with You in Your house forever. In Your Divine Presence, with full knowledge and free will, I consecrate myself to You on this day. Like a small child, I approach You; I lay tenderly against Your Fatherly Heart, and I ask that You hold me tightly and never let me go.

Let me be a temple for You to dwell in, Father, and with the greatest love and tenderness, may I be Your gentle and loyal companion, carrying You within me all the days of my life. May I bring You to my family and friends and to the strangers I have yet to meet, so that they might also see Your Light and feel Your tender Love.

When You dwell in us, there is a blessed connection between Heaven and earth. May more and more of Your children consecrate themselves to You. As Jesus taught us to pray, may "Thy Kingdom come. Thy will be done on earth as it is in Heaven." Amen.

Meditate on what it means to be "consecrated" to God Our Father. The word "consecration" means to "make holy" or, "to give oneself for a holy purpose." How does this change your life? How does this change your relationship with God Our Father? How can you "live" your consecration every day?