

ספירת העמר

Counting the Omer

2021

5781

Count the Omer and Make the Omer Count

The Omer is counted every evening from the second night of Pesach until the night before Shavuot. When there is an evening service, the count may be inserted before 'Aleinu' (page 308 of the Siddur). A calendar of readings for the Omer can also be found starting on page 655 of the Forms of Prayer Festival Machzor. The dates in this booklet are the evenings, i.e. the beginning of the Jewish day being counted.

'You shall count seven weeks from the day after the sabbath, when an omer of grain is to be brought as an offering, so that the day after the seventh week will make it fifty days.' (Leviticus 23:15-16)

In observance of that tradition, we count the days of the early harvest season of ancient Israel, from Pesach till Shavuot, and so symbolically walk once more the road from Egypt to Mount Sinai, from liberty to law, from freedom to responsibility.

בְּרוּךְ אַתָּה יְיָהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר.

Baruch attah Adonai, eloheinu melech ha-olam, asher kidd'shanu b'mitsvotav v'tzivvanu al s'firat ha-omer.

Blessed are You, our Living God, Sovereign of the universe, whose commandments make us holy and who commands us to count the Omer.

Sunday, 28 March

הַיּוֹם יוֹם אֶחָד לְעֹמֶר.

Ha-yom yom echad la-omer.

Today is the first day of the Omer.

Monday 29 March

הַיּוֹם שְׁנֵי יָמִים לְעֹמֶר.

Ha-yom shnei yamim la-omer.

Today is the second day of the Omer.

Tuesday, 30 March

הַיּוֹם שְׁלֹשָׁה יָמִים לְעֹמֶר.

Ha-yom shloshah yamim la-omer.

Today is the third day of the Omer.

Wednesday 31 March

הַיּוֹם אַרְבָּעָה יָמִים לְעֹמֶר.

Ha-yom arba'ah yamim la-omer.

Today is the fourth day of the Omer.

Thursday, 1 April

הַיּוֹם חֲמִשָּׁה יָמִים לְעֹמֶר.

Ha-yom chamishah yamim la-omer.

Today is the fifth day of the Omer.

Friday, 2 April

הַיּוֹם שִׁשָּׁה יָמִים לְעֹמֶר.

Ha-yom shishah yamim la-omer.

Today is the sixth day of the Omer.

Saturday, 3 April

הַיּוֹם שְׁבַעַת יָמִים, שֶׁהֵם שְׁבוּעַ אֶחָד לְעֹמֶר.

Ha-yom shiv'ah yamim, shehem shavua echad la-omer.

Today is the seventh day, making one week of the Omer.

Sunday, 4 April

הַיּוֹם שְׁמוֹנֶה יָמִים, שֶׁהֵם שְׁבוּעַ אֶחָד וַיּוֹם אֶחָד לְעֹמֶר.

Ha-yom shmonah yamim, shehem shavua echad v'yom echad la-omer.

Today is the eighth day, making one week and one day of the Omer.

Monday, 5 April

הַיּוֹם תִּשְׁעָה יָמִים, שֶׁהֵם שְׁבוּעַ אֶחָד וּשְׁנֵי יָמִים לְעֹמֶר.

Ha-yom tish'ah yamim, shehem shavua echad u-shnei yamim la-omer.

Today is the ninth day, making one week and two days of the Omer.

Tuesday, 6 April

הַיּוֹם עֶשְׂרֵה יָמִים, שֶׁהֵם שְׁבוּעַ אֶחָד וּשְׁלֹשָׁה יָמִים לְעֹמֶר.

Ha-yom asarah yamim, shehem shavua echad u-shloshah yamim la-omer.

Today is the tenth day, making one week and three days of the Omer.

Wednesday, 7 April

הַיּוֹם אֶחָד עָשָׂר יוֹם, שֶׁהֵם שְׁבוּעַ אֶחָד וְאַרְבָּעָה יָמִים לְעֹמֶר.

Ha-yom achad asar yom, shehem shavua echad v'arba'ah yamim la-omer.

Today is the eleventh day, making one week and four days of the Omer.

Thursday, 8 April

הַיּוֹם שְׁנַיִם עָשָׂר יוֹם, שֶׁהֵם שְׁבוּעַ אֶחָד וַחֲמִישָׁה יָמִים לְעֹמֶר.

Ha-yom shneim asar yom, shehem shavua echad vachamishah yamim la-omer.

Today is the twelfth day, making one week and five days of the Omer.

Friday, 9 April

הַיּוֹם שְׁלֹשָׁה עָשָׂר יוֹם, שֶׁהֵם שְׁבוּעַ אֶחָד וְשֵׁשָׁה יָמִים לְעֹמֶר.

Ha-yom shloshah asar yom, shehem shavua echad v'shishah yamim la-omer.

Today is the thirteenth day, making one week and six days of the Omer.

Saturday, 10 April

הַיּוֹם אַרְבָּעָה עָשָׂר יוֹם, שֶׁהֵם שְׁנֵי שְׁבוּעוֹת לְעֹמֶר.

Ha-yom arba'ah asar yom, shehem shnei shavuot la-omer.

Today is the fourteenth day, making two weeks of the Omer.

Sunday, 11 April

הַיּוֹם חֲמִשָּׁה עָשָׂר יוֹם, שָׁהֵם שְׁנֵי שָׁבוּעוֹת וַיּוֹם אֶחָד לְעֹמֶר.

Ha-yom chamishah asar yom, shehem shnei shavuot v'yom echad la-omer.

Today is the fifteenth day, making two weeks and one day of the Omer.

Monday, 12 April

הַיּוֹם שִׁשָּׁה עָשָׂר יוֹם, שָׁהֵם שְׁנֵי שָׁבוּעוֹת וּשְׁנֵי יָמִים לְעֹמֶר.

Ha-yom shishah asar yom, shehem shnei shavuot u-shnei yamim la-omer.

Today is the sixteenth day, making two weeks and two days of the Omer.

Tuesday, 13 April

הַיּוֹם שִׁבְעָה עָשָׂר יוֹם, שָׁהֵם שְׁנֵי שָׁבוּעוֹת וְשִׁלְשָׁה יָמִים לְעֹמֶר.

Ha-yom shiv'ah asar yom, shehem shnei shavuot u-shloshah yamim la-omer.

Today is the seventeenth day, making two weeks and three days of the Omer.

Wednesday, 14 April

הַיּוֹם שְׁמוֹנָה עָשָׂר יוֹם, שָׁהֵם שְׁנֵי שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר.

Ha-yom shmonah asar yom, shehem shnei shavuot v'arba'ah yamim la-omer.

Today is the eighteenth day, making two weeks and four days of the Omer.

Thursday, 15 April

הַיּוֹם תִּשְׁעָה עָשָׂר יוֹם, שָׁהֵם שְׁנֵי שָׁבוּעוֹת וַחֲמִשָּׁה יָמִים לְעֹמֶר.

Ha-yom tish'ah asar yom, shehem shnei shavuot vachamishah yamim la-omer.

Today is the nineteenth day, making two weeks and five days of the Omer.

Friday, 16 April

הַיּוֹם עָשָׂרִים יוֹם, שָׁהֵם שְׁנֵי שָׁבוּעוֹת וְשִׁשָּׁה יָמִים לְעֹמֶר.

Ha-yom esrim yom, shehem shnei shavuot v'shishah yamim la-omer.

Today is the twentieth day, making two weeks and six days of the Omer.

Saturday, 17 April

הַיּוֹם אֶחָד וְעָשָׂרִים יוֹם, שָׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת לְעֹמֶר.

Ha-yom echad v'esrim yom, shehem shloshah shavuot la-omer.

Today is the twenty-first day, making three weeks of the Omer.

Sunday, 18 April

הַיּוֹם שְׁנַיִם וְעֶשְׂרִים יוֹם, שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וַיּוֹם אֶחָד לָעֹמֶר.

Ha-yom shnayim v'esrim yom, shehem shloshah shavuot v'yom echad la-omer.

Today is the twenty-second day, making three weeks and one day of the Omer.

Monday, 19 April

הַיּוֹם שְׁלֹשָׁה וְעֶשְׂרִים יוֹם, שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וּשְׁנֵי יָמִים לָעֹמֶר.

Ha-yom shloshah v'esrim yom, shehem shloshah shavuot u-shnei yamim la-omer.

Today is the twenty-third day, making three weeks and two days of the Omer.

Tuesday, 20 April

הַיּוֹם אַרְבָּעָה וְעֶשְׂרִים יוֹם, שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וּשְׁלֹשָׁה יָמִים לָעֹמֶר.

Ha-yom arba'ah v'esrim yom, shehem shloshah shavuot u-shloshah yamim la-omer.

Today is the twenty-fourth day, making three weeks and three days of the Omer.

Wednesday, 21 April

הַיּוֹם חֲמִשָּׁה וְעֶשְׂרִים יוֹם, שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לָעֹמֶר.

Ha-yom chamishah v'esrim yom, shehem shloshah shavuot v'arba'ah yamim la-omer.

Today is the twenty-fifth day, making three weeks and four days of the Omer.

Thursday, 22 April

הַיּוֹם שֵׁשָׁה וְעֶשְׂרִים יוֹם, שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וַחֲמִשָּׁה יָמִים לָעֹמֶר.

Ha-yom shishah v'esrim yom, shehem shloshah shavuot vachamishah yamim la-omer.

Today is the twenty-sixth day, making three weeks and five days of the Omer.

Friday, 23 April

הַיּוֹם שְׁבַעַת וְעֶשְׂרִים יוֹם, שָׁהֶם שְׁלֹשָׁה שָׁבוּעוֹת וְשִׁשָּׁה יָמִים
לְעֹמֶר.

Ha-yom shiv'ah v'esrim yom, shehem shloshah shavuot v'shishah yamim la-omer.

Today is the twenty-seventh day, making three weeks and six days of the Omer.

Saturday, 24 April

הַיּוֹם שְׁמוֹנֶה וְעֶשְׂרִים יוֹם, שָׁהֶם אַרְבָּעָה שָׁבוּעוֹת לְעֹמֶר.

Ha-yom shmonah v'esrim yom, shehem arba'ah shavuot la-omer.

Today is the twenty-eighth day, making four weeks of the Omer.

Sunday, 25 April

הַיּוֹם תִּשְׁעָה וְעֶשְׂרִים יוֹם, שָׁהֶם אַרְבָּעָה שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר.

Ha-yom tish'ah v'esrim yom, shehem arba'ah shavuot v'yom echad la-omer.

Today is the twenty-ninth day, making four weeks and one day of the Omer.

Monday, 26 April

הַיּוֹם שְׁלֹשִׁים יוֹם, שָׁהֶם אַרְבָּעָה שָׁבוּעוֹת וּשְׁנֵי יָמִים לְעֹמֶר.

Ha-yom shloshim yom, shehem arba'ah shavuot u-shnei yamim la-omer.

Today is the thirtieth day, making four weeks and two days of the Omer.

Tuesday, 27 April

הַיּוֹם אֶחָד וּשְׁלֹשִׁים יוֹם, שָׁהֶם אַרְבָּעָה שָׁבוּעוֹת וְשִׁלְשָׁה יָמִים
לְעֹמֶר.

Ha-yom echad u-shloshim yom, shehem arba'ah shavuot u-shloshah yamim la-omer.

Today is the thirty-first day, making four weeks and three days of the Omer.

Wednesday, 28 April

הַיּוֹם שְׁנַיִם וּשְׁלֹשִׁים יוֹם, שָׁהֶם אַרְבָּעָה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים
לְעֹמֶר.

Ha-yom shnayim u-shloshim yom, shehem arba'ah shavuot v'arba'ah yamim la-omer.

Today is the thirty-second day, making four weeks and four days of the Omer.

Thursday, 29 April

הַיּוֹם שְׁלֹשָׁה וּשְׁלֹשִׁים יוֹם, שֶׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעֹמֶר.

Ha-yom shloshah u-shloshim yom, shehem arba'ah shavuot vachamishah yamimla-omer.

Today is the thirty-third day, making four weeks and five days of the Omer.

Friday, 30 April

הַיּוֹם אַרְבָּעָה וּשְׁלֹשִׁים יוֹם, שֶׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְשֵׁשָׁה יָמִים לְעֹמֶר.

Ha-yom arba'ah u-shloshim yom, shehem arba'ah shavuot v'shishah yamimla-omer.

Today is the thirty-fourth day, making four weeks and six days of the Omer.

Saturday, 1 May

הַיּוֹם חֲמִשָּׁה וּשְׁלֹשִׁים יוֹם, שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת לְעֹמֶר.

Ha-yom chamishah u-shloshim yom, shehem chamishah shavuot la-omer.

Today is the thirty-fifth day, making five weeks of the Omer.

Sunday, 2 May

הַיּוֹם שֵׁשָׁה וּשְׁלֹשִׁים יוֹם, שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר.

Ha-yom shishah u-shloshim yom, shehem chamishah shavuot v'yom echadla-omer.

Today is the thirty-sixth day, making five weeks and one day of the Omer.

Monday, 3 May

הַיּוֹם שִׁבְעָה וּשְׁלֹשִׁים יוֹם, שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וּשְׁנֵי יָמִים לְעֹמֶר.

Ha-yom shiv'ah u-shloshim yom, shehem chamishah shavuot u-shnei yamimla-omer.

Today is the thirty-seventh day, making five weeks and two days of the Omer.

Tuesday, 4 May

הַיּוֹם שְׁמוֹנָה וּשְׁלֹשִׁים יוֹם, שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וּשְׁלֹשָׁה יָמִים לְעֹמֶר.

Ha-yom shmonah u-shloshim yom, shehem chamishah shavuot u-shloshah yamimla-omer.

Today is the thirty-eighth day, making five weeks and three days of the Omer.

Wednesday, 5 May

הַיּוֹם תִּשְׁעָה וְשָׁלֹשִׁים יוֹם, שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים
לְעֹמֶר.

*Ha-yom tishah u-shloshim yom, shehem chamishah shavuot v'arba'ah
yamimla-omer.*

Today is the thirty-ninth day, making five weeks and four days of the Omer.

Thursday, 6 May

הַיּוֹם אַרְבָּעִים יוֹם, שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעֹמֶר.

*Ha-yom arba'im yom, shehem chamishah shavuot vachamishah yamim
la-omer.*

Today is the fortieth day, making five weeks and five days of the Omer.

Friday, 7 May

הַיּוֹם אֶחָד וְאַרְבָּעִים יוֹם, שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְשֵׁשָׁה יָמִים לְעֹמֶר.

*Ha-yom echad v'arba'im yom, shehem chamishah shavuot v'shishah
yamimla-omer.*

Today is the forty-first day, making five weeks and six days of the Omer.

Saturday, 8 May

הַיּוֹם שְׁנַיִם וְאַרְבָּעִים יוֹם, שֶׁהֵם שֵׁשָׁה שָׁבוּעוֹת לְעֹמֶר.

Ha-yom shnaim v'arba'im yom, shehem shishah shavuot la-omer.

Today is the forty-second day, making six weeks of the Omer.

Sunday, 9 May

הַיּוֹם שְׁלֹשָׁה וְאַרְבָּעִים יוֹם, שֶׁהֵם שֵׁשָׁה שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר.

*Ha-yom shloshah v'arba'im yom, shehem shishah shavuot v'yom echad
la-omer.*

Today is the forty-third day, making six weeks and one day of the Omer.

Monday, 10 May

הַיּוֹם אַרְבָּעָה וְאַרְבָּעִים יוֹם, שֶׁהֵם שֵׁשָׁה שָׁבוּעוֹת וְשְׁנֵי יָמִים לְעֹמֶר.

*Ha-yom arba'ah v'arba'im yom, shehem shishah shavuot u-shnei yamim
la-omer.*

Today is the forty-fourth day, making six weeks and two days of the Omer.

Tuesday, 11 May

הַיּוֹם חֲמִשָּׁה וְאַרְבָּעִים יוֹם, שֶׁהֵם שְׁשֶׁה שָׁבוּעוֹת וְשְׁלֹשָׁה יָמִים
לְעֹמֶר.

Ha-yom chamishah v'arba'im yom, shehem shishah shavuot u-shloshah yamim la-omer.

Today is the forty-fifth day, making six weeks and three days of the Omer.

Wednesday, 12 May

הַיּוֹם שְׁשֶׁה וְאַרְבָּעִים יוֹם, שֶׁהֵם שְׁשֶׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים
לְעֹמֶר.

Ha-yom shishah v'arba'im yom, shehem shishah shavuot v'arba'ah yamim la-omer.

Today is the forty-sixth day, making six weeks and four days of the Omer.

Thursday, 13 May

הַיּוֹם שִׁבְעָה וְאַרְבָּעִים יוֹם, שֶׁהֵם שְׁשֶׁה שָׁבוּעוֹת וַחֲמִשָּׁה יָמִים
לְעֹמֶר.

Ha-yom shiv'ah v'arba'im yom, shehem shishah shavuot vachamishah yamim la-omer.

Today is the forty-seventh day, making six weeks and five days of the Omer.

Friday, 14 May

הַיּוֹם שְׁמוֹנֶה וְאַרְבָּעִים יוֹם, שֶׁהֵם שְׁשֶׁה שָׁבוּעוֹת וְשְׁשֶׁה יָמִים
לְעֹמֶר.

Ha-yom shmonah v'arba'im yom, shehem shishah shavuot v'shishah yamim la-omer.

Today is the forty-eighth day, making six weeks and six days of the Omer.

Saturday, 15 May

הַיּוֹם תִּשְׁעָה וְאַרְבָּעִים יוֹם, שֶׁהֵם שִׁבְעָה שָׁבוּעוֹת לְעֹמֶר.

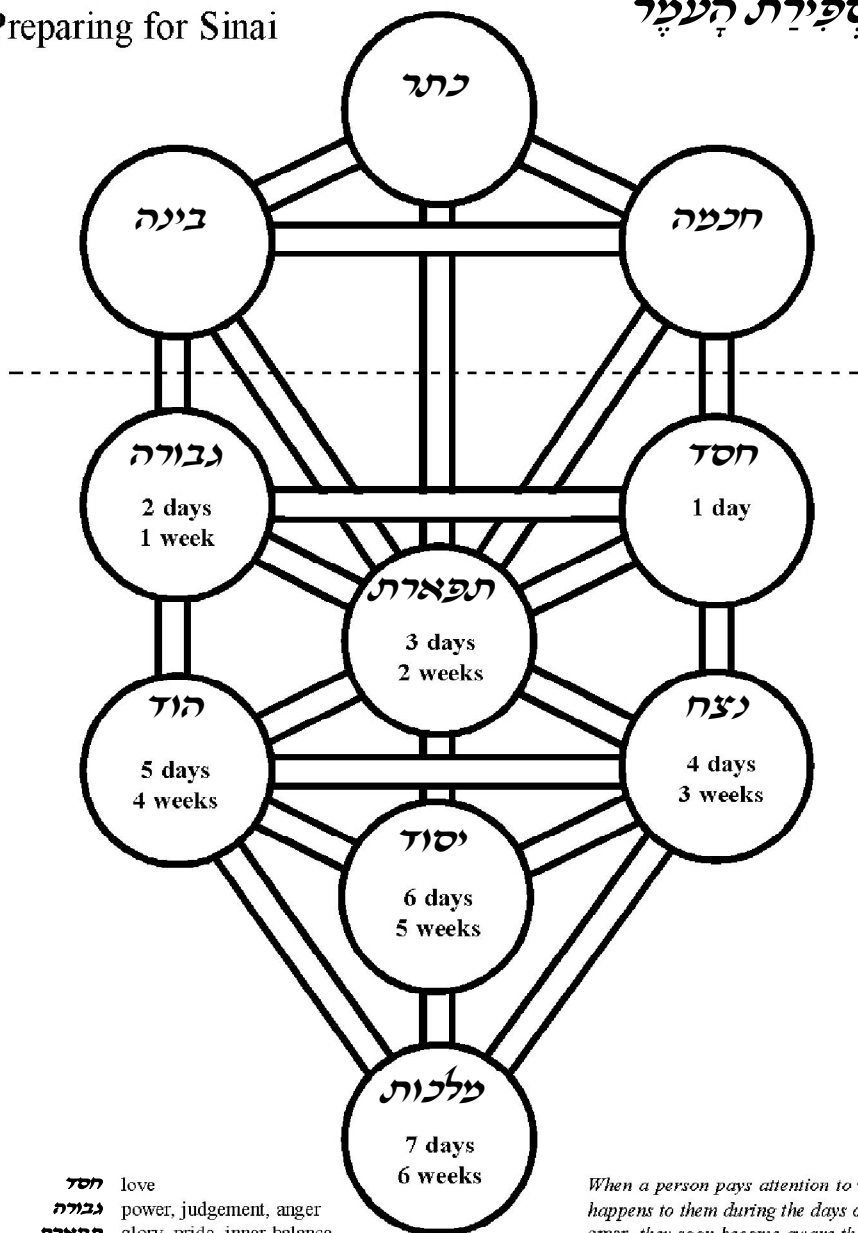
Ha-yom tish'ah v'arba'im yom, shehem shivah shavuot la-omer.

Today is the forty-ninth day, making seven weeks of the Omer.

שָׁבוּעוֹת
Shavuot

Preparing for Sinai

סְפִירַת הָעֵמָּר



- חסד love
- גבורה power, judgement, anger
- תפארת glory, pride, inner balance
- נצח triumph
- הוד beauty
- יסוד foundation (sexual energy)
- מלכות majesty, authority

When a person pays attention to what happens to them during the days of the omer, they soon become aware that all that they see and hear on that day is but the activity of that sefirah and that it can serve to align them to God's blessed will. (Rabbi Nachman of Bratslav)



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