

COUNTING UP TO HOLINESS

Sefirat Ha'Omer – Counting the Omer



Teach us to number/count our days aright, that we may gain a heart of wisdom.
Psalm 90:12

If we are merely counting down to something, then that thing is, by definition, finite. It is limited; it disappears as quickly as it arrives. But if, instead, we “count up” to something, we desire it to be infinite, to be unlimited, to be everlasting. And so we celebrate the timelessness of Torah and the importance of each and every day when we commit ourselves to counting the Omer, because, “In matters of holiness we should always ascend, and never descend.”¹

Traditionally, the count of the day and the blessing is said in the evening, but if this is missed it can be done during the following day.

Blessing to recite:

*Baruch Atah Adonai Eloheinu, melech ha'olam, asher kid'shanu be'mitzvotav ve'tzivanu al Sefirat ha'Omer.
Ha'yom, yom echad [sheni, shlishi...] ba'Omer.*

Blessed are you, O Lord our God, King of the Universe, who has sanctified us through Your commandments,
and has commanded us to count the Omer.
Today is the first [second, third...etc.] day of the Omer.

It is traditional to read through Psalm 119, a few verses a day, during the Counting of the Omer.



HIS-ISRAEL -- <http://his-israel.com>

¹ Rabbi Joel Seltzer, *Counting Up, Not Down, Toward the Omer*

APRIL / MAY 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 EREV PESACH Seder Meal	20 PESACH [Count begins in the evening.]
21 Day 1	22 Day 2	23 Day 3	24 Day 4	25 Day 5 MEAL OF MESSIAH	26 Day 6	27 Day 7
28 Day 8	29 Day 9	30 Day 10	MAY - 1 Day 11	2 Day 12 YOM HASHO'AH	3 Day 13	4 Day 14 ROSH CHODESH IYYAR
5 Day 15	6 Day 16	7 Day 17	8* Day 18 YOM HAZIKARON	9* Day 19 YOM HA'ATZMA'UT	10 Day 20	11 Day 21

MAY / JUNE 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
12 Day 22	13 Day 23	14 Day 24	15 Day 25	16 Day 26	17 Day 27	18 Day 28
19 Day 29	20 Day 30	21 Day 31	22 Day 32	23 Day 33 LAG BA'OMER	24 Day 34	25 Day 35
26 Day 36	27 Day 37	28 Day 38	29 Day 39	30 Day 40	31 Day 41	JUNE - 1 Day 42
2 Day 43 YOM YERUSHALAIM	3 Day 44	4 Day 45 ROSH CHODESH SIVAN	5 Day 46	6 Day 47	7 Day 48	8 Day 49 EREV SHAVU'OT
9 SHAVUOT	10	11	12	13	14	15

- * May 8 - *Yom Ha'Zicharon* / Memorial Day
- * May 9 - *Yom Yom Ha'atzmaut* / Independence Day
- * May 23 - *Lag B'Omer* / Mourning Ends
- * May 28 - *Yom Yerushalaim* / Jerusalem Day