

סְפִירַת הָעֹמֶר

Counting the Omer

2025

5785

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, 13 April

הַיּוֹם יוֹם אֶחָד לְעֹמֶר.

Ha-yom yom echad la-omer.

Today is the first day of the Omer.

Monday 14 April

הַיּוֹם שְׁנַיִם יָמִים לְעֹמֶר.

Ha-yom shnei yamim la-omer.

Today is the second day of the

Omer.

Tuesday, 15 April

הַיּוֹם שְׁלוֹשָׁה יָמִים לְעֹמֶר.

Ha-yom shloshah yamim la-omer.

Today is the third day of the

Omer.

Wednesday 16 April

הַיּוֹם אַרְבָּעָה יָמִים לְעֹמֶר.

Ha-yom arba'ah yamim la-omer.

Today is the fourth day of the

Omer.

Thursday, 17 April

הַיּוֹם חֲמִשָּׁה יָמִים לְעֹמֶר.

Ha-yom chamishah yamim la-omer.

Today is the fifth day of the Omer.

Friday, 18 April

הַיּוֹם שֵׁשָׁה יָמִים לְעֹמֶר.

Ha-yom shishah yamim la-omer.

Today is the sixth day of the

Omer.

Saturday, 19 April

הַיּוֹם שִׁבְעָה יָמִים, שְׁהֵם שָׁבוּעַ אֶחָד לְעֹמֶר.

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

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

Sunday, 20 April

הַיּוֹם שְׁמוֹנָה יָמִים, שְׁהֵם שָׁבוּעַ 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, 21 April

הַיּוֹם תִּשְׁעָה יָמִים, שְׁהֵם שָׁבוּעַ אֶחָד וּשְׁנַי 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, 22 April

הַיּוֹם עֶשְׂרֵה יָמִים, שְׁהֵם שָׁבוּעַ 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, 23 April

הַיּוֹם אֶחָד עָשָׂר יוֹם, שְׁהֵם שָׁבוּעַ 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, 24 April

הַיּוֹם שְׁנַיִם עָשָׂר יוֹם, שְׁהֵם שָׁבוּעַ אֶחָד וְחֲמִישָׁה 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, 25 April

הַיּוֹם שְׁלֹשָׁה עָשָׂר יוֹם, שְׁהֵם שָׁבוּעַ אֶחָד וּשְׁנַיִם 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, 26 April

הַיּוֹם אַרְבָּעָה עָשָׂר יוֹם, שְׁהֵם שְׁנַי שָׁבוּעוֹת לְעֹמֶר.

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

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

Sunday, 27 April

הַיּוֹם חֲמִשָּׁה עָשָׂר יוֹם, שְׁהֵם שְׁנַי 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, 28 April

הַיּוֹם שֵׁשָׁה עָשָׂר יוֹם, שְׁהֵם שְׁנַי שָׁבוּעוֹת וּשְׁנַי 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, 29 April

הַיּוֹם שִׁבְעָה עָשָׂר יוֹם, שְׁהֵם שְׁנַי 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, 30 April

הַיּוֹם שְׁמוֹנָה עָשָׂר יוֹם, שְׁהֵם שְׁנַי 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, 1 May

הַיּוֹם תִּשְׁעָה עָשָׂר יוֹם, שְׁהֵם שְׁנַי שָׁבוּעוֹת וְחֲמִשָּׁה 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, 2 May

הַיּוֹם עָשָׂרִים יוֹם, שְׁהֵם שְׁנַי שָׁבוּעוֹת וְשֵׁשָׁה 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, 3 May

הַיּוֹם אֶחָד וְעֶשְׂרִים יוֹם, שְׁהֵם 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, 4 May

הַיּוֹם שְׁנַיִם וְעֶשְׂרִים יוֹם, שָׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וַיּוֹם אֶחָד לְעֹמֶר.

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, 5 May

הַיּוֹם שְׁלֹשָׁה וְעֶשְׂרִים יוֹם, שָׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וּשְׁנַיִ יָמִים לְעֹמֶר.

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, 6 May

הַיּוֹם אַרְבָּעָה וְעֶשְׂרִים יוֹם, שָׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְשְׁלֹשָׁה יָמִים לְעֹמֶר.

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, 7 May

הַיּוֹם חֲמִשָּׁה וְעֶשְׂרִים יוֹם, שָׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר.

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, 8 May

הַיּוֹם שֵׁשָׁה וְעֶשְׂרִים יוֹם, שָׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וַחֲמִשָּׁה יָמִים לְעֹמֶר.

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, 9 May

הַיּוֹם שְׁבַעַת וְעֶשְׂרִים יוֹם, שְׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְשֵׁשָׁה 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, 10 May

הַיּוֹם שְׁמוֹנָה וְעֶשְׂרִים יוֹם, שְׁהֵם 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, 11 May

הַיּוֹם תְּשַׁעָּה וְעֶשְׂרִים יוֹם, שְׁהֵם 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, 12 May

הַיּוֹם שְׁלֹשִׁים יוֹם, שְׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְשְׁנַי 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, 13 May

הַיּוֹם אֶחָד וְשְׁלֹשִׁים יוֹם, שְׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְשְׁלֹשָׁה 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, 14 May

הַיּוֹם שְׁנַיִם וְשְׁלֹשִׁים יוֹם, שְׁהֵם 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, 15 May

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

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

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

Friday, 16 May

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

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

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

Saturday, 17 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, 18 May

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

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

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

Monday, 19 May

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

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

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

Tuesday, 20 May

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

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

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

Wednesday, 21 May

הַיּוֹם תְּשַׁעָּה וְשָׁלֹשִׁים יוֹם, שְׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעוֹמֵר.

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

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

Thursday, 22 May

הַיּוֹם אַרְבָּעִים יוֹם, שְׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעוֹמֵר.

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, 23 May

הַיּוֹם אֶחָד וְאַרְבָּעִים יוֹם, שְׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְשֵׁשָׁה יָמִים לְעוֹמֵר.

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

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

Saturday, 24 May

הַיּוֹם שְׁנַיִם וְאַרְבָּעִים יוֹם, שְׁהֵם שֵׁשָׁה שָׁבוּעוֹת לְעוֹמֵר.

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, 25 May

הַיּוֹם שֵׁשָׁה וְאַרְבָּעִים יוֹם, שְׁהֵם שֵׁשָׁה שָׁבוּעוֹת וַיּוֹם אֶחָד לְעוֹמֵר.

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, 26 May

הַיּוֹם אַרְבָּעָה וְאַרְבָּעִים יוֹם, שְׁהֵם שֵׁשָׁה שָׁבוּעוֹת וּשְׁנַיִם יָמִים לְעוֹמֵר.

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, 27 May

הַיּוֹם חֲמִשָּׁה וְאַרְבָּעִים יוֹם, שָׁהֵם שֵׁשָׁה שָׁבוּעוֹת וְשִׁלְשָׁה 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, 28 May

הַיּוֹם שֵׁשָׁה וְאַרְבָּעִים יוֹם, שָׁהֵם שֵׁשָׁה 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, 29 May

הַיּוֹם שִׁבְעָה וְאַרְבָּעִים יוֹם, שָׁהֵם שֵׁשָׁה שָׁבוּעוֹת וְחֲמִשָּׁה 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, 30 May

הַיּוֹם שְׁמוֹנָה וְאַרְבָּעִים יוֹם, שָׁהֵם שֵׁשָׁה שָׁבוּעוֹת וְשִׁשָּׁה 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, 31 May

הַיּוֹם תְּשַׁעָה וְאַרְבָּעִים יוֹם, שָׁהֵם שִׁבְעָה שָׁבוּעוֹת לְעֹמֶר.

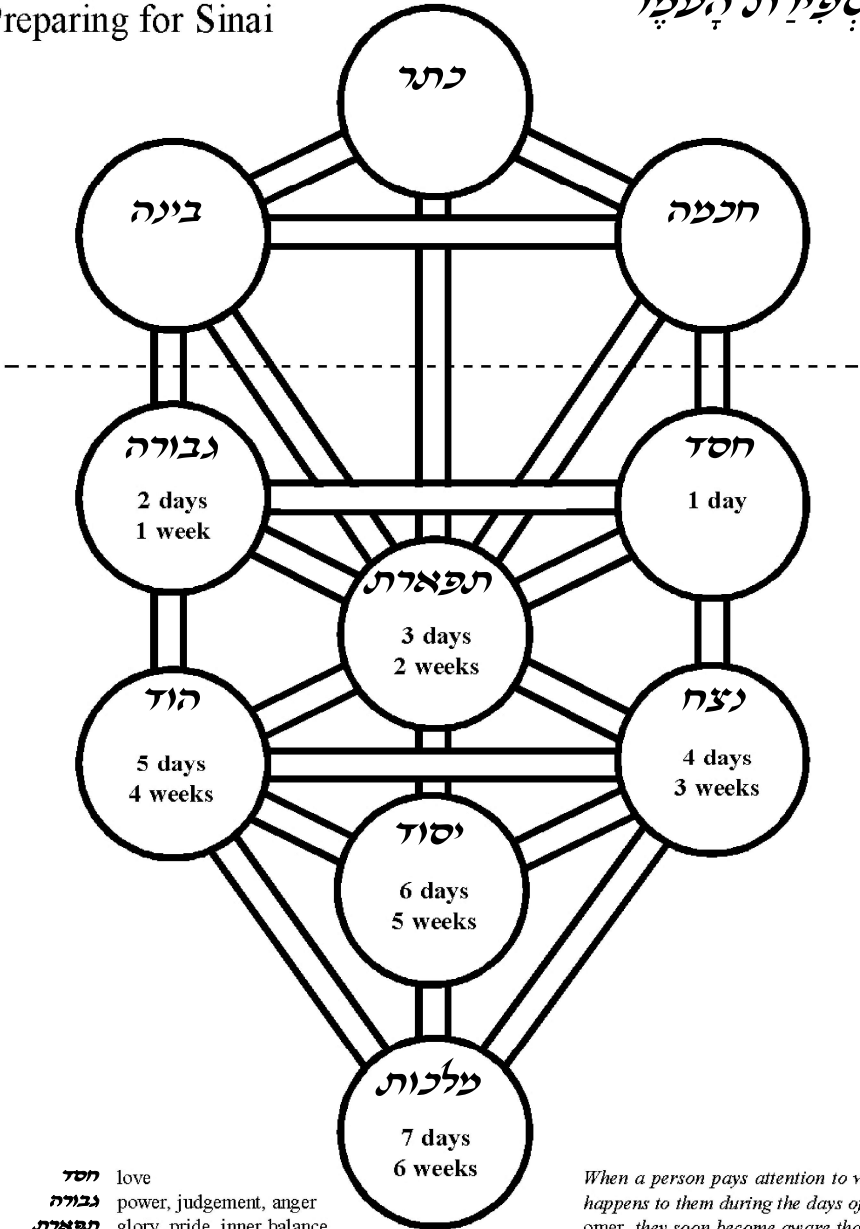
Ha-yom tish'ah v'arba'im yom, shehem shivah shavuot la-omer.

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

שָׁבוּעוֹת
Shavuot

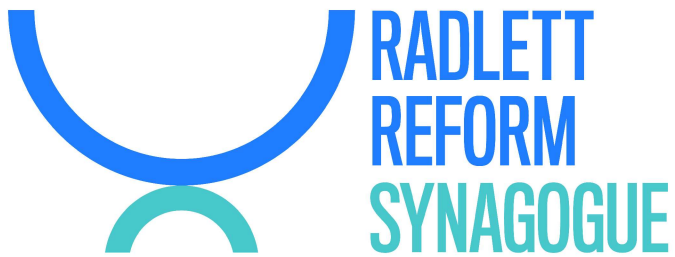
Preparing for Sinai

סְפִירַת הָעֶמֶר



- 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 is can serve to align them to God's blessed will. (Rabbi Nachman of Bratslav)



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