

Counting the Omer

Evenings of April 20 to June 7, 2019 ☆ 15 Nisan to 5 Sivan

Every evening from April 20th (the 2nd Night of Pesach) to June 7 (the day before Shavuot), we count omer. This is how I plan to count the omer. You are welcome to use my method or whatever method you like: (1) Recite the blessing. (2) Read the counting line below for that evening. (3) Make a wish for something you need or want. (4) Recite one of the “saying phrases” below the counting lines, or create our own special saying phrases and use those instead. May we all be blessed as we count the omer!

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוְּנוּ עַל סְפִירַת הָעוֹמֵר.

*Baruch Atah Adonai Eloheinu melech ha'olam,
asher kideshanu bemitz'votov vetzivanu, al sefirat ha'omer.*

Blessed are You, Lord our God, spirit of the universe, who infuses us with holiness and calls us into connection through the counting of the omer.

Night of Saturday April 20 – Today is the 1st day of the omer.
Night of Sunday April 21 – Today is the 2nd day of the omer.
Night of Monday April 22 – Today is the 3rd day of the omer.
Night of Tuesday April 23 – Today is the 4th day of the omer.
Night of Wednesday April 24 – Today is the 5th day of the omer.
Night of Thursday April 25 – Today is the 6th day of the omer.
Night of Friday April 26 – Today is the 7th day, which is one week of the omer.
Night of Saturday April 27 – Today is the 8th day, which is one week and one day of the omer.
Night of Sunday April 28 – Today is the 9th day, which is one week and two days of the omer.
Night of Monday April 29 – Today is the 10th day, which is one week and three days of the omer.
Night of Tuesday April 30 – Today is the 11th day, which is one week and four days of the omer.
Night of Wednesday May 1 – Today is the 12th day, which is one week and five days of the omer.
Night of Thursday May 2 – Today is the 13th day, which is one week and six days of the omer.
Night of Friday May 3 – Today is the 14th day, which is two weeks of the omer.
Night of Saturday May 4 – Today is the 15th day, which is two weeks and one day of the omer.
Night of Sunday May 5 – Today is the 16th day, which is two weeks and two days of the omer.
Night of Monday May 6 – Today is the 17th day, which is two weeks and three days of the omer.
Night of Tuesday May 7 – Today is the 18th day, which is two weeks and four days of the omer.
Night of Wednesday May 8 – Today is the 19th day, which is two weeks and five days of the omer.
Night of Thursday May 9 – Today is the 20th day, which is two weeks and six days of the omer.
Night of Friday May 10 – Today is the 21st day, which is three weeks of the omer.
Night of Saturday May 11 – Today is the 22nd day, which is three weeks and one day of the omer.
Night of Sunday May 12 – Today is the 23rd day, which is three weeks and two days of the omer.
Night of Monday May 13 – Today is the 24th day, which is three weeks and three days of the omer.
Night of Tuesday May 14 – Today is the 25th day, which is three weeks and four days of the omer.

Night of Wednesday May 15 – Today is the 26th day, which is three weeks and five days of the omer.
Night of Thursday May 16 – Today is the 27th day, which is three weeks and six days of the omer.
Night of Friday May 17 – Today is the 28th day, which is four weeks of the omer.
Night of Saturday May 18 – Today is the 29th day, which is four weeks and one days of the omer.
Night of Sunday May 19 – Today is the 30th day, which is four weeks and two days of the omer.
Night of Monday May 20 – Today is the 31st day, which is four weeks and three days of the omer.
Night of Tuesday May 21 – Today is the 32nd day, which is four weeks and four days of the omer.
Night of Wednesday May 22 – Today is the 33rd day, which is four weeks and five days of the omer.
Night of Thursday May 23 – Today is the 34th day, which is four weeks and six days of the omer.
Night of Friday May 24 – Today is the 35th day, which is five weeks of the omer.
Night of Saturday May 25 – Today is the 36th day, which is five weeks and one day of the omer.
Night of Sunday May 26 – Today is the 37th day, which is five weeks and two days of the omer.
Night of Monday May 27 – Today is the 38th day, which is five weeks and three days of the omer.
Night of Tuesday May 28 – Today is the 39th day, which is five weeks and four days of the omer.
Night of Wednesday May 29 – Today is the 40th day, which is five weeks and five days of the omer.
Night of Thursday May 30 – Today is the 41st day, which is five weeks and six days of the omer.
Night of Friday May 31 – Today is the 42nd day, which is six weeks of the omer.
Night of Saturday June 1 – Today is the 43rd day, which is six weeks and one day of the omer.
Night of Sunday June 2 – Today is the 44th day, which is six weeks and two days of the omer.
Night of Monday June 3 – Today is the 45th day, which is six weeks and three days of the omer.
Night of Tuesday June 4 – Today is the 46th day, which is six weeks and four days of the omer.
Night of Wednesday June 5 – Today is the 47th day, which is six weeks and five two days of the omer.
Night of Thursday June 6 – Today is the 48th day, which is six weeks and six days of the omer.
Night of Friday June 7 – Today is the 49th day, which is seven weeks of the omer.

Saying Phrases: Choose the saying phrase you would like to say on that night, or say two, three or all four phrases, or create your own phrases.

The world was created for me.**

I am but dust and ashes.**

How lucky I am!

I hope tomorrow is a better day.

** These are a pair of phrases given by Rabbi Simcha Bunim to keep with us, and use, when it feels right. Rabbi Simcha Bunim said that the secret of life is knowing when to use which phrase.