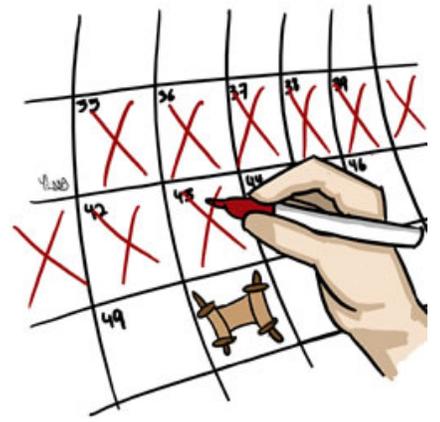


Counting of the Omer



And you shall count for yourselves from the day after the Sabbath, from the day that you brought the sheaf of the wave offering: seven Sabbaths shall be completed. Count fifty days to the day after the seventh Sabbath; then you shall offer a new grain offering to the LORD. Leviticus 23:15-16

You shall count seven weeks for yourself; begin to count the seven weeks from [the time] you begin [to put] the sickle to the grain. Then you shall keep the Feast of Weeks (Shavuot) to the LORD your God with the tribute of a freewill offering from your hand, which you shall give as the LORD your God blesses you. Deuteronomy 16:9-10

The counting is intended to remind us of the link between Passover, which commemorates the Exodus, and Shavuot, which commemorates the giving of the Torah. It reminds us that the redemption from slavery was not complete until we received the Torah.

Before the reading, it is customary to recite a blessing after nightfall:

Blessed are You, Lord our God, King of the universe, who has sanctified us with His commandments, and commanded us concerning the counting of the Omer.

And then recite the day and week:

For instance, on the sixteenth day you would recite, "Today is sixteen days which is two weeks and two days of the Omer," likewise, on the forty-first day: "Today is forty-one days, which are five weeks and six days of the Omer" and so on until "Today is forty-nine days, which are seven weeks of the Omer."

All readings are from Psalm 119 and begin after nightfall, Sunday, March 28th.

___ Day 1	Psalm 119:1-8	___ Day 18	verses 137-144	___ Day 35	verses 97-104
___ Day 2	verses 9-16	___ Day 19	verses 145-152	___ Day 36	verses 105-112
___ Day 3	verses 17-24	___ Day 20	verses 153-160	___ Day 37	verses 113-120
___ Day 4	verses 25-32	___ Day 21	verses 161-168	___ Day 38	verses 121-128
___ Day 5	verses 33-40	___ Day 22	verses 169-176	___ Day 39	verses 129-136
___ Day 6	verses 41-48	___ Day 23	verses 1-8	___ Day 40	verses 137-144
___ Day 7	verses 49-56	___ Day 24	verses 9-16	___ Day 41	verses 145-152
___ Day 8	verses 57-64	___ Day 25	verses 17-24	___ Day 42	verses 153-160
___ Day 9	verses 65-72	___ Day 26	verses 25-32	___ Day 43	verses 161-168
___ Day 10	verses 73-80	___ Day 27	verses 33-40	___ Day 44	verses 169-176
___ Day 11	verses 81-88	___ Day 28	verses 41-48	___ Day 45	verses 1-8
___ Day 12	verses 89-96	___ Day 29	verses 49-56	___ Day 46	verses 9-16
___ Day 13	verses 97-104	___ Day 30	verses 57-64	___ Day 47	verses 17-24
___ Day 14	verses 105-112	___ Day 31	verses 65-72	___ Day 48	verses 25-32
___ Day 15	verses 113-120	___ Day 32	verses 73-80	___ Day 49	verses 33-40
___ Day 16	verses 121-128	___ Day 33	verses 81-88	___ Day 50	verses 41-48
___ Day 17	verses 129-136	___ Day 34	verses 89-96		

