

# COUNT THE OMER

We count the Omer after nightfall (preferably when the stars come out), starting with the second night of Pesah. The *berakhah* is recited first, and then the days and weeks are counted.

If you forget to count all night long, but remember the next day, you should count without a *berakhah* during that day, and then continue to count with a *berakhah* on subsequent nights. But if that whole day passes without counting as well, then you should no longer count with a *berakhah*. Just keep counting without a *berakhah* until Shavuot.

On this counting sheet, the secular date tells you which night you should count. So, on the **night** of 4/2/26, you should count Day 1. Check each night off above the number after you count. Happy counting!

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר:

Blessed are You, God our Lord, Ruler of the world, Who sanctified us with God's mitzvot, and commanded us about counting the Omer.



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| <p>שְׁמַע יִשְׂרָאֵל<br/>ה' אֱלֹהֵינוּ<br/>ה' אֶחָד</p>  <p>Hear, Israel,<br/>God is our<br/>Lord, God is 1.</p> <p>DEVARIM 6:4</p> | <p>טובים השנים<br/>מן האחד</p> <p>2 are better<br/>than one.</p> <p>KOHELET 4:9</p>  | <p>רבו שמעון בן<br/>גמליאל אומר, על<br/>שלושה דברים<br/>העולם עומד: על<br/>הדין, ועל האמת,<br/>ועל השלום</p> <p>Rabban Shimon<br/>ben Gamliel says,<br/>"The world stands<br/>on 3 things:<br/>justice, truth,<br/>and peace."</p> <p>MISHNAH AVOT 1:18</p>  | <p>There are 4<br/>questions in the<br/>מה נשתנה<br/>(mah nishtanah)!</p>  <p>A child should<br/>start learning<br/>Tanakh by the<br/>age of 5.</p> <p>MISHNAH<br/>AVOT 5:21</p> | <p>בן חמש שנים<br/>למקרא</p>  <p>The Torah<br/>was given<br/>(and Shavuot is<br/>celebrated) on<br/>the 6<sup>th</sup> day of<br/>Sivan.</p> <p>SHABBAT 88A</p> | <p>יום<br/>השביעי שבת<br/>לה' אלקינו</p> <p>The 7<sup>th</sup> day is<br/>Shabbat for<br/>God.</p> <p>SHEMOT 20:9</p>  |                                                                                                                                 |
| <p>THURSDAY 4/2</p> <p>היום יום אחד לעמר:</p> <p>Today is day 1<br/>of the Omer.</p>                                                                                                                                   | <p>FRIDAY 4/3</p> <p>היום שני ימים לעמר:</p> <p>Today is 2 days<br/>of the Omer.</p>                                                                                    | <p>AFTER SHABBAT<br/>4/4</p> <p>היום שלושה ימים<br/>לעמר:</p> <p>Today is 3 days<br/>of the Omer.</p>                                                                                                                                                                                                                                           | <p>SUNDAY 4/5</p> <p>היום ארבעה ימים<br/>לעמר:</p> <p>Today is 4 days<br/>of the Omer.</p>                                                                                                                                                                           | <p>MONDAY 4/6</p> <p>היום חמשה ימים<br/>לעמר:</p> <p>Today is 5 days<br/>of the Omer.</p>                                                                                                                                                            | <p>TUESDAY 4/7</p> <p>היום ששה ימים לעמר:</p> <p>Today is 6 days<br/>of the Omer.</p>                                                                                                                       | <p>WEDNESDAY 4/8</p> <p>היום שבעה ימים שהם<br/>שבוע אחד לעמר:</p> <p>Today is 7 days—<br/>which is 1 week—<br/>of the Omer.</p> |



8

What's your favorite outfit?  
The Kohen Gadol had **8** special garments to wear!  
SHEMOT 28



9

The bed of Og, the giant, was **9** אַמּוֹת (amot, cubits) long—about 13.5 feet!  
DEVARIM 3:11



10

The **10** "commandments" given at Har Sinai were actually **10** דִּבְרוֹת (dibrot, utterances).  
SHEMOT 34:28



11

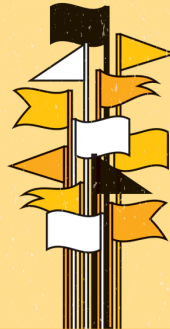


The ketoret (ketoret, incense offering) in the Beit HaMikdash contained **11** spices.  
KERITOT 6A



12

There are **12** שבטים (shevatim, tribes) of Israel.



13

There are **13** letters in the names of the אִמּוֹת (imahot, mothers), and **13** letters in the names of the אָבוֹת (avot, fathers):

שָׁרָה(3)+רַבְקָה(4)=  
רַחֵל(3)+לֵאָה(3)=  
יַעֲקֹב(4)+יִצְחָק(4)=  
**13**



14



R. Eliezer says the goal is to eat **14** meals in the sukkah over the holiday of Sukkot.  
MISHNAH SUKKAH 2:6

THURSDAY 4/9

הַיּוֹם שְׁמוֹנֶה יָמִים שֶׁהֵם שְׁבוּעַת אֶחָד וְיוֹם אֶחָד לַעֲמֹד:

Today is **8** days—which is 1 week and 1 day—of the Omer.

FRIDAY 4/10

הַיּוֹם תְּשַׁע יָמִים שֶׁהֵם שְׁבוּעַת אֶחָד וְשְׁנֵי יָמִים לַעֲמֹד:

Today is **9** days—which is 1 week and 2 days—of the Omer.

AFTER SHABBAT 4/11

הַיּוֹם עֲשָׂרָה יָמִים שֶׁהֵם שְׁבוּעַת אֶחָד וְשְׁלֹשָׁה יָמִים לַעֲמֹד:

Today is **10** days—which is 1 week and 3 days—of the Omer.

SUNDAY 4/12

הַיּוֹם אֶחָד עָשָׂר יוֹם שֶׁהֵם שְׁבוּעַת אֶחָד וְאַרְבָּעָה יָמִים לַעֲמֹד:

Today is **11** days—which is 1 week and 4 days—of the Omer.

MONDAY 4/13

הַיּוֹם שְׁנַיִם עָשָׂר יוֹם שֶׁהֵם שְׁבוּעַת אֶחָד וְחֲמִישֶׁה יָמִים לַעֲמֹד:

Today is **12** days—which is 1 week and 5 days—of the Omer.

TUESDAY 4/14

הַיּוֹם שְׁלֹשָׁה עָשָׂר יוֹם שֶׁהֵם שְׁבוּעַת אֶחָד וְשֵׁשֶׁה יָמִים לַעֲמֹד:

Today is **13** days—which is 1 week and 6 days—of the Omer.

WEDNESDAY 4/15

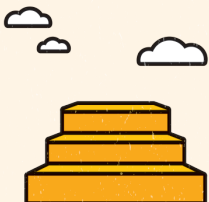
הַיּוֹם אַרְבָּעָה עָשָׂר יוֹם שֶׁהֵם שְׁנֵי שְׁבוּעוֹת לַעֲמֹד:

Today is **14** days—which is 2 weeks—of the Omer.



15

There were **15** steps leading from one courtyard to the other in the Beit HaMikdash.  
MISHNAH SUKKAH 5:4



16



A רְשׁוּת הָרֶבִּיּוֹם (reshut harabim, public domain) on Shabbat must be at least **16** אַמּוֹת (amot, cubits) wide—about 24 feet.



17



On the **17<sup>th</sup>** day of Tammuz, the luhot (tablets) were broken, the daily sacrifice was ended, the walls of the city were breached, Apostomos burned the Torah, and he put up an idol in the Temple.  
MISHNAH TA'ANIT 4:6



18

שְׁמוֹנֶה עָשָׂר יָמִים שֶׁהֵם יְחִיד גּוֹמֵר בְּהוֹטֵף הַהֵלֵל

There are **18** days in the year when the full Hallel is said.  
ARAKHIN 10A



19

There are actually **19** blessings in the weekday עֲמִידָה (amidah, central prayer service), even though it is often called the שְׁמוֹנֶה עָשָׂרָה (shemonah esreih), which means 18!



20

The actual age of full adulthood in Judaism is **20** (not 12 or 13). According to Avot 5:21, that is when a person should start working.



21



A Torah reading on Shabbat morning must have at least **21** פְּסוּקִים (pesukim, verses).  
MEGILLAH 23A

THURSDAY 4/16

הַיּוֹם חֲמִישֶׁה עָשָׂר יוֹם שֶׁהֵם שְׁנֵי שְׁבוּעוֹת וְיוֹם אֶחָד לַעֲמֹד:

Today is **15** days—which is 2 weeks and 1 day—of the Omer.

FRIDAY 4/17

הַיּוֹם שֵׁשֶׁה עָשָׂר יוֹם שֶׁהֵם שְׁנֵי שְׁבוּעוֹת וְשְׁנֵי יָמִים לַעֲמֹד:

Today is **16** days—which is 2 weeks and 2 days—of the Omer.

AFTER SHABBAT 4/18

הַיּוֹם שִׁבְעָה עָשָׂר יוֹם שֶׁהֵם שְׁנֵי שְׁבוּעוֹת וְשְׁלֹשָׁה יָמִים לַעֲמֹד:

Today is **17** days—which is 2 weeks and 3 days—of the Omer.

SUNDAY 4/19

הַיּוֹם שְׁמוֹנֶה עָשָׂר יוֹם שֶׁהֵם שְׁנֵי שְׁבוּעוֹת וְאַרְבָּעָה יָמִים לַעֲמֹד:

Today is **18** days—which is 2 weeks and 4 days—of the Omer.

MONDAY 4/20

הַיּוֹם תְּשַׁע עָשָׂר יוֹם שֶׁהֵם שְׁנֵי שְׁבוּעוֹת וְחֲמִישֶׁה יָמִים לַעֲמֹד:

Today is **19** days—which is 2 weeks and 5 days—of the Omer.

TUESDAY 4/21

הַיּוֹם עֲשָׂרִים יוֹם שֶׁהֵם שְׁנֵי שְׁבוּעוֹת וְשֵׁשֶׁה יָמִים לַעֲמֹד:

Today is **20** days—which is 2 weeks and 6 days—of the Omer.

WEDNESDAY 4/22

הַיּוֹם אֶחָד וְעֶשְׂרִים יוֹם שֶׁהֵם שְׁלֹשָׁה שְׁבוּעוֹת לַעֲמֹד:

Today is **21** days—which is 3 weeks—of the Omer.

22

There are 22 letters in the Aleph Bet.



23

A Jewish court of law needs 23 judges to carry out some of the most serious cases.



MISHNAH  
SANHEDRIN 1:1

24

There are 24 books in the Tanakh (Tanakh, Hebrew Bible).



25



According to the Gemara, there should not be more than 25 students per teacher in the classroom!  
BAVA BATRA 25A

26

The גמטריה (gematria, numerical value) of God's four-letter Name, the Tetragrammaton, is 26.

|   |    |
|---|----|
| 1 | 10 |
| ה | 5  |
| 1 | 6  |
| + | ה  |
|   | 5  |
|   | 26 |

27

ובחדש השני בשבעה ועשרים יום לחדש ניבשה הארץ

In the second month on the 27<sup>th</sup> day, the land dried up (from the Flood).  
BEREISHIT 8:14



28



R. Eliezer ben Hyrcanos was 28 years old when he began learning Torah. So even if you didn't start learning Torah by 5 (like Avot 5:21 says), it's not too late!

PIRKEI  
DERABBI ELIEZER

THURSDAY 4/23

היום שנים ועשרים יום שנה שלשה שבועות יום אחד לעמר:

Today is 22 days—which is 3 weeks and 1 day—of the Omer.

FRIDAY 4/24

היום שלשה ועשרים יום שנה שלשה שבועות ושני ימים לעמר:

Today is 23 days—which is 3 weeks and 2 days—of the Omer.

AFTER SHABBAT 4/25

היום ארבעה ועשרים יום שנה שלשה שבועות ושלשה ימים לעמר:

Today is 24 days—which is 3 weeks and 3 days—of the Omer.

SUNDAY 4/26

היום חמשה ועשרים יום שנה שלשה שבועות וארבעה ימים לעמר:

Today is 25 days—which is 3 weeks and 4 days—of the Omer.

MONDAY 4/27

היום ששה ועשרים יום שנה שלשה שבועות וחמשה ימים לעמר:

Today is 26 days—which is 3 weeks and 5 days—of the Omer.

TUESDAY 4/28

היום שבעה ועשרים יום שנה שלשה שבועות וששה ימים לעמר:

Today is 27 days—which is 3 weeks and 6 days—of the Omer.

WEDNESDAY 4/29

היום שמונה ועשרים יום שנה ארבעה שבועות לעמר:

Today is 28 days—which is 4 weeks—of the Omer.

29

29 days is the shortest a Jewish calendar month can be.



30

We start learning the laws of a holiday 30 days prior. (There are only 20 days until Shavuot, so we better get going!)

BASED ON  
PESAHIM 6A



31



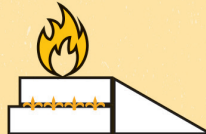
The Israelites ate the matzah they took out of Egypt for 31 days.

MEKHILTA  
MASSEKHTA  
DEVAYASA 1

32

The מזבח (mizbe'ah, altar) in the Temple was 32 amot (cubits) by 32 amot—close to 50 feet by 50 feet.

MISHNAH  
MIDDOT 3:1



33

We've reached Lag BaOmer, day 33 of the Omer! Did you know that the 33<sup>rd</sup> word in the Torah is טוב (tov, good)? Keep up the good work counting!



34

Shabbat is mentioned in 34 פסוקים (pesukim, verses) in the Torah.

השבת למדשו כן אברהם אלהים: שני מים תעבד ועשית ל-מלאכתך: ויום עביעי שבתך

35

The numerical value of יהודי (Yehudi, Jew)



is 35.

THURSDAY 4/30

היום תשעה ועשרים יום שנה ארבעה שבועות יום אחד לעמר:

Today is 29 days—which is 4 weeks and 1 day—of the Omer.

FRIDAY 5/1

היום שלשים יום שנה ארבעה שבועות ושני ימים לעמר:

Today is 30 days—which is 4 weeks and 2 days—of the Omer.

AFTER SHABBAT 5/2

היום אחד ושלשים יום שנה ארבעה שבועות ושלשה ימים לעמר:

Today is 31 days—which is 4 weeks and 3 days—of the Omer.

SUNDAY 5/3

היום שנים ושלשים יום שנה ארבעה שבועות וארבעה ימים לעמר:

Today is 32 days—which is 4 weeks and 4 days—of the Omer.

MONDAY 5/4

היום שלשה ושלשים יום שנה ארבעה שבועות וחמשה ימים לעמר:

Today is 33 days—which is 4 weeks and 5 days—of the Omer.

TUESDAY 5/5

היום ארבעה ושלשים יום שנה ארבעה שבועות וששה ימים לעמר:

Today is 34 days—which is 4 weeks and 6 days—of the Omer.

WEDNESDAY 5/6

היום חמשה ושלשים יום שנה חמשה שבועות לעמר:

Today is 35 days—which is 5 weeks—of the Omer.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| <div>□</div> <div>36</div> <p>According to R. Yehudah bar R. Ilai, the Kohen Gadol had <b>36</b> bells on the hem of his robe.</p> <p>VAYIKRA RABBAH 21:7</p>  <p>THURSDAY 5/7</p> <p>היום <b>ששה ושלשים</b> יום שהם חמשה שבועות ויום אחד לעמר:</p> <p>Today is <b>36</b> days—which is 5 weeks and 1 day—of the Omer.</p>                                                                 | <div>□</div> <div>37</div>  <p>The Talmud Bavli (Babylonian Talmud) contains <b>37</b> מסכתות (masekhtot, sections).</p> <p>FRIDAY 5/8</p> <p>היום <b>שבעה ושלשים</b> יום שהם חמשה שבועות ושני ימים לעמר:</p> <p>Today is <b>37</b> days—which is 5 weeks and 2 days—of the Omer.</p>                                                                                | <div>□</div> <div>38</div> <p>Yehoshua led Benei Yisrael for <b>38</b> years.</p> <p>YALKUT SHIMONI YEHOSHUA 35</p>  <p>AFTER SHABBAT 5/9</p> <p>היום <b>שמונה ושלשים</b> יום שהם חמשה שבועות ושלשה ימים לעמר:</p> <p>Today is <b>38</b> days—which is 5 weeks and 3 days—of the Omer.</p>                                          | <div>□</div> <div>39</div> <p>There are <b>39</b> אבות מלאכה (avot melakhah, categories of work) that we refrain from on Shabbat. Those same categories were the types of work used in building the מִשְׁכָּן (mishkan).</p>  <p>SUNDAY 5/10</p> <p>היום <b>תשעה ושלשים</b> יום שהם חמשה שבועות וארבעה ימים לעמר:</p> <p>Today is <b>39</b> days—which is 5 weeks and 4 days—of the Omer.</p> | <div>□</div> <div>40</div> <p>וַיְהִי שָׁם עִם ה' אַרְבָּעִים יוֹם וְאַרְבָּעִים לַיְלָה לֶחֶם לֹא אָכַל וּמַיִם לֹא שָׁתָה</p>  <p>Moshe was up on Har Sinai with God for <b>40</b> days and <b>40</b> nights, not eating bread and not drinking water.</p> <p>SHEMOT 34:28</p> <p>MONDAY 5/11</p> <p>היום <b>ארבעים</b> יום שהם חמשה שבועות וחמשה ימים לעמר:</p> <p>Today is <b>40</b> days—which is 5 weeks and 5 days—of the Omer.</p> | <div>□</div> <div>41</div> <p>There are <b>41</b> פסוקים (pesukim, verses) in the last parashah of the Torah (VeZot HaBerakhah).</p> <p>MASORETIC NOTE ON THE TORAH</p>  <p>TUESDAY 5/12</p> <p>היום <b>אחד וארבעים</b> יום שהם חמשה שבועות וששה ימים לעמר:</p> <p>Today is <b>41</b> days—which is 5 weeks and 6 days—of the Omer.</p> | <div>□</div> <div>42</div> <p>Are we there yet?</p>  <p>Benei Yisrael's journey in the wilderness had <b>42</b> stops along the way from Egypt to the Land of Israel.</p> <p>BEMIDBAR 33</p> <p>WEDNESDAY 5/13</p> <p>היום <b>שנים וארבעים</b> יום שהם ששה שבועות לעמר:</p> <p>Today is <b>42</b> days—which is 6 weeks—of the Omer.</p> |
| <div>□</div> <div>43</div>  <p>There is a mitzvah to separate some of your bread dough for kohanim if your dough has a volume of <b>43</b>⁄5 ביצים (beitzim, eggs - about 5 lbs of flour) or more.</p> <p>ZEVAHIM 42A</p> <p>THURSDAY 5/14</p> <p>היום <b>שלשה וארבעים</b> יום שהם ששה שבועות ויום אחד לעמר:</p> <p>Today is <b>43</b> days—which is 6 weeks and 1 day—of the Omer.</p> | <div>□</div> <div>44</div> <p>After <b>44</b> days of being stuck on Mount Ararat, the waters of the Flood dropped enough for Noah to see the mountaintops.</p> <p>MIDRASH LEKHA TOV, NOAH 8:5</p>  <p>FRIDAY 5/15</p> <p>היום <b>ארבעה וארבעים</b> יום שהם ששה שבועות ושני ימים לעמר:</p> <p>Today is <b>44</b> days—which is 6 weeks and 2 days—of the Omer.</p> | <div>□</div> <div>45</div> <p>Shimon HaTzaddik was the Kohen Gadol for <b>45</b> years. That's a long time to have one job!</p>  <p>VAYIKRA RABBAH 21:9</p> <p>AFTER SHABBAT 5/16</p> <p>היום <b>חמשה וארבעים</b> יום שהם ששה שבועות ושלשה ימים לעמר:</p> <p>Today is <b>45</b> days—which is 6 weeks and 3 days—of the Omer.</p> | <div>□</div> <div>46</div>  <p>The Torah stresses to treat גֵּרִים (gerim, strangers) with kindness <b>46</b> times!</p> <p>BAVA METZIA 59B</p> <p>SUNDAY 5/17</p> <p>היום <b>ששה וארבעים</b> יום שהם ששה שבועות וארבעה ימים לעמר:</p> <p>Today is <b>46</b> days—which is 6 weeks and 4 days—of the Omer.</p>                                                                              | <div>□</div> <div>47</div> <p>בְּשָׂבוּאוֹ אֶל הַר סִינַי חָנוּ בְּלֶם נֶגֶד הַהָר בְּלֵב אֶחָד</p> <p>When Benei Yisrael came to Har Sinai, they all camped by the mountain with one heart (בְּלֵב אֶחָד)—the numerical value of this phrase is <b>47!</b></p> <p>TANNA DEVEI ELIYAHU, PIRKEI YERIDOT, 3</p> <p>MONDAY 5/18</p> <p>היום <b>שבעה וארבעים</b> יום שהם ששה שבועות וחמשה ימים לעמר:</p> <p>Today is <b>47</b> days—which is 6 weeks and 5 days—of the Omer.</p>                                                 | <div>□</div> <div>48</div> <p>There are <b>48</b> words in the first paragraph of Shema.</p> <p>DEVARIM 6:4-9</p>  <p>TUESDAY 5/19</p> <p>היום <b>שמונה וארבעים</b> יום שהם ששה שבועות וששה ימים לעמר:</p> <p>Today is <b>48</b> days—which is 6 weeks and 6 days—of the Omer.</p>                                                    | <div>□</div> <div>49</div>  <p>Hooray! You've just counted <b>49</b> days of the Omer!</p> <p>WEDNESDAY 5/20</p> <p>היום <b>תשעה וארבעים</b> יום שהם שבעה שבועות לעמר:</p> <p>Today is <b>49</b> days—which is 7 weeks—of the Omer.</p>                                                                                                |