

WHEN?

- Begin on the second night of Passover, and continue for the next forty-eight subsequent nights, until (and including) the night preceding the festival of Shavuot.
- The best time to count is as soon as night falls. To learn when nightfall occurs each night in your location, visit www.chabad.org/143790. You may count at any point during the night.
- If you did not count during the night, you may count the next day; however, omit the blessing (“Blessed are you . . . of the *Omer*.”) and begin with “Today is . . .” That next night, however, you may continue to count *with* this blessing—as long as you have not missed your count on any other day.
- If you have not begun to count from the second night of Passover, you can still join the count on any day. Begin with the number that everyone is counting that day. Continue to count each night but omit the above blessing and begin with “Today is . . .”

HOW?

- Identify the appropriate count for the day. If you do not know the appropriate count for the day, visit <https://www.chabad.org/130631> and click on the “*Omer* Calendar.”
- It is appropriate to be standing when you count.
- If it is proper for you to recite the blessing (see above), do so now. This blessing appears below. If you are not reciting the blessing, proceed with the next step.
- Read the count of the day in a language that you understand.
- After counting, recite the brief *Harachaman* prayer. It appears after all forty-nine entries, below.

NOTES

- Though it is commendable to count in Hebrew, only do so if you understand Hebrew, or if you read the translation in advance so you know which day you are counting.
- Below the count for each day, two words indicate the “attribute of the day” that we seek to refine.
- If you wish, an additional three paragraphs of prayer can be recited after the *Harachaman*. In the final paragraph, the “attribute of the day” for that day is inserted.
- If you find it helpful, you can check off each night as you count.
- You can subscribe at www.chabad.org for daily email reminders that include the text of the count as well as meditations related to the “attribute of the day.” Alternatively, you can download the *MyOmer* app for iPhone or Android at www.myomer.org.

THE BLESSING

Blessed are You, L-rd our G-d, King of the universe, who has sanctified us with His commandments, and commanded us concerning the counting of the Omer.

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

THE COUNTING

Week One

הַיּוֹם יוֹם אֶחָד לְעוֹמֵר:

- Today is one day of the Omer.

Chesed Shebechesed

הַיּוֹם שְׁנַיִם יָמִים לְעוֹמֵר:

- Today is two days of the Omer.

Gevurah Shebechesed

הַיּוֹם שְׁלֹשָׁה יָמִים לְעוֹמֵר:

- Today is three days of the Omer.

Tiferes Shebechesed

הַיּוֹם אַרְבָּעָה יָמִים לְעוֹמֵר:

- Today is four days of the Omer.

Netzach Shebechesed

הַיּוֹם חֲמִשָּׁה יָמִים לְעוֹמֵר:

- Today is five days of the Omer.

Hod Shebechesed

הַיּוֹם שֵׁשָׁה יָמִים לְעוֹמֵר:

- Today is six days of the Omer.

Yesod Shebechesed

הַיּוֹם שִׁבְעָה יָמִים שְׁהֵם שְׁבֻעַת אֶחָד לְעוֹמֵר:

- Today is seven days, which is one week of the Omer.

Malchus Shebechesed

Week Two

הַיּוֹם שְׁמוֹנֶה יָמִים שְׁהֵם שְׁבֻעַת

אֶחָד וְיוֹם אֶחָד לְעוֹמֵר:

- Today is eight days, which is one week and one day of the Omer.

Chesed Shebegevurah

הַיּוֹם תְּשַׁע יָמִים שְׁהֵם שְׁבֻעַת

אֶחָד וּשְׁנַיִם יָמִים לְעוֹמֵר:

- Today is nine days, which is one week and two days of the Omer.

Gevurah Shebegevurah

הַיּוֹם עֶשְׂרֵה יָמִים שְׁהֵם שְׁבֻעַת

אֶחָד וּשְׁלֹשָׁה יָמִים לְעוֹמֵר:

- Today is ten days, which is one week and three days of the Omer.

Tiferes Shebegevurah

הַיּוֹם אֶחָד עָשָׂר יוֹם שְׁהֵם שְׁבֻעַת

אֶחָד וְאַרְבָּעָה יָמִים לְעוֹמֵר:

- Today is eleven days, which is one week and four days of the Omer.

Netzach Shebegevurah

הַיּוֹם שְׁנַיִם עָשָׂר יוֹם שְׁהֵם שְׁבֻעַת

אֶחָד וְחֲמִשָּׁה יָמִים לְעוֹמֵר:

- Today is twelve days, which is one week and five days of the Omer.

Hod Shebegevurah

היום שלשה עשר יום שהם שבוע
אחד וששה ימים לעומר:

- Today is thirteen days, which is one week and six days of the Omer.

Yesod Shebegevurah

היום ארבעה עשר יום שהם שני שבועות לעומר:

- Today is fourteen days, which is two weeks of the Omer.

Malchus Shebegevurah

Week Three

היום חמשה עשר יום שהם שני
שבועות ויום אחד לעומר:

- Today is fifteen days, which is two weeks and one day of the Omer.

Chesed Shebetiferes

היום ששה עשר יום שהם שני
שבועות ושני ימים לעומר:

- Today is sixteen days, which is two weeks and two days of the Omer.

Gevurah Shebetiferes

היום שבעה עשר יום שהם שני
שבועות ושלשה ימים לעומר:

- Today is seventeen days, which is two weeks and three days of the Omer.

Tiferes Shebetiferes

היום שמונה עשר יום שהם שני
שבועות וארבעה ימים לעומר:

- Today is eighteen days, which is two weeks and four days of the Omer.

Netzach Shebetiferes

היום תשעה עשר יום שהם שני
שבועות וחמשה ימים לעומר:

- Today is nineteen days, which is two weeks and five days of the Omer.

Hod Shebetiferes

היום עשרים יום שהם שני שבועות
וששה ימים לעומר:

- Today is twenty days, which is two weeks and six days of the Omer.

Yesod Shebetiferes

היום אחד ועשרים יום שהם
שלשה שבועות לעומר:

- Today is twenty-one days, which is three weeks of the Omer.

Malchus Shebetiferes

Week Four

היום שנים ועשרים יום שהם
שלשה שבועות ויום אחד לעומר:

- Today is twenty-two days, which is three weeks and one day of the Omer.

Chesed Shebenetzach

היום שלשה ועשרים יום שהם
שבועות ושני ימים לעומר:

- Today is twenty-three days, which is three weeks and two days of the Omer.

Gevurah Shebenetzach

היום ארבעה ועשרים יום שהם
שבועות ושלשה ימים לעומר:

- Today is twenty-four days, which is three weeks and three days of the Omer.

Tiferes Shebenetzach

היום חמשה ועשרים יום שהם
שבועות וארבעה ימים לעומר:

- Today is twenty-five days, which is three weeks and four days of the Omer.

Netzach Shebenetzach

Days to Celebrate

Counting the Omer

הַיּוֹם שְׁשֵׁה וְעֶשְׂרִים יוֹם שֶׁהֵם שְׁלֹשָׁה
שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעוֹמֵר:

□ Today is twenty-six days, which is three weeks and five days of the Omer.

Hod Shebenetzach

הַיּוֹם שִׁבְעָה וְעֶשְׂרִים יוֹם שֶׁהֵם שְׁלֹשָׁה
שָׁבוּעוֹת וְשִׁשָּׁה יָמִים לְעוֹמֵר:

□ Today is twenty-seven days, which is three weeks and six days of the Omer.

Yesod Shebenetzach

הַיּוֹם שְׁמוֹנֶה וְעֶשְׂרִים יוֹם שֶׁהֵם
אַרְבָּעָה שָׁבוּעוֹת לְעוֹמֵר:

□ Today is twenty-eight days, which is four weeks of the Omer.

Malchus Shebenetzach

Week Five

הַיּוֹם תִּשְׁעָה וְעֶשְׂרִים יוֹם שֶׁהֵם אַרְבָּעָה
שָׁבוּעוֹת וְיוֹם אֶחָד לְעוֹמֵר:

□ Today is twenty-nine days, which is four weeks and one day of the Omer.

Chesed Shebehod

הַיּוֹם שְׁלוּשִׁים יוֹם שֶׁהֵם אַרְבָּעָה
שָׁבוּעוֹת וְשְׁנַיִם יָמִים לְעוֹמֵר:

□ Today is thirty days, which is four weeks and two days of the Omer.

Gevurah Shebehod

הַיּוֹם אֶחָד וְשְׁלוּשִׁים יוֹם שֶׁהֵם אַרְבָּעָה
שָׁבוּעוֹת וְשְׁלֹשָׁה יָמִים לְעוֹמֵר:

□ Today is thirty-one days, which is four weeks and three days of the Omer.

Tiferes Shebehod

הַיּוֹם שְׁנַיִם וְשְׁלוּשִׁים יוֹם שֶׁהֵם אַרְבָּעָה
שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעוֹמֵר:

□ Today is thirty-two days, which is four weeks and four days of the Omer.

Netzach Shebehod

הַיּוֹם שְׁלֹשָׁה וְשְׁלוּשִׁים יוֹם שֶׁהֵם אַרְבָּעָה
שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעוֹמֵר:

□ Today is thirty-three days, which is four weeks and five days of the Omer.

Hod Shebehod

הַיּוֹם אַרְבָּעָה וְשְׁלוּשִׁים יוֹם שֶׁהֵם אַרְבָּעָה
שָׁבוּעוֹת וְשִׁשָּׁה יָמִים לְעוֹמֵר:

□ Today is thirty-four days, which is four weeks and six days of the Omer.

Yesod Shebehod

הַיּוֹם חֲמִשָּׁה וְשְׁלוּשִׁים יוֹם שֶׁהֵם
חֲמִשָּׁה שָׁבוּעוֹת לְעוֹמֵר:

□ Today is thirty-five days, which is five weeks of the Omer.

Malchus Shebehod

Week Six

הַיּוֹם שְׁשֵׁה וְשְׁלוּשִׁים יוֹם שֶׁהֵם חֲמִשָּׁה
שָׁבוּעוֹת וְיוֹם אֶחָד לְעוֹמֵר:

□ Today is thirty-six days, which is five weeks and one day of the Omer.

Chesed Shebeyesod

הַיּוֹם שִׁבְעָה וְשְׁלוּשִׁים יוֹם שֶׁהֵם חֲמִשָּׁה
שָׁבוּעוֹת וְשְׁנַיִם יָמִים לְעוֹמֵר:

□ Today is thirty-seven days, which is five weeks and two days of the Omer.

Gevurah Shebeyesod

Days to Celebrate

Counting the Omer

הַיּוֹם שְׁמוֹנֶה וּשְׁלוּשִׁים יוֹם שֶׁהֵם חֲמִשָּׁה
שָׁבוּעוֹת וּשְׁלֹשָׁה יָמִים לְעוֹמֵר:

□ Today is thirty-eight days, which is five weeks and three days of the Omer.

Tiferes Shebeyesod

הַיּוֹם תְּשַׁעָּה וּשְׁלוּשִׁים יוֹם שֶׁהֵם חֲמִשָּׁה
שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעוֹמֵר:

□ Today is thirty-nine days, which is five weeks and four days of the Omer.

Netzach Shebeyesod

הַיּוֹם אַרְבָּעִים יוֹם שֶׁהֵם חֲמִשָּׁה
שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעוֹמֵר:

□ Today is forty days, which is five weeks and five days of the Omer.

Hod Shebeyesod

הַיּוֹם אֶחָד וְאַרְבָּעִים יוֹם שֶׁהֵם חֲמִשָּׁה
שָׁבוּעוֹת וְשֵׁשׁ יָמִים לְעוֹמֵר:

□ Today is forty-one days, which is five weeks and six days of the Omer.

Yesod Shebeyesod

הַיּוֹם שְׁנַיִם וְאַרְבָּעִים יוֹם שֶׁהֵם
שֵׁשׁ שָׁבוּעוֹת לְעוֹמֵר:

□ Today is forty-two days, which is six weeks of the Omer.

Malchus Shebeyesod

Week Seven

הַיּוֹם שְׁלֹשָׁה וְאַרְבָּעִים יוֹם שֶׁהֵם שֵׁשׁ
שָׁבוּעוֹת וְיוֹם אֶחָד לְעוֹמֵר:

□ Today is forty-three days, which is six weeks and one day of the Omer.

Chesed Shebemelchus

הַיּוֹם אַרְבָּעָה וְאַרְבָּעִים יוֹם שֶׁהֵם שֵׁשׁ
שָׁבוּעוֹת וּשְׁנַיִם יָמִים לְעוֹמֵר:

□ Today is forty-four days, which is six weeks and two days of the Omer.

Gevurah Shebemelchus

הַיּוֹם חֲמִשָּׁה וְאַרְבָּעִים יוֹם שֶׁהֵם שֵׁשׁ
שָׁבוּעוֹת וּשְׁלֹשָׁה יָמִים לְעוֹמֵר:

□ Today is forty-five days, which is six weeks and three days of the Omer.

Tiferes Shebemelchus

הַיּוֹם שֵׁשׁ וְאַרְבָּעִים יוֹם שֶׁהֵם שֵׁשׁ
שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעוֹמֵר:

□ Today is forty-six days, which is six weeks and four days of the Omer.

Netzach Shebemelchus

הַיּוֹם שִׁבְעָה וְאַרְבָּעִים יוֹם שֶׁהֵם שֵׁשׁ
שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעוֹמֵר:

□ Today is forty-seven days, which is six weeks and five days of the Omer.

Hod Shebemelchus

הַיּוֹם שְׁמוֹנֶה וְאַרְבָּעִים יוֹם שֶׁהֵם שֵׁשׁ
שָׁבוּעוֹת וְשֵׁשׁ יָמִים לְעוֹמֵר:

□ Today is forty-eight days, which is six weeks and six days of the Omer.

Yesod Shebemelchus

הַיּוֹם תְּשַׁעָּה וְאַרְבָּעִים יוֹם שֶׁהֵם
שִׁבְעָה שָׁבוּעוֹת לְעוֹמֵר:

□ Today is forty-nine days, which is seven weeks of the Omer.

Malchus Shebemelchus

HARACHAMAN PRAYER

May the Merciful One restore unto us the service of the Beit Hamikdash to its place, speedily in our days; Amen, *selah*.

הַרְחֵמֵנוּ הוּא יִחְזִיר לָנוּ עֲבוֹדַת בֵּית
הַמִּקְדָּשׁ לְמִקְוָמָהּ, בְּמַהֲרָה בְיָמֵינוּ,
אָמֵן סְלָה:

ADDITIONAL PRAYERS

For the Choirmaster; a song with instrumental music; a Psalm.
May G-d be gracious to us and

bless us; may He make His countenance shine upon us forever; that Your way be known on earth, Your salvation among all nations. The nations will extol You, O G-d; all the nations will extol You.

The nations will rejoice and sing for joy, for You will judge the peoples justly and guide the nations on earth forever. The peoples will extol You, O G-d; all the

peoples will extol You, for the earth will have yielded its produce and G-d, our G-d, will bless us. G-d will bless us; and all, from the farthest corners of the earth, shall fear Him.

לְמַנְצַח בְּנִגִּינַת מְזֻמּוֹר שִׁיר. אֱלֹקִים
יִחַנְנוּ וַיְבָרְכֵנוּ, יָאֵר פְּנֵיו אֶתְנוּ סְלָה.
לְדַעַת בְּאֶרֶץ דְּרָכָהּ, בְּכֹל גּוֹיִם יִשׁוּעַתָּה.
יְיָ יְיָ עַמִּים אֱלֹקִים, יְיָ יְיָ עַמִּים כָּלָם.
יִשְׁמְחוּ וַיִּרְנְנוּ לְאֲמִים, כִּי תִשְׁפֹּט עַמִּים
מִיִּשׂוֹר, וּלְאֲמִים בְּאֶרֶץ תִּנְחָם סְלָה. יְיָ יְיָ
עַמִּים אֱלֹקִים, יְיָ יְיָ עַמִּים כָּלָם. אֶרֶץ נִתְּנָה
יְבוּלָהּ, יְבָרְכֵנוּ אֱלֹקִים אֱלֹקֵינוּ. יְבָרְכֵנוּ
אֱלֹקִים, וַיִּירָאוּ אֶתְּךָ כָּל אֶפְסֵי אֶרֶץ:

We implore You, by the great power of Your right hand, release the captive.

Accept the prayer of Your people; strengthen us, purify us, Awesome One. Mighty One, we beseech You, guard as the apple of the eye those who seek Your Oneness.

Bless them, cleanse them; bestow upon

אֵנָּה, בְּכַח גְּדֻלַּת יְמִינְךָ תִּתִּיר צָרוּרָה.
קַבֵּל רִנַּת עַמֶּךָ, שְׁגִבְנוּ טְהַרְנוּ נוֹרָא.
נָא גְבוּר, דּוֹרְשֵׁי יְחֻדְךָ, כְּבַבְתָּ שְׂמֵרָם.
בְּרַכֵּם, טְהַרְם, רַחֲמֵי צְדָקָתְךָ תִּמְיֵד גְּמִלָם.
חֲסִין קְדוֹשׁ, בְּרוּב טוֹבְךָ נִהַל עֲדָתְךָ. יְיָ יְיָ
גָאֵה, לְעַמֶּךָ פְּנֵה, זוֹכְרֵי קְדְשֶׁתְךָ. שׁוּעַתְנוּ
קַבֵּל וּשְׁמַע צַעֲקוֹתֵנוּ, יוֹדַע תַּעֲלוּמוֹת. בְּרוּךְ
שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

them forever Your merciful righteousness.
Powerful, Holy One, in Your abounding goodness, guide Your congregation.
Only and Exalted One, turn to Your people who are mindful of Your holiness.
Accept our supplication and hear our cry, You who knows secret thoughts.
Blessed be the name of the glory of His kingdom forever and ever.

Master of the universe, You have commanded us through Moses Your servant to count *Sefirat Ha'omer*, to purify us from our evil and uncleanness. As You have written in Your Torah, "Count for yourselves from the day following the day of rest, from the day on which you bring the *omer* as a wave-offering, [the counting] should extend for seven full weeks. Until the day following the seventh week you should count fifty days," so that the souls of Your people Israel may be cleansed from their defilement. Therefore, may it be Your will, our G-d and G-d of our fathers, that in the merit of the *Sefirat Ha'omer* which I counted today, the blemish that I have caused in the *sefirah* _____ be rectified. And I will be purified and sanctified with supernal holiness. May abundant bounty thereby be bestowed upon all the worlds. May it rectify our *nefesh, ru'ach*, and *neshamah* from every baseness and defect, and may it purify and sanctify us with Your supernal holiness. Amen, *selah*.

רְבוּנוּ שֶׁל עוֹלָם, אֲתָה צוֹיִתָנוּ עַל יְדֵי
מִשְׁחָה עֲבָדְךָ לְסִפּוּר סְפִירַת הָעוֹמֵר,
כְּדֵי לְטַהֲרֵנוּ מִקְלָפוֹתֵינוּ וּמִטְמְאוֹתֵינוּ,
כְּמוֹ שֶׁכְּתַבְתָּ בְּתוֹרָתְךָ, וְסִפַּרְתָּם לָכֶם
מִמַּחֲרַת הַשַּׁבָּת, מִיּוֹם הַבִּיאָכֶם אֶת עֹמֶר
הַתְּנוּפָה, שִׁבְעַת שַׁבָּתוֹת תְּמִימוֹת תִּהְיֶינָה,
עַד מִמַּחֲרַת הַשַּׁבָּת הַשְּׁבִיעִית תִּסְפְּרוּ
חֲמִשִּׁים יוֹם, כְּדֵי שִׁיטְהֵרוּ נַפְשוֹת עַמְּךָ
יִשְׂרָאֵל מִזְהֻמָּתָם. וּבְכֵן יִהְיֶה רְצוֹן מִלְּפָנֶיךָ ה'
אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שֶׁבְּזָכוֹת סְפִירַת
הָעוֹמֵר שֶׁסִּפַּרְתִּי הַיּוֹם, יִתְקַן מֵה שֶׁפָּגַמְתִּי
בְּסִפְיָה _____ וְאֵטָהַר וְאֵתְקַדַּשׁ
בְּקִדְשָׁה שֶׁל מַעְלָה, וְעַל יְדֵי זֶה יִשְׁפַע שִׁפְע
רַב בְּכָל הָעוֹלָמוֹת, וְלִתְקַן אֶת נַפְשׁוֹתֵינוּ
וְרוּחוֹתֵינוּ וְנִשְׁמוֹתֵינוּ מִכָּל סִיג וּפְגָם,
וְלְטַהֲרֵנוּ וְלִקְדָּשְׁנוּ בְּקִדְשְׁתָּךְ הָעֲלִיּוֹנָה,
אָמֵן סְלָה: