

COUNTING THE OMER

Baruch ata Adonai, Eloheinu melech ha-olam, asher kidshanu b'mitzvotav vitzivanu al sefirat ha-omer.

Blessed are you O L~rd, our G~d, King of the universe,
Who has sanctified us with Your commandments and commanded us to count the Omer.
(If you forget to count in the evening or at night, you may count during the next day, but without the *bracha/blessing*.)

- 1 **Ha-yom yom e-chad la-omer**
Today is one day of the Omer
- 2 **Ha-yom sh'nay yamim la-omer**
Today is two days of the Omer
- 3 **Ha-yom sh'losa yamim la-omer**
Today is three days of the Omer
- 4 **Ha-yom arba-a yamim la-omer**
Today is four days of the Omer
- 5 **Ha-yom chami-sha yamim la-omer**
Today is five days of the Omer
- 6 **Ha-yom shi-sha yamim la-omer**
Today is six days of the Omer
- 7 **Ha-yom shiv-a yamim, shehaym shavu-a e-chad la-omer**
Today is seven days, which are one week of the Omer
- 8 **Ha-yom sh'mona yamim, shehaym shavu-a e-chad v'yom e-chad la-omer**
Today is eight days, which are one week and one day of the Omer
- 9 **Ha-yom tish-a yamim, shehaym shavu-a e-chad ushnay yamim la-omer**
Today is nine days, which are one week and two days of the Omer
- 10 **Ha-yom asara yamim, shehaym shavu-a echad ushlosa yamim la-omer**
Today is ten days, which are one week and three days of the Omer
- 11 **Ha-yom achad asar yom, shehaym shavu-a echad v'arba-a yamim la-omer**
Today is eleven days, which are one week and four days of the Omer
- 12 **Ha-yom sh'naym asar yom, shehaym shavu-a echad vachami-sha yamim la-omer**
Today is twelve days, which are one week and five days of the Omer
- 13 **Ha-yom sh'losa asar yom, shehaym shavu-a echad v'shisha yamim la-omer**
Today is thirteen days, which are one week and six days of the Omer
- 14 **Ha-yom arba-a asar yom, shehaym sh'nay shavuot la-omer**
Today is fourteen days, which are two weeks of the Omer
- 15 **Ha-yom chami-sha asar yom, shehaym sh'nay shavuot v'yom echad la-omer**
Today is fifteen days, which are two weeks and one day of the Omer
- 16 **Ha-yom shi-sha asar yom, shehaym sh'nay shavuot ushnay yamim la-omer**
Today is sixteen days, which are two weeks and two days of the Omer
- 17 **Ha-yom shiva asar yom, shehaym sh'nay shavuot ushlosa yamim la-omer**
Today is seventeen days, which are two weeks and three days of the Omer
- 18 **Ha-yom shemonah asar yom, shehaym sh'nay shavuot v'arba-a yamim la-omer**
Today is eighteen days, which are two weeks and four days of the Omer
- 19 **Ha-yom tisha asar yom, shehaym sh'nay shavuot va'chamisha yamim la-omer**
Today is nineteen days, which are two weeks and five days of the Omer
- 20 **Ha-yom esrim yom, shehaym sh'nay shavuot v'shi-sha yamim la-omer)**
Today is twenty days, which are two weeks and six days of the Omer
- 21 **Hayom e-chad v'esrim yom, shehaym shlosa shavuot la-omer**
Today is twenty-one days, which are three weeks of the Omer
- 22 **Ha-yom sh'nayim v'esrim yom, shehaym shelosha shavuot v'yom echad la-omer**
Today is twenty-two days, which are three weeks and one day of the Omer
- 23 **Ha-yom sh'losa v'esrim yom, shehaym shelosha shavuot ushnay yamim la-omer**
Today is twenty-three days, which are three week and two days of the Omer
- 24 **Ha-yom arba-a v'esrim yom, shehaym shelosha shavuot u'shelosha yamim la-omer**
Today is twenty-four days, which are three weeks and three days of the Omer

- 25 **Ha-yom chami-sha v'esrim yom, shehaym shelosha shavuot v'arba-a yamim la-omer**
Today is twenty-five days, which are three weeks and four days of the Omer
- 26 **Ha-yom shi-sha v'esrim yom, shehaym shelosha shavuot va-chamisha yamim la-omer**
Today is twenty-six days, which are three weeks and five days of the Omer
- 27 **Ha-yom shiva v'esrim yom, shehaym shelosha shavuot v'shi-sha yamim la-omer**
Today is twenty-seven days, which are three weeks and six days of the Omer
- 28 **Ha-yom shemonah v'esrim yom, shehaym arba-a shavuot la-omer**
Today is twenty-eight days, which are four weeks of the Omer
- 29 **Ha-yom tisha v'esrim yom, shehaym arba-a shavuot v'yom e-chad la-omer**
Today is twenty-nine days, which are four weeks and one day of the Omer
- 30 **Ha-yom shloshim yom, shehaym arba-a shavuot ushnay yamim la-omer**
Today is thirty days, which are four weeks and two days of the Omer
- 31 **Hayom e-chad u'sheloshim yom, shehaym arba-a shavuot u'shelosha yamim la-omer**
Today is thirty-one days, which are four weeks and three days of the Omer
- 32 **Ha-yom sh'nayim u'sheloshim yom, shehaym arba-a shavuot v'arba-a yamim la-omer**
Today is thirty-two days, which are four weeks and four days of the Omer
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- 33 **Ha-yom sh'losa u'sheloshim yom, shehaym arba-a shavuot vachamisha yamim la-omer**
Today is thirty-three days, which are four weeks and five days of the Omer
(Lag Ba'Omer) For more information, go to <http://www.ou.org/chagim/lagbaomer/default.htm>
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- 34 **Ha-yom arba-a u'sheloshim yom, shehaym arba-a shavuot v'shi-sha yamim la-omer**
Today is thirty-four days, which are four weeks and six days of the Omer
- 35 **Ha-yom chami-sha u'sheloshim yom, shehaym chami-sha shavuot la-omer**
Today is thirty-five days, which are five weeks of the Omer
- 36 **Ha-yom shi-sha u'sheloshim yom, shehaym chami-sha shavuot v'yom echad la-omer**
Today is thirty-six days, which are five weeks and one day of the Omer
- 37 **Ha-yom shiva u'sheloshim yom, shehaym chami-sha shavuot ushnay yamim la-omer**
Today is thirty-seven days, which are five weeks and two days of the Omer
- 38 **Ha-yom shemonah u'sheloshim yom, shehaym chami-sha shavuot u'shelosha yamim la-omer**
Today is thirty-eight days, which are five weeks and three days of the Omer
- 39 **Ha-yom tisha u'sheloshim yom, shehaym chami-sha shavuot va'arba-a yamim la-omer**
Today is thirty-nine days, which are five weeks and four days of the Omer
- 40 **Ha-yom arba-im yom, shehaym chami-sha shavuot va'chamisha yamim la-omer**
Today is forty days, which are five weeks and five days of the Omer
- 41 **Hayom e-chad v'arbaim yom, shehaym chami-sha shavuot v'shi-sha yamim la-omer**
Today is forty-one days, which are five weeks and six days of the Omer
- 42 **Ha-yom sh'nayim v'arbaim yom, shehaym shi-sha shavuot la-omer**
Today is forty-two days, which are six weeks of the Omer
- 43 **Ha-yom sh'losa v'arbaim yom, shehaym shi-sha shavuot v'yom e-chad la-omer**
Today is forty-three days, which are six weeks and one day of the Omer
- 44 **Ha-yom arba-a v'arbaim yom, shehaym shi-sha shavuot ushnay yamim la-omer**
Today is forty-four days, which are six weeks and two days of the Omer
- 45 **Ha-yom chami-sha v'arbaim yom, shehaym shi-sha shavuot u'shelosha yamim la-omer**
Today is forty-five days, which are six weeks and three days of the Omer
- 46 **Ha-yom shi-sha v'arbaim yom, shehaym shi-sha shavuot v'arba-a yamim la-omer**
Today is forty-six days, which are six weeks and four days of the Omer
- 47 **Ha-yom shiva v'arbaim yom, shehaym shi-sha shavuot va'chami-sha yamim la-omer**
Today is forty-seven days, which are six weeks and five days of the Omer
- 48 **Ha-yom shemonah v'arbaim yom, shehaym shi-sha shavuot v'shi-sha yamim la-omer**
Today is forty-eight days, which are six weeks and six days of the Omer
- 49 **Ha-yom tisha v'arbaim yom, shehaym shiv-a shavuot la-omer**
Today is forty-nine days, which are seven weeks of the Omer

DAILY PSALM READINGS

Baruch ata Adonai, Elohaynu melech ha-olam, asher kidshanu b'mitzvotav vitsivanu al sefirat ha-omer.

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Who has sanctified us with Your commandments and commanded us to count the Omer.

DAY	DATE (Write in)	MEDITATION / DECLARATION	PSALM READING
1		The Law of God	119:1-8
2		Obedience to Law of God	119:9-16
3		Happiness in Law of God	119:17-24
4		Determination to obey Law of God	119:25-32
5		A prayer for understanding	119:33-40
6		Trusting the Law of God	119:41-48
7		Confidence in Law of God	119:49-56
8		Devotion to Law of God	119:57-64
9		The value of the Law of God	119:65-72
10		The justice of the Law of God	119:73-80
11		Prayer for Deliverance	119:81-88
12		Faith in the Law of God	119:89-96
13		Love for the Law of God	119:97-104
14		Light from the Law of God	119:105-112
15		Safety in the Law of God	119:113-120
16		Obedience to the Law of God	119:121-128
17		Desire to obey Law of God	119:129-136
18		The justice of Law of God	119:137-144
19		Prayer for deliverance	119:145-152
20		Plea for salvation	119:153-160
21		Dedication to Law of God	119:161-168
22		A prayer for help	119:169-176
23		True happiness	1:1-6
24		Confidence in God	11:1-7
25		What God requires	15:1-5
26		The Law of God	19:7-10
27		A prayer for guidance	25:4-10

28		Longing for God	63:1-8
29		A song of thanksgiving	67:1-7
30		God and His people	78:1-16
31		God and His people	78:17-31
32		God and His people	78:32-39
33		God and His people	78: 40-55
34		God and His people	78:56-72
35		God, the King	93:1-5
36		God, the Judge	94:12-23
37		A song of praise	95:1-7
38		God, the Supreme King	96:1-13
39		God, the Ruler of the world	98:1-9
40		God, the Supreme King	99:1-9
41		The love of God	103:1-22
42		God and His people	105:1-11
43		God's graciousness	106:1-5
44		In praise of God	111:1-10
45		The happiness of a good person	112:1-10
46		The reward of obedience	128:1-6
47		A prayer for help	130:1-8
48		A call for the universe to praise God	148:1-14
49		A prayer of thanksgiving	138:1-8
50		Praise God	150:1-6