

Counting the Omer

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Source: original

On Pesah we begin counting the Omer, a 49 day period to Shavuot, we can have as an Omer practice becoming more conscious of our consumption patterns, perhaps not buying any new non-consumables (things that we do not use up, i.e. food is a consumable, clothing is not). During the Seder we will sing Dayenu- it would have been enough. This is good time for us contemplate how much stuff is enough. We can use Pesah for the cultivation of a new sense of freedom from a culture of constant consumption.