

Counting the Omer

Contributed by [Congregation Etz Chayim](#)

Source:

S ifirat Haomer

סְפִירַת הָעוֹמֵר

Blessing for counting the omer

בְּרוּךְ אַתָּה, יְהוָה, אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל סְפִירַת הָעוֹמֵר.

Baruch Atah, AdOnay, ElOheynu, Melech ha'Olam, asher kidd'shanu b'mitzvotav, v'tzivanu al s'firat ha'omer.

Blessed Y0u, Ad0nay, our G0d, Ruler of the universe, by Wh0se mitzvot we are hallowed, Wh0 commands us to count the "Omer."

Formula for counting

"Today is the __ day, which is __ weeks and __ days to the Omer."

Hayom __ yom shehem __ Shavu'ot v'__ yamim la'omer.