

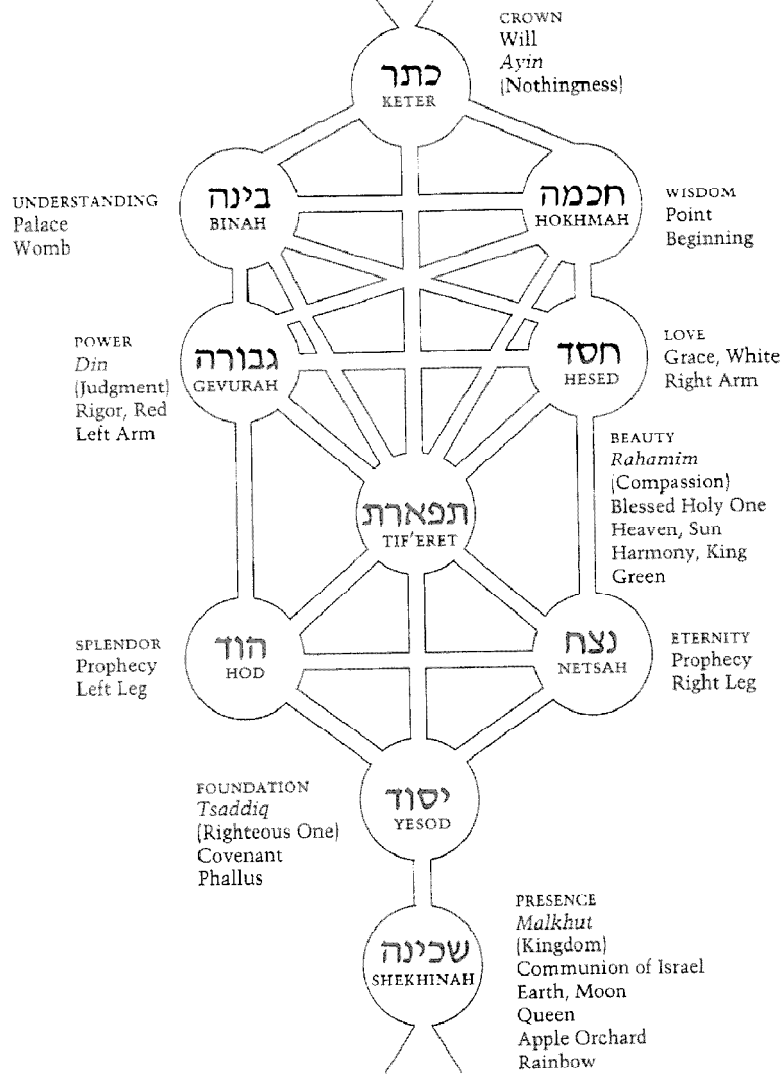
Rabbi Mordecai Finley
Guide for Counting of the Omer 2023 | 5783
(Remember: say the blessing and do the counting the night before)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
11 Nisan April 2	12 Nisan April 3	13 Nisan April 4 <i>Bedikat Chametz</i>	14 Nisan April 5 <i>Erev Pesach</i> First Seder	15 Nisan April 6 <i>1st Day of Pesach</i> Second Seder	16 Nisan April 7 Omer: 1 Hesed-Hesed <i>2nd Day of Pesach</i>	17 Nisan April 8 Omer: 2 Gevura-Hesed <i>Interm. Day of Pesach</i>
18 Nisan April 9 Omer: 3 Tiferet-Hesed <i>Interm. Day of Pesach</i>	19 Nisan April 10 Omer: 4 Netzach-Hesed <i>Interm. Day of Pesach</i>	20 Nisan April 11 Omer: 5 Hod-Hesed <i>Interm. Day of Pesach</i>	21 Nisan April 12 Omer: 6 Yesod-Hesed <i>7th Day of Pesach</i>	22 Nisan April 13 Omer: 7 Malchut-Hesed <i>8th Day of Pesach</i>	23 Nisan April 14 Omer: 8 Hesed-Gevura	24 Nisan April 15 Omer: 9 Gevura-Gevura <i>Shmini</i>
25 Nisan April 16 Omer: 10 Tiferet-Gevura	26 Nisan April 17 Omer: 11 Netzach-Gevura <i>Yom Ha-shoah</i>	27 Nisan April 18 Omer: 12 Hod-Gevura	28 Nisan April 19 Omer: 13 Yesod-Gevura	29 Nisan April 20 Omer: 14 Malchut-Gevura	30 Nisan April 21 Omer: 15 Hesed-Tiferet <i>Rosh Chodesh</i>	1 Iyar April 22 Omer: 16 Gevura-Tiferet <i>Rosh Chodesh</i> <i>Tazria-Metzora</i>
2 Iyar April 23 Omer: 17 Tiferet-Tiferet <i>Yom HaZikaron</i>	3 Iyar April 24 Omer: 18 Netzach-Tiferet <i>Yom Ha'Atzma'ut</i>	4 Iyar April 25 Omer: 19 Hod-Tiferet	5 Iyar April 26 Omer: 20 Yesod-Tiferet	6 Iyar April 27 Omer: 21 Malchut-Tiferet	7 Iyar April 28 Omer: 22 Hesed-Netzach	8 Iyar April 29 Omer: 23 Gevura-Netzach <i>Achrei Mot- Kedoshim</i>
9 Iyar April 30 Omer: 24 Tiferet-Netzach	10 Iyar May 1 Omer: 25 Netzach-Netzach	11 Iyar May 2 Omer: 26 Hod-Netzach	12 Iyar May 3 Omer: 27 Yesod-Netzach	13 Iyar May 4 Omer: 28 Malchut-Netzach	14 Iyar May 5 Omer: 29 Hesed-Hod	15 Iyar May 6 Omer: 30 Gevura-Hod <i>Emor</i>
16 Iyar May 7 Omer: 31 Tiferet-Hod	17 Iyar May 8 Omer: 32 Netzach-Hod	18 Iyar May 9 Omer: 33 Hod-Hod <i>Lag B'Omer</i>	19 Iyar May 10 Omer: 34 Yesod-Hod	20 Iyar May 11 Omer: 35 Malchut-Hod	21 Iyar May 12 Omer: 36 Hesed-Yesod	22 Iyar May 13 Omer: 37 Gevura-Yesod <i>Behar- Bechukotai</i>
23 Iyar May 14 Omer: 38 Tiferet-Yesod	24 Iyar May 15 Omer: 39 Netzach-Yesod	25 Iyar May 16 Omer: 40 Hod-Yesod	26 Iyar May 17 Omer: 41 Yesod-Yesod	27 Iyar May 18 Omer: 42 Malchut-Yesod	28 Iyar May 19 Omer: 43 Hesed-Malchut <i>Yom Yerushalayim</i>	29 Iyar May 20 Omer: 44 Gevura-Malchut <i>Bamidbar</i>
1 Sivan May 21 Omer: 45 Tiferet-Malchut <i>Rosh Chodesh</i>	2 Sivan May 22 Omer: 46 Netzach-Malchut	3 Sivan May 23 Omer: 47 Hod-Malchut	4 Sivan May 24 Omer: 48 Yesod-Malchut	5 Sivan May 25 Omer: 49 Malchut – Malchut <i>Tikkun Leil Shavu'ot</i>	6 Sivan May 26 <i>Shavu'ot I</i>	7 Sivan May 27 <i>Shavu'ot II</i>



Shavu'ot, the holiday of the giving of the Torah, is Friday and Saturday, May 26th and 27th.
The holiday begins Thursday evening, May 25th, with an all night study session.

The Ten Sefirot



Counting the Omer -- ספירת העומר

As I count this day of the Omer, may I bring forth, unite and perfect the Emanations of the Holy One as they flow within me.
(Meditate on the Sefira for this day)

וְיִהְיֶה נֹעַם יְיָ אֱלֹהֵינוּ עֲלֵינוּ וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָה עֲלֵינוּ וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָהוּ:

Va-yehi no-am Adonai Eloheynu aleinu.

U-ma'asei yadeinu kon'na aleynu. U-ma'asei yadeinu kon'nei'hu

May the comforting presence of Adonai our God be upon us, and may the work of our hands be established for us -- may God establish this Holy work.

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

Adonai/Cause of all Being, You are the Source of Blessing, our God, the Sovereign of all Space and Time, Who has made us holy by giving us holy commandments and Who has commanded us concerning the counting of the days of the Omer.

Barukh Atah, Adonai, Eloheynu melekh ha-olam, asher kideshanu b'mitz-votav, vetzivanu al sefirat ha-omer

(Say the appropriate day and week)

"Today is the ___ day of the Omer, which is ___ weeks and ___ days of the Omer"

May it be Your will, our God, that in counting the Omer, I may correct any blemish in this Sefirah. May I be cleansed and sanctified with the holiness of the Holy One of the Universe, and through this may the great Emanations flow through all the worlds.

יְהִי רִצּוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שֶׁבְּזָכוֹת סְפִירַת הָעוֹמֵר שֶׁסְּפַרְתִּי הַיּוֹם יִתְקַן מֵהַ שֶׁפָּגַמְתִּי בְּסְפִירָהּ (הַשִּׁיךְ לְאוֹתוֹ הַלַּיְלָה). וְאַטְהֵר וְאַתְקַדֵּשׁ בְּקִדְּשָׁהּ שֶׁל מַעְלָה. וְעַל יְדֵי זֶה יִשְׁפַע שֶׁפַע רַב בְּכָל הָעוֹלָמוֹת וְלִתְקַן אֶת נַפְשׁוֹתֵינוּ וְרוּחֹתֵינוּ וְנִשְׁמוֹתֵינוּ מִכָּל סִיג וּפְגָם. וְלִטְהַרְנוּ וְלִקְדָּשָׁנוּ בְּקִדְּשֵׁי הָעוֹלָמוֹת. אָמֵן סְלָה: