

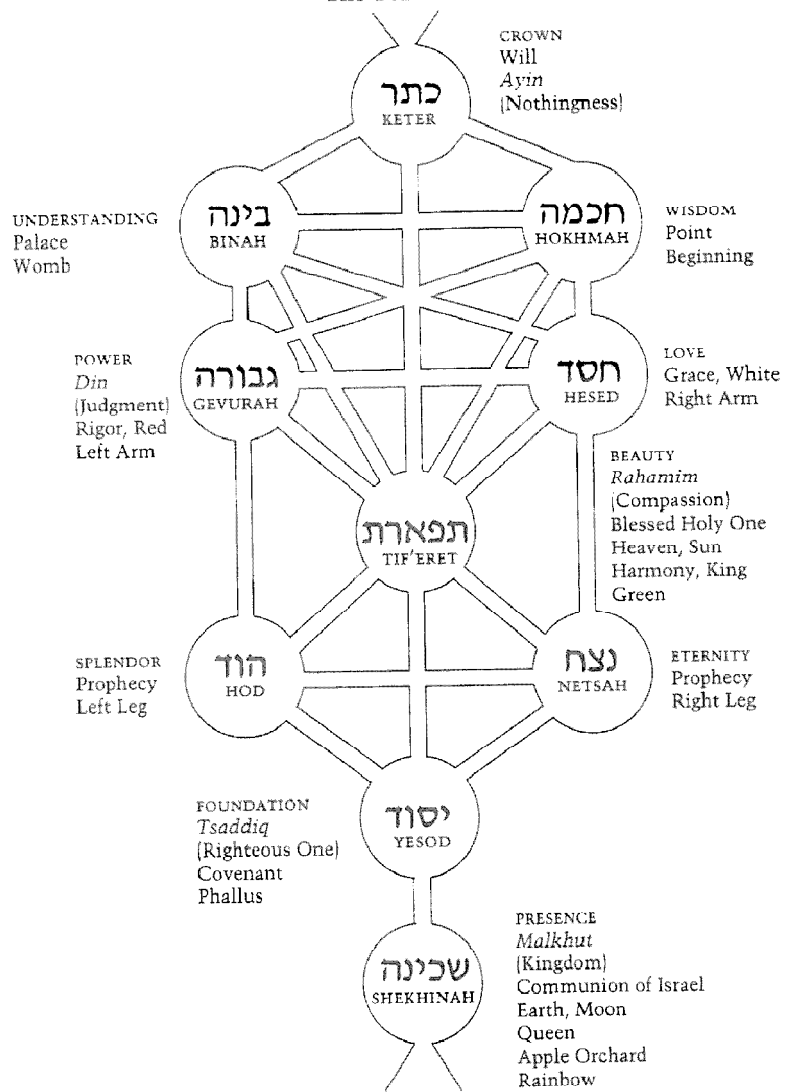
Rabbi Mordecai Finley  
**Guide for Counting of the Omer 2019|5779**  
*(Remember: say the blessing and do the counting the night before)*

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

**Shavu'ot, the holiday of the giving of the Torah, is Sunday and Monday, June 9<sup>th</sup> and 10<sup>th</sup>.**  
**The holiday begins Saturday evening, June 8<sup>th</sup>, 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 נֶעֱמָ 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 melek 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 (הַשֵּׁיִךְ 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: