

## Counting the Omer

### Resources from My Jewish Learning

How to Count the Omer

<https://www.myjewishlearning.com/article/how-to-count-the-omer/>

The Omer: Meaning For Today

<https://www.myjewishlearning.com/article/the-omer-meaning-for-today/>

### Resources from Union for Reform Judaism

What is the omer and why do we count it?

<https://reformjudaism.org/learning/answers-jewish-questions/what-omer-and-why-do-we-count-it>

Counting of the omer

<https://reformjudaism.org/jewish-holidays/counting-omer>

### Resources from A Way In (Rabbi Yael Levy)

*Journey through the Wilderness: A Mindfulness Approach to the Ancient Jewish Practice of Counting the Omer*

Rabbi Yael Levy, Philadelphia, PA: A Way In (2017)

Access information about counting the omer and sign up for daily emails:

<https://www.awayin.org/counting-the-omer>

### Resources from Chabad

Omer Calendar (including explanation of the sefirot) (Chabad)

[https://www.chabad.org/holidays/sefirah/omer-calendar\\_cdo/jewish/Omer-Calendar.htm](https://www.chabad.org/holidays/sefirah/omer-calendar_cdo/jewish/Omer-Calendar.htm)