

# LAG B'OMER



## Temple Israel presents “How to Lag B’omer”

*A guide for celebrating Lag B’omer*

### WHAT IS LAG B’OMER?

Lag B’omer is a minor holiday that falls during the seven weeks between Passover and Shavuot. Lag B’omer is another way of saying the 33<sup>rd</sup> day of the omer. The omer is an ancient Hebrew measure of grain (about 3.6 liters). In biblical times, it was forbidden to use any of the new barley crop until an omer was brought as an offering to the Temple in Jerusalem. In Leviticus it also commanded “And from the day on which you bring the offering...you shall count off seven weeks. They must be complete.” (23: 15-16). This led to the 49 days of “counting the omer” which begins on the second day of Passover and ends on Shavuot. This was a way of marking the transition from the barley to the wheat harvest. This was a nerve-wracking time for farmers because they prayed for good weather and a good crop.

There are many prohibitions during the 49 days of the Omer – no weddings, parties, or haircuts, etc. Lag B’omer is the only exception during the seven weeks. On this 33<sup>rd</sup> day many choose to get married. It is customary in Israel to celebrate this day with outdoor parties, picnics, and bonfires.

### COMMON CUSTOMS:

- It is customary to light bonfires on Lag B’omer, to represent the light brought to the world through the teachings of the Torah
- Many people choose to get married on this day
- Parades and celebrations that mark the day are common, and in Israel many people travel to the northern city of Meron for festivities
- Today, many Jews commemorate the day through cookouts, grilling, picnics, and outdoor parties

### IDEAS OF HOW TO INVOLVE KIDS ON LAG B’OMER

- Attend parades, pack picnics and go on a hike
- Discuss fire safety and roast marshmallows
- Prepare food together

### LAG B’OMER FOOD

Grilled meats and veggies, fruit and herb salads, kabobs, meat and potato shishlik

Please feel free to contact Rabbi Amy Feder [afeder@ti-stl.org](mailto:afeder@ti-stl.org) or 314-432-8050 with any questions regarding how you can observe Lag B’omer!