

The Counting of the Omer ספירת העומר

Fifth Week: Glory — הוד (Hod)

How can we see life itself as glorious? How can we permeate our lives with an appreciation of the wonders of the world in which we live, the wonder of life itself? Perhaps this week we might heighten awareness of the beauty of the moment—deepening our consciousness of what is special, pulsing with life. Perhaps, this week, I might learn to say daily, “How glorious is this day!” The world becomes glorious and we reflect its glory when we enter it with a sense of appreciation and understand our lives to be a precious gift. By cultivating gratitude, we open ourselves to sensing and appreciating the glories of the world. The Hebrew word *hod* might remind us of the similar sounding *hodayah*, which means “thankfulness.”

אל תבקש גדלה לעצמך, ואל תחמד כבוד. יותר מלמודך עשה, ואל תתאוה לשלחנם של מלכים, ששלחנך גדול משלחנם וכתרך גדול מכתרם, ונאמן הוא בעל מלאכתך שישלם לך שכר פעלתך.

Do not seek greatness for yourself; do not covet honor. Let your deeds exceed your learning. Do not crave the table of kings—for your table is greater than theirs and your crown greater than their crowns, and your employer can be relied upon to compensate you for your labors.

—Pirkei Avot 6:5

רבי אלעזר איש בריתותא אומר: תן־לו משלו, שאֵתה ושֵׁלךְ שֵׁלוֹ. וְכֵן בְּדוּד הוּא אֹמֵר: כִּי מִמֶּךָ הֵכֵל וּמִיָּדְךָ נִתְּנוּ לָךְ (דברי הימים א, כט:יד).

Rabbi Eleazar of Bartota taught: Give everything over to God, for you and all that your own are God's. Thus David said, “For all is from You, and from Your own hand I give to You” (1 Chronicles 29:14).

—Pirkei Avot 3:8

From the second night of Pesah until the night before Shavuot, we count the omer. We rise.

I am about to fulfill the mitzvah of counting the *omer*, as it is written in the Torah:

“You shall count from the eve of the second day of Pesah, when an *omer* of grain is to be brought as an offering, seven complete weeks. The day after the seventh week of your counting will make fifty days.” Leviticus 23:15–16

Barukh atah ADONAI, our God, sovereign of time and space, who has provided us with a path to holiness through the observance of mitzvot and has instructed us to count the *omer*.

Barukh atah adonai eloheinu melekh ha-olam, asher kid'shanu b'mitzvotav v'tzivanu al s'firat ha-omer.

הִנְנִי מוֹכֵן\מוֹכְנָה וּמְזוּמֵן\וּמְזוּמֵנֶת לְקִיּוֹם מִצְוֹת עֲשֵׂה שֶׁל סְפִירַת הָעוֹמֵר כְּמוֹ שֶׁכָּתוּב בַּתּוֹרָה:

וּסְפִרְתֶּם לָכֶם מִמִּחֶרֶת הַשַּׁבָּת מִיּוֹם הַבִּיאָכֶם אֶת־עֹמֶר הַתְּנוּפָה, שִׁבְעַת שָׁבָתוֹת תְּמִימֹת תִּהְיֶינָה. עַד מִמִּחֶרֶת הַשַּׁבָּת הַשְּׂבִיעִית תִּסְפְּרוּ חֲמִשִּׁים יוֹם. ויקרא כג: טו-טז

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

On IYAR 14 (PESAH SHENI):

הַיּוֹם תִּשְׁעָה וְעֶשְׂרִים יוֹם, שְׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר.
Today is 29 days—four weeks and one day—of the *omer*.
Hayom tishah v'esrim yom, she-hem arba-ah shavuot v'yom ehad la-omer.

On IYAR 15:

הַיּוֹם שְׁלֹשִׁים יוֹם, שְׁהֵם אַרְבָּעָה שָׁבוּעוֹת וּשְׁנַיִם יָמִים לְעֹמֶר.
Today is 30 days—four weeks and two days—of the *omer*.
Hayom sh'loshim yom, she-hem arba-ah shavuot u-shnei yamim la-omer.

On IYAR 16:

הַיּוֹם אֶחָד וּשְׁלֹשִׁים יוֹם, שְׁהֵם אַרְבָּעָה שָׁבוּעוֹת וּשְׁלֹשָׁה יָמִים לְעֹמֶר.
Today is 31 days—four weeks and three days—of the *omer*.
Hayom ehad u-shloshim yom, she-hem arba-ah shavuot u-shloshah yamim la-omer.

On IYAR 17:

הַיּוֹם שְׁנַיִם וּשְׁלֹשִׁים יוֹם, שְׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר.
Today is 32 days—four weeks and four days—of the *omer*.
Hayom sh'nayim u-shloshim yom, she-hem arba-ah shavuot v'arba-ah yamim la-omer.

On IYAR 18 (LAG BA-OMER):

הַיּוֹם שְׁלֹשָׁה וּשְׁלֹשִׁים יוֹם, שְׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעֹמֶר.
Today is 33 days—four weeks and five days—of the *omer*.
Hayom sh'loshah u-shloshim yom, she-hem arba-ah shavuot va-hamishah yamim la-omer.

On IYAR 19:

הַיּוֹם אַרְבָּעָה וּשְׁלֹשִׁים יוֹם, שְׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְשֵׁשׁ יָמִים לְעֹמֶר.
Today is 34 days—four weeks and six days—of the *omer*.
Hayom arba-ah u-shloshim yom, she-hem arba-ah shavuot v'shishah yamim la-omer.

On IYAR 20:

הַיּוֹם חֲמִשָּׁה וּשְׁלֹשִׁים יוֹם, שְׁהֵם חֲמִשָּׁה שָׁבוּעוֹת לְעֹמֶר.
Today is 35 days—five weeks—of the *omer*.
Hayom hamishah u-shloshim yom, she-hem hamishah shavuot la-omer.