

# Counting The Omer

Today is the twenty-eighth day, making four weeks of the Omer.

The counting of the omer is intended to remind us of the link between Passover, which commemorates our Exodus from Egypt, and Shavuot, the day we celebrate receiving our Torah.

Counting the omer is counting forward; as we are looking forward to Shavuot, the day that we received our Torah.

I started counting the Omer in 2006, the year my father passed away. I wanted to **"do more"** in my Jewish life and counting the omer was one of the new traditions that we started. As Alex, Carolyn and I count the omer each year it gives me another opportunity to think about my dad and the wonderful values that he instilled upon myself and my sisters and brother.

**Dear G-d** as we count the omer, help us to use that time to stop our busy lives for a few minutes, help us to use the time to reflect on our day, **and Please G-d** help us to remember how important our family and friends are and to **always** appreciate them.

*Baruch atah adonay eloheynu melech ha'olam asher kidshanu  
bemitzvotav vetzivanu al sefirat ha'omer*

*Hayom shemonah v'esrim yom, sh'hem arba'ah shavuot la'omer.*

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