



The Omer is counted every evening after nightfall, from the second night of Passover till the night before Shavuot. This year, the Omer Count begins on Sunday night, March 28th.

Every year we look for a way to honor the count that encourages us in our Spiritual growth. This year we chose to honor the counting of the Omer by reading through the book of Psalms. We will start with Psalm 1, 51, and 101. While the Counting of the Omer is in the evening, the reading of the Psalm can be done either that evening or sometime the next day, before sunset. As the 50 days go by we will move one Psalm forward, so day 2 will be Psalm 2, 52, and 102. Then on the last day of the Omer which is Shavuot or the Feast of Weeks, we will end with Psalm 50, 100, and 150. There are many ways to count the Omer; this is just the way we chose to do it corporately this year.

As a tradition, The command is to simply count – and the reading is totally optional, but I believe if we will do this we will find that the spiritual discipline will be of profit to us.

I will be trying to post the Omer count each evening on the Sabbath Streams Facebook page, with the corresponding suggested reading for that day.

Sometime after sunset and before bed we say the blessing, followed by stating the count.

The Blessing

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

**BA-RUCH A-TAH ADO-NAI E-LO-HE-NU ME-LECH HA-OLAM ASHER KID-E-SHA-NU
BE-MITZ-VO-TAV VETZI-VA-NU AL SEFI-RAT HA-OMER.**

Blessed are You, Lord our God, King of the Universe, who has sanctified us with His commandments, and commanded us concerning the counting of the Omer.

(I have prepared a chart for us to follow to make this easier. If you miss a day, it's ok to just skip it - I do find it helpful when following a counting chart, to mark off each day as I go)

Omer Schedule for 5781-2021

Count 1 day on Sunday night, March 28, 2021

Today is one day of the Omer.
Suggested reading Psalm 1, 51, 101

הַיּוֹם יוֹם אֶחָד לְעוֹמֵר:
אלהים אנא

Chesed ShebeChesed

חֶסֶד שְׁבַחְסֵד

Count 2 days on Monday night, March 29, 2021

Today is two days of the Omer.
Suggested reading Psalm 2, 52, 102

הַיּוֹם שְׁנַיִם יָמִים לְעוֹמֵר:
יהננו בכח

Gevurah ShebeChesed

גְּבוּרָה שְׁבַחְסֵד

Count 3 days on Tuesday night, March 30, 2021

Today is three days of the Omer.
Suggested reading Psalm 3, 53, 103

הַיּוֹם שְׁלֹשָׁה יָמִים לְעוֹמֵר:
ויברכנו גדולת

Tiferes ShebeChesed

תִּפְאֶרֶת שְׁבַחְסֵד

Count 4 days on Wednesday night, March 31, 2021

Today is four days of the Omer.
Suggested reading Psalm 4, 54, 104

הַיּוֹם אַרְבָּעָה יָמִים לְעוֹמֵר:
יאר ימינד

Netzach ShebeChesed

נְצַח שְׁבַחְסֵד

Count 5 days on Thursday night, April 1, 2021

Today is five days of the Omer.
Suggested reading Psalm 5, 55, 105

הַיּוֹם חֲמִשָּׁה יָמִים לְעוֹמֵר:
פניו תתיר

Hod ShebeChesed

הוֹד שְׁבַחְסֵד

Count 6 days on Friday night, April 2, 2021

Today is six days of the Omer.
Suggested reading Psalm 6, 56, 106

הַיּוֹם שֵׁשָׁה יָמִים לְעוֹמֵר:
אתנו צרורה

Yesod ShebeChesed

יְסוֹד שְׁבַחְסֵד

Count 7 days on Saturday night, April 3, 2021

Today is seven days, which is one week of the Omer.
Suggested reading Psalm 7, 57, 107

הַיּוֹם שִׁבְעָה יָמִים
שָׁתַיִם שָׁבוּעַ אֶחָד לְעוֹמֵר:
סלה אב"ג ית"ץ

Malchus ShebeChesed

מַלְכוּת שְׁבַחְסֵד

Count 8 days on Sunday night, April 4, 2021

Today is eight days, which is one week and one day of the Omer.

Suggested reading Psalm 8, 58, 108

Chesed ShebeGevurah

הַיּוֹם שְׁמוֹנֶה יָמִים שָׁהֵם
שָׁבוּעַ אֶחָד וְיּוֹם אֶחָד לְעוֹמֵר:
ר לדעת קבל

חֶסֶד שְׁבַנְבוּרָה

Count 9 days on Monday night, April 5, 2021

Today is nine days, which is one week and two days of the Omer.

Suggested reading Psalm 9, 59, 109

Gevurah ShebeGevurah

הַיּוֹם תְּשַׁעֵה יָמִים שָׁהֵם
שָׁבוּעַ אֶחָד וְשְׁנַיִם יָמִים לְעוֹמֵר:
ג בארץ רנת

גְּבוּרָה שְׁבַנְבוּרָה

Count 10 days on Tuesday night, April 6, 2021

Today is ten days, which is one week and three days of the Omer.

Suggested reading Psalm 10, 60, 110

Tiferes ShebeGevurah

הַיּוֹם עֶשְׂרֵה יָמִים שָׁהֵם
שָׁבוּעַ אֶחָד וְשְׁלֹשָׁה יָמִים לְעוֹמֵר:
ג דרכך עמד

תִּפְאֶרֶת שְׁבַנְבוּרָה

Count 11 days on Wednesday night, April 7, 2021

Today is eleven days, which is one week and four days of the Omer.

Suggested reading Psalm 11, 61, 111

Netzach ShebeGevurah

הַיּוֹם אֶחָד עָשָׂר יּוֹם שָׁהֵם
שָׁבוּעַ אֶחָד וְאַרְבָּעָה יָמִים לְעוֹמֵר:
ו בכל שנבנו

נְצַח שְׁבַנְבוּרָה

Count 12 days on Thursday night, April 8, 2021

Today is twelve days, which is one week and five days of the Omer.

Suggested reading Psalm 12, 62, 112

Hod ShebeGevurah

הַיּוֹם שְׁנַיִם עָשָׂר יּוֹם שָׁהֵם
שָׁבוּעַ אֶחָד וַחֲמִשָּׁה יָמִים לְעוֹמֵר:
ל גוים מהרנו

הוֹד שְׁבַנְבוּרָה

Count 13 days on Friday night, April 9, 2021

Today is thirteen days, which is one week and six days of the Omer.

Suggested reading Psalm 13, 63, 113

Yesod ShebeGevurah

הַיּוֹם שְׁלֹשָׁה עָשָׂר יּוֹם שָׁהֵם
שָׁבוּעַ אֶחָד וְשֵׁשָׁה יָמִים לְעוֹמֵר:
א ישועתך נורא

יְסוֹד שְׁבַנְבוּרָה

Count 14 days on Saturday night, April 10, 2021

Today is fourteen days, which is two weeks of the Omer.

Suggested reading Psalm 14, 64, 114

Malchus ShebeGevurah

הַיּוֹם אַרְבָּעָה עָשָׂר יוֹם
שָׁהִם שְׁנֵי שָׁבוּעוֹת לְעוֹמֵר:
מ יוֹדוּךְ קר"ע שט"ן

מַלְכוּת שְׁבַתְגְּבוּרָה

Count 15 days on Sunday night, April 11, 2021

Today is fifteen days, which is two weeks and one day of the Omer.

Suggested reading Psalm 15, 65, 115

Chesed ShebeTiferes

הַיּוֹם חֲמִשָּׁה עָשָׂר יוֹם שָׁהִם
שְׁנֵי שָׁבוּעוֹת וַיּוֹם אֶחָד לְעוֹמֵר:
י עִמִּים נא

חֶסֶד שְׁבַתְפָּאֲרַת

Count 16 days on Monday night, April 12, 2021

Today is sixteen days, which is two weeks and two days of the Omer.

Suggested reading Psalm 16, 66, 116

Gevurah ShebeTiferes

הַיּוֹם שִׁשָּׁה עָשָׂר יוֹם שָׁהִם
שְׁנֵי שָׁבוּעוֹת וּשְׁנֵי יָמִים לְעוֹמֵר:
ם אֱלֹהִים גְּבוּר

גְּבוּרָה שְׁבַתְפָּאֲרַת

Count 17 days on Tuesday night, April 13, 2021

Today is seventeen days, which is two weeks and three days of the Omer.

Suggested reading Psalm 17, 67, 117

Tiferes ShebeTiferes

הַיּוֹם שִׁבְעָה עָשָׂר יוֹם שָׁהִם
שְׁנֵי שָׁבוּעוֹת וּשְׁלֹשָׁה יָמִים לְעוֹמֵר:
ב יוֹדוּךְ דּוּרְשִׁי

תִּפְאֲרַת שְׁבַתְפָּאֲרַת

Count 18 days on Wednesday night, April 14, 2021

Today is eighteen days, which is two weeks and four days of the Omer.

Suggested reading Psalm 18, 68, 118

Netzach ShebeTiferes

הַיּוֹם שְׁמוֹנֶה עָשָׂר יוֹם שָׁהִם
שְׁנֵי שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעוֹמֵר:
י עִמִּים יחודך

נֶצַח שְׁבַתְפָּאֲרַת

Count 19 days on Thursday night, April 15, 2021

Today is nineteen days, which is two weeks and five days of the Omer.

Suggested reading Psalm 19, 69, 119

Hod ShebeTiferes

הַיּוֹם תְּשַׁעָּה עָשָׂר יוֹם שָׁהִם
שְׁנֵי שָׁבוּעוֹת וַחֲמִשָּׁה יָמִים לְעוֹמֵר:
ת כּוֹלֵם כִּבְבַת

הוֹד שְׁבַתְפָּאֲרַת

Count 20 days on Friday night, April 16, 2021

Today is twenty days, which is two weeks and six days of the Omer.

Suggested reading Psalm 20, 70, 120

Yesod ShebeTiferes

הַיּוֹם עֶשְׂרִים יוֹם שָׁהֵם
שְׁנֵי שָׁבוּעוֹת וְשֵׁשֶׁת יָמִים לְעוֹמֵר:

ש י שמוחו שמרם

יסוד שבתפארת

Count 21 days on Saturday night, April 17, 2021

Today is twenty-one days, which is three weeks of the Omer.

Suggested reading Psalm 21, 71, 121

Malchus ShebeTiferes

הַיּוֹם אֶחָד וְעֶשְׂרִים יוֹם
שָׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת לְעוֹמֵר:

פ ורננו נג"ד יכ"ש

מלכות שבתפארת

Count 22 days on Sunday night, April 18, 2021

Today is twenty-two days, which is three weeks and one day of the Omer.

Suggested reading Psalm 22, 72, 122

Chesed ShebeNetzach

הַיּוֹם שְׁנַיִם וְעֶשְׂרִים יוֹם שָׁהֵם
שְׁלֹשָׁה שָׁבוּעוֹת וְיוֹם אֶחָד לְעוֹמֵר:

ו לאומים ברכם

חסד שבנצח

Count 23 days on Monday night, April 19, 2021

Today is twenty-three days, which is three weeks and two days of the Omer.

Suggested reading Psalm 23, 73, 123

Gevurah ShebeNetzach

הַיּוֹם שְׁלֹשָׁה וְעֶשְׂרִים יוֹם שָׁהֵם
שְׁלֹשָׁה שָׁבוּעוֹת וְשְׁנֵי יָמִים לְעוֹמֵר:

ט כי טהרם

גבורה שבנצח

Count 24 days on Tuesday night, April 20, 2021

Today is twenty-four days, which is three weeks and three days of the Omer.

Suggested reading Psalm 24, 74, 124

Tiferes ShebeNetzach

הַיּוֹם אַרְבָּעָה וְעֶשְׂרִים יוֹם שָׁהֵם
שְׁלֹשָׁה שָׁבוּעוֹת וְשְׁלֹשָׁה יָמִים לְעוֹמֵר:

ע תשפוט רחמי

תפארת שבנצח

Count 25 days on Wednesday night, April 21, 2021

Today is twenty-five days, which is three weeks and four days of the Omer.

Suggested reading Psalm 25, 75, 125

Netzach ShebeNetzach

הַיּוֹם חֲמִשָּׁה וְעֶשְׂרִים יוֹם שָׁהֵם
שְׁלֹשָׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעוֹמֵר:

ז עמים צדקתך

נצח שבנצח

Count 26 days on Thursday night, April 22, 2021

**Today is twenty-six days, which is three weeks
and five days of the Omer.**

Suggested reading Psalm 26, 76, 126

Hod ShebeNetzach

הַיּוֹם שְׁשִׁי וְעֶשְׂרִים יוֹם שָׁהֶם
שְׁלֹשָׁה שָׁבוּעוֹת וַחֲמִשָּׁה יָמִים לְעוֹמֵר:

מישור תמיד

הוד שבנצח

Count 27 days on Friday night, April 23, 2021

**Today is twenty-seven days, which is three
weeks and six days of the Omer.**

Suggested reading Psalm 27, 77, 127

Yesod ShebeNetzach

הַיּוֹם שִׁבְעָה וְעֶשְׂרִים יוֹם שָׁהֶם
שְׁלֹשָׁה שָׁבוּעוֹת וְשֵׁשֶׁה יָמִים לְעוֹמֵר:

ולאומים גמלם

יסוד שבנצח

Count 28 days on Saturday night, April 24, 2021

**Today is twenty-eight days, which is four
weeks of the Omer.**

Suggested reading Psalm 28, 78, 128

Malchus ShebeNetzach

הַיּוֹם שְׁמוֹנֶה וְעֶשְׂרִים יוֹם
שָׁהֶם אַרְבָּעָה שָׁבוּעוֹת לְעוֹמֵר:

בארץ במ"ר צת"ג

מלכות שבנצח

Count 29 days on Sunday night, April 25, 2021

**Today is twenty-nine days, which is four weeks
and one day of the Omer.**

Suggested reading Psalm 29, 79, 129

Chesed ShebeHod

הַיּוֹם תִּשְׁעָה וְעֶשְׂרִים יוֹם שָׁהֶם
אַרְבָּעָה שָׁבוּעוֹת וְיוֹם אֶחָד לְעוֹמֵר:

תנחם חסין

חסד שבהוד

Count 30 days on Monday night, April 26, 2021

**Today is thirty days, which is four weeks and two
days of the Omer.**

Suggested Reading Psalm 30, 80, 130

Gevurah ShebeHod

הַיּוֹם שְׁלֹשִׁים יוֹם שָׁהֶם
אַרְבָּעָה שָׁבוּעוֹת וּשְׁנַיִם יָמִים לְעוֹמֵר:

סלה קדוש

גבורה שבהוד

Count 31 days on Tuesday night, April 27, 2021

**Today is thirty-one days, which is four weeks
and three days of the Omer.**

Suggested reading Psalm 31, 81, 131

Tiferes ShebeHod

הַיּוֹם אֶחָד וּשְׁלֹשִׁים יוֹם שָׁהֶם
אַרְבָּעָה שָׁבוּעוֹת וּשְׁלֹשָׁה יָמִים לְעוֹמֵר:

יודך ברוב

תפארת שבהוד

Count 32 days on Wednesday night, April 28, 2021

**Today is thirty-two days, which is four weeks
and four days of the Omer.**

Suggested reading Psalm 32, 82, 132

Netzach ShebeHod

הַיּוֹם שְׁנַיִם וְשָׁלֹשִׁים יוֹם שָׁהֵם
אַרְבָּעָה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעוֹמֵר:

ר עמים טובך

נצח שבהוד

Count 33 days on Thursday night, April 29, 2021

Lag Ba'Omer

**Today is thirty-three days, which is four weeks
and five days of the Omer.**

Suggested reading Psalm 33, 83, 133

Hod ShebeHod

הַיּוֹם שְׁלֹשָׁה וְשָׁלֹשִׁים יוֹם שָׁהֵם
אַרְבָּעָה שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעוֹמֵר:

ו אלהים נהל

הוד שבהוד

Count 34 days on Friday night, April 30, 2021

**Today is thirty-four days, which is four weeks
and six days of the Omer.**

Suggested reading Psalm 34, 84, 134

Yesod ShebeHod

הַיּוֹם אַרְבָּעָה וְשָׁלֹשִׁים יוֹם שָׁהֵם
אַרְבָּעָה שָׁבוּעוֹת וְשֵׁשָׁה יָמִים לְעוֹמֵר:

ל יודך ערתך

יסוד שבהוד

Count 35 days on Saturday night, May 1, 2021

**Today is thirty-five days, which is five weeks
of the Omer.**

Suggested reading Psalm 35, 85, 135

Malchus ShebeHod

הַיּוֹם חֲמִשָּׁה וְשָׁלֹשִׁים יוֹם
שָׁהֵם חֲמִשָּׁה שָׁבוּעוֹת לְעוֹמֵר:

א עמים חק"ב מנ"ע

מלכות שבהוד

Count 36 days on Sunday night, May 2, 2021

**Today is thirty-six days, which is five weeks
and one day of the Omer.**

\Suggested reading Psalm 36, 86, 136

Chesed ShebeYesod

הַיּוֹם שֵׁשָׁה וְשָׁלֹשִׁים יוֹם שָׁהֵם
חֲמִשָּׁה שָׁבוּעוֹת וְיוֹם אֶחָד לְעוֹמֵר:

מ כולם יודך

חסד שביסוד

Count 37 days on Monday night, May 3, 2021

**Today is thirty-seven days, which is five weeks
and two days of the Omer.**

Suggested reading Psalm 37, 87, 137

Gevurah ShebeYesod

הַיּוֹם שִׁבְעָה וְשָׁלֹשִׁים יוֹם שָׁהֵם
חֲמִשָּׁה שָׁבוּעוֹת וְשְׁנַיִם יָמִים לְעוֹמֵר:

י ארץ גאה

גבורה שביסוד

Count 38 days on Tuesday night, May 4, 2021

Today is thirty-eight days, which is five weeks
and three days of the Omer.

Suggested reading Psalm 38, 88, 138

Tiferes ShebeYesod

הַיּוֹם שְׁמוֹנֶה וְשָׁלֹשִׁים יוֹם שֶׁהֵם
חֲמִשָּׁה שָׁבוּעוֹת וְשָׁלֹשָׁה יָמִים לְעוֹמֵר:

ם נתנה לעמך

תפארת שביסוד

Count 39 days on Wednesday night, May 5, 2021

Today is thirty-nine days, which is five weeks
and four days of the Omer.

Suggested reading Psalm 39, 89, 139

Netzach ShebeYesod

הַיּוֹם תְּשַׁעַה וְשָׁלֹשִׁים יוֹם שֶׁהֵם
חֲמִשָּׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעוֹמֵר:

ב יבולה פנה

נצח שביסוד

Count 40 days on Thursday night, May 6, 2021

Today is forty days, which is five weeks and
five days of the Omer.

Suggested reading Psalm 40, 90, 140

Hod ShebeYesod

הַיּוֹם אַרְבָּעִים יוֹם שֶׁהֵם
חֲמִשָּׁה שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעוֹמֵר:

א יברכנו זוכרי

הוד שביסוד

Count 41 days on Friday night, May 7, 2021

Today is forty-one days, which is five weeks
and six days of the Omer.

Suggested reading Psalm 41, 91, 141

Yesod ShebeYesod

הַיּוֹם אֶחָד וְאַרְבָּעִים יוֹם שֶׁהֵם
חֲמִשָּׁה שָׁבוּעוֹת וְשֵׁשָׁה יָמִים לְעוֹמֵר:

ר אלהים קדושתך

יסוד שביסוד

Count 42 days on Saturday night, May 8, 2021

Today is forty-two days, which is six weeks of
the Omer.

Suggested reading Psalm 42, 92, 142

Malchus ShebeYesod

הַיּוֹם שְׁנַיִם וְאַרְבָּעִים יוֹם
שֶׁהֵם שֵׁשָׁה שָׁבוּעוֹת לְעוֹמֵר:

ן אלהינו יג"ל פז"ק

מלכות שביסוד

Count 43 days on Sunday night, May 9, 2021

Today is forty-three days, which is six weeks
and one day of the Omer.

Suggested reading Psalm 43, 93, 143

Chesed ShebeMalchus

הַיּוֹם שְׁלֹשָׁה וְאַרְבָּעִים יוֹם שֶׁהֵם
שֵׁשָׁה שָׁבוּעוֹת וְיוֹם אֶחָד לְעוֹמֵר:

ת יברכנו שועתנו

חסד שבמלכות

Count 44 days on Monday night, May 10, 2021

**Today is forty-four days, which is six weeks
and two days of the Omer.**

Suggested reading Psalm 44, 94, 144

Gevurah ShebeMalchus

הַיּוֹם אַרְבָּעָה וְאַרְבָּעִים יוֹם שָׁהֵם
שִׁשָּׁה שָׁבוּעוֹת וּשְׁנַיִם יָמִים לְעוֹמֵר:

ג אלהים קבל

גְבוּרָה שְׁבַמְלָכוֹת

Count 45 days on Tuesday night, May 11, 2021

**Today is forty-five days, which is six weeks
and three days of the Omer.**

Suggested reading Psalm 45, 95, 145

Tiferes ShebeMalchus

הַיּוֹם חֲמִשָּׁה וְאַרְבָּעִים יוֹם שָׁהֵם
שִׁשָּׁה שָׁבוּעוֹת וְשְׁלֹשָׁה יָמִים לְעוֹמֵר:

ה ויראו ושמע

תִּפְאֶרֶת שְׁבַמְלָכוֹת

Count 46 days on Wednesday night, May 12, 2021

**Today is forty-six days, which is six weeks and
four days of the Omer.**

Suggested reading Psalm 46, 96, 146

Netzach ShebeMalchus

הַיּוֹם שִׁשָּׁה וְאַרְבָּעִים יוֹם שָׁהֵם
שִׁשָּׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעוֹמֵר:

ם אותו צעקתנו

נְצַח שְׁבַמְלָכוֹת

Count 47 days on Thursday night, May 13, 2021

**Today is forty-seven days, which is six weeks
and five days of the Omer.**

Suggested reading Psalm 47, 97, 147

Hod ShebeMalchus

הַיּוֹם שִׁבְעָה וְאַרְבָּעִים יוֹם שָׁהֵם
שִׁשָּׁה שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעוֹמֵר:

ס כל יודע

הוֹד שְׁבַמְלָכוֹת

Count 48 days on Friday night, May 14, 2021

**Today is forty-eight days, which is six weeks
and six days of the Omer.**

Suggested reading Psalm 48, 98, 148

Yesod ShebeMalchus

הַיּוֹם שְׁמוֹנֶה וְאַרְבָּעִים יוֹם שָׁהֵם
שִׁשָּׁה שָׁבוּעוֹת וְשִׁשָּׁה יָמִים לְעוֹמֵר:

ל אפסי תעלומות

יְסוֹד שְׁבַמְלָכוֹת

Count 49 days on Saturday night, May 15, 2021

**Today is forty-nine days, which is seven weeks
of the Omer.**

Suggested reading Psalm 49, 99, 149

Malchus ShebeMalchus

הַיּוֹם תְּשַׁעָה וְאַרְבָּעִים יוֹם
שָׁהֵם שִׁבְעָה שָׁבוּעוֹת לְעוֹמֵר:

ה ארץ שק"ו צי"ת

מְלָכוֹת שְׁבַמְלָכוֹת

And on **Shavout:** aka Pentecost - 50th Day

beginning Sunday night, May 16th

Suggested reading Psalm 50, 100, 150

