SEFIRAT HAOMER

Sign up for the OU daily sefirah reminder email @ www.ou.org/sefirah

Sefirah is the counting of seven complete weeks from the second evening of Pesach until Shavuot. The count, which takes place after nightfall for the following day, is preceded by the blessing only if done in the evening and no days have been missed in the count.

Visit www.ou.org/sefirah to receive an email reminder to count each day. Emails are pre-programmed to go out on each of the 49 days of the Omer to help make sure you don’t forget to count!

<table>
<thead>
<tr>
<th>Day</th>
<th>Sefirah</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUN. EVENING</td>
<td>1: יום ראשון</td>
<td>יום ראשון</td>
</tr>
<tr>
<td>MON. EVENING</td>
<td>2: יום שני</td>
<td>יום שני</td>
</tr>
<tr>
<td>TUES. EVENING</td>
<td>3: יום שלישי</td>
<td>יום שלישי</td>
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<tr>
<td>WED. EVENING</td>
<td>4: יום רביעי</td>
<td>יום רביעי</td>
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<tr>
<td>THURS. EVENING</td>
<td>5: יום חמישי</td>
<td>יום חמישי</td>
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<tr>
<td>FRI. EVENING</td>
<td>6: יום ששי</td>
<td>יום ששי</td>
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<td>SAT. EVENING</td>
<td>7: יום שבת</td>
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<td>SUN. EVENING</td>
<td>8: יום ראשון</td>
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<td>MON. EVENING</td>
<td>9: יום שני</td>
<td>יום שני</td>
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<td>TUES. EVENING</td>
<td>10: יום שלישי</td>
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<td>WED. EVENING</td>
<td>11: יום רביעי</td>
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<td>THURS. EVENING</td>
<td>12: יום חמישי</td>
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<td>FRI. EVENING</td>
<td>13: יום ששי</td>
<td>יום ששי</td>
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<td>SAT. EVENING</td>
<td>14: יום ראשון</td>
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<td>יום שני</td>
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<td>MON. EVENING</td>
<td>16: יום שלישי</td>
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<td>TUES. EVENING</td>
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<td>يوم רביעי</td>
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<td>WED. EVENING</td>
<td>18: יום חמישי</td>
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<td>THURS. EVENING</td>
<td>19: יום שבת</td>
<td>יום שבת</td>
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<td>FRI. EVENING</td>
<td>20: יום ראשון</td>
<td>יום ראשון</td>
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NOTE: IF YOU FORGET TO COUNT AT NIGHT, YOU MAY COUNT ALL OF THE NEXT DAY – BUT WITHOUT A BLESSING!

YOU MAY RESUME COUNTING THE NEXT EVENING WITH A BLESSING.
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Reading</th>
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<td>Fri. Evening</td>
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