

UNDERSTANDING THE OMER

by Torah.org

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Counting the Days of Growth

What is Sefiras HaOmer?

The Counting of The Omer starts on the second night of Pesach. It continues for seven weeks, or forty-nine days. The fiftieth day is Shavuos.

Access our Sefira Counting Page to learn more about counting the Omer or to subscribe to our Sefira Counting Reminder mailing list.

What is Lag BaOmer?

Lag B'Omer - The thirty-third day of the Omer, which occurs on the 18th of Iyar, is a day of celebration for the whole nation of Israel. According to tradition, the students of the great sage Rabbi Akiva, who had been dying in great numbers, stopped dying on this day.

Learn About the Holiday



What are we counting?

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What's the best way to transform a nation of Egyptian slaves to servants of a Divine King?



Understanding Lag B'Omer

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Discover what makes Lag B'Omer stand out among the other days of the Omer Period.



Omer Perspectives

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A wide variety of perspectives into the depth and meaning of this period of growth.

Learn How to Count the Omer