

סְפִירַת הָעוֹמֶר Counting the Omer

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו, וְצִוָּנוּ עַל סְפִירַת הָעוֹמֶר

Baruch atah YHVH Eloheinu melech ha'olam,
asher kidshanu b'mitzvotav,
vetzivanu al sefirat ha'omer.

Blessed are You, YHVH our Elohim, King of the Universe,
who has sanctified us with Your commandments,
and commanded us concerning the counting of the Omer.

Today is the 7th day of the [1st] week of seven weeks.

Today is the [7th] day of the counting of fifty days from
the day of the waving of the Omer on the morrow
after the Shabbat.

Today is Shabbat, the [1st] shabbat of seven shabbatot.

Today completes the [1st] week of seven weeks.

You shall count for yourselves – from the morrow after the Shabbat, from the day when you bring the Omer of the waving – seven Shabbatot, they shall be complete. Until the morrow after the seventh Shabbat you shall count fifty days; and you shall offer a new meal offering to YHVH.

Vayikra-Leviticus 23:15-16