## **Methods of Counting the Omer Period**

The mourning period during the counting of the *omer* (*sefirat ha'omer*) lasts for 33 days, but there are three ways to count them:

- 1. Second night of *Passover* until <u>Lag ba'Omer</u> (33rd day of counting the *omer*).
- 2. <u>Rosh Chodesh Iyar</u> until the third day before <u>Shavuot</u> (excludes <u>Lag ba'Omer</u>).
- 3. Second day of *Iyar* until *Shavuot*.

You may change your observance from year to year, if necessary.

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