# **OMER PERIOD**

### **OMER PERIOD: HOW TO DETERMINE**

### 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 Lag ba'Omer (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.

## **OMER PERIOD: WHO COUNTS**

### Women and Girls Counting Omer

Women and girls are not required to count the *omer*. But if they do, they say the blessing (if appropriate) and it is a *mitzya* for them.

Boy Who Becomes Bar Mitzva during Omer

#### SITUATION

A boy becomes *bar mitzva* during the *omer*. He has been counting the *omer* and has said the *omer* blessing without missing a day.

#### WHAT TO DO

He continues counting as he had been doing.

**NOTE** Boys should be counting the *omer* with a blessing from before they become *bar mitzva*, so there should not be any break.

### **OMER PERIOD: RESTRICTIONS**

### **OMER PERIOD: FORBIDDEN ACTIVITIES**

#### **Forbidden Activities During Omer Period**

These are forbidden during the chosen omer period:

- Haircuts
- Shaving
- Listening to any music, even pre-recorded
- Getting married.

### **OMER PERIOD: PERMITTED ACTIVITIES**

#### **Buying Clothes Allowed during Omer**

You may buy and wear new clothes during sefirat ha'omer.

#### **Cutting Nails Allowed during Omer**

You may cut your nails during sefirat ha'omer.

Saying SheHecheyanu Allowed during Omer You may say *she'hecheyanu* during *sefirat ha'omer*.

### Swimming Allowed during Omer

You may swim during sefirat ha'omer.

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