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. *Rosh Chodesh Iyar* until the third day before *Shavuot* (excludes *Lag ba'Omer*).
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 *mitzva* 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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