

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.