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.

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