

Counting the Omer

The Omer may be counted with a blessing only if:

1) you count the Omer during the evening

and

2) you have not missed counting any of the days so far

בָּרוּךְ אַתָּה יְהוָה	Båruch Atå Adonoy
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	Eloheinu Melech hå'olåm,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו	asher kid'shånu b'mitzvotåv
וְצִוָּנוּ עַל סְפִירַת הָעוֹמֶר.	v'tzivånu al s'firat hå'omer.

Blessed are You, Lord our God, King of the universe,
Who sanctified us with His mitzvot, and commanded
us regarding the counting of the Omer.