Counting of the Omer

at the Beth Sholom Library

April/May 2009

FOR ADULTS:


Haber, Rabbi Yaacov with Rabbi David Sedley. *Sefiros: Spiritual Refinement Through Counting the Omer*. (Judaica Press, 2008; ISBN: 978-1-60763-010-4). "Sefiros takes you on a seven-week journey of spiritual refinement and improvement, providing you with practical techniques to maximize the growth potential inherent in each of the forty-nine days of Sefirah.”

Jacobson, Rabbi Simon. *A Spiritual Guide to the Counting of the Omer: Forty-nine Steps to Personal Refinement According to the Jewish Tradition*. (Vaad Hanochos Hatmimim, 1996; ISBN: 1-886587-23-X). “Each day of sefirah has in it a specific area for growth and exercises for positive change. We invite you to use this book as a workbook, reading it, following the exercises, creating exercises that are relevant for you, and recording in it positive changes you’ve made in your life.


FOR YOUNGER READERS:


Benjamin-Farren, Joan. *Shuli and Me: From Slavery to Freedom*. (Black Jasmine, 2006; ISBN: 0-9788802-0-X). The forty-nine days between the Exodus from Egypt and receiving the Ten Commandments are exciting for Shuli and her friend (the narrator), who play games, eat manna, and travel through the desert to Mount Sinai. The book draws on biblical passages as well as Midrashim to recount the Israelites’ journey. The pages are coded to count the days and weeks leading from Passover to Shavuot, known as the Counting of the Omer, as well as special observances during this period. The “official count” is recorded on the bottom of each text page in Hebrew and English in the traditional style used to mark these days.

