

49 days

A WELLNESS JOURNEY
THROUGH COUNTING THE
OMER

COMPILED BY THE WELLNESS
AMBASSADORS OF GW HILLEL



WHAT IS COUNTING THE OMER?

By Rabbi Jill Jacobs

The omer refers to the 49-day period between the second night of Passover (Pesach) and the holiday of Shavuot. This period marks the beginning of the barley harvest when, in ancient times, Jews would bring the first sheaves to the Temple as a means of thanking G-d for the harvest. The word omer literally means “sheaf” and refers to these early offerings.

[HTTPS://WWW.MYJEWISHLEARNING.COM/ARTICLE/HOW-TO-COUNT-THE-OMER/](https://www.myjewishlearning.com/article/how-to-count-the-omer/)

WHAT DOES COUNTING THE OMER HAVE TO DO WITH WELLNESS?

While Passover celebrates the initial liberation of the Jewish people from slavery in Egypt, Shavuot marks the culmination of the process of liberation, when the Jews became an autonomous community with their own laws and standards. Counting up to Shavuot reminds us of this process of moving from a slave mentality to a more liberated one.

RABBI JILL JACOBS:

WWW.MYJEWISHLARNING.COM/ARTICLE/HOW-TO-COUNT-THE-OMER

This year, the Omer begins on the night of April 9 and concludes on May 28. Social distancing guidelines are staying in place at least until the end of April, and even if things begin to loosen up in May (an optimistic prospect), we won't be back to normal in the coming seven weeks. Our ancestors, literal or mythic or both, knew what it was to be afraid of circumstances beyond their control, and they knew how to ground themselves in the simplicity of a daily count. So, listen to your elders. Count with [us] this year. If we're lucky, we'll make it to the harvest together more grounded and grateful. And, no matter what, we'll be in community along the way.

RABBI EMILY COHEN:

WWW.HEYALMA.COM/THIS-JEWISH-RITUAL-OF-COUNTING-THE-DAYS-COULD-NOT-HAVE-COME-AT-A-BETTER-TIME/

HOW TO USE THIS GUIDE

1) On our website (gwhillel.org) head to the Omer tab to download each week's reflection prompts.

2) Be creative! These prompts or activities are just suggestions for exploring the ritual of counting the Omer. If you journal, any of these prompts can be adapted into journaling prompts.

3) If you miss a day or more, that's ok! This guide is a resource, not an assignment.

4) Follow us on Instagram @gwhillel_omer to count together, share how you are doing, and be part of a wellness-focused community of GW students!

NOTE: This guide is not meant to replace the traditional counting of the Omer. To learn more about the blessings for the Omer, visit:

www.myjewishlearning.com/article/blessing-for-counting-the-omer/

WEEK 2, DAY 1: APRIL 16, 2020

In Kabbalistic (mystic) teaching, each week of the Omer corresponds to a different aspect of personal growth. The second week of the Omer is dedicated to *Gevurah*, discipline.

Today, think about something you have been wanting to learn: a new language, skill, hobby? Make a goal to spend 5/10/20 minutes a day on this activity this week, and make a checklist for yourself so you can stay on track!

Example: Download Duolingo to start learning some Hebrew!

COUNT WITH US ON INSTAGRAM
@GWHILLEL_OMER

WEEK 2, DAY 2: APRIL 17, 2020

In Kabbalistic (mystic) teaching, each week of the Omer corresponds to a different aspect of personal growth. The second week of the Omer is dedicated to *Gevurah*, discipline.

Today, list three things you can commit to doing for yourself today. What are your social, emotional, and mental needs today and how are you capable of fulfilling them?

COUNT WITH US ON INSTAGRAM
@GWHILLEL_OMER

WEEK 2, DAY 3: APRIL 18, 2020

In Kabbalistic (mystic) teaching, each week of the Omer corresponds to a different aspect of personal growth. The second week of the Omer is dedicated to *Gevurah*, discipline.

Today, think about friends you haven't talked to recently. Make a list of them so you can reach out with a warm text, facetime, or even a letter!

COUNT WITH US ON INSTAGRAM
@GWHILLEL_OMER

WEEK 2, DAY 4: APRIL 19, 2020

In Kabbalistic (mystic) teaching, each week of the Omer corresponds to a different aspect of personal growth. The second week of the Omer is dedicated to *Gevurah*, discipline.

Today, look at your ScreenTime feature on your phone if you have one. How does it make you feel? Can you create a plan to change your screen habits if so, such as only using your phone in certain rooms?

COUNT WITH US ON INSTAGRAM
@GWHILLEL_OMER

WEEK 2, DAY 5: APRIL 20, 2020

In Kabbalistic (mystic) teaching, each week of the Omer corresponds to a different aspect of personal growth. The second week of the Omer is dedicated to *Gevurah*, discipline.

Today, reflect on the quality and quantity of sleep you have been getting. Have you been staying up too late, or falling asleep watching TV every night? What is one change to your routine which could improve your sleep?

COUNT WITH US ON INSTAGRAM
[@GWHILLEL_OMER](#)

WEEK 2, DAY 6: APRIL 21, 2020

In Kabbalistic (mystic) teaching, each week of the Omer corresponds to a different aspect of personal growth. The second week of the Omer is dedicated to *Gevurah*, discipline.

Today, sit in silence with no distractions for five minutes. It might be very challenging! What do you notice? If it was challenging, why?

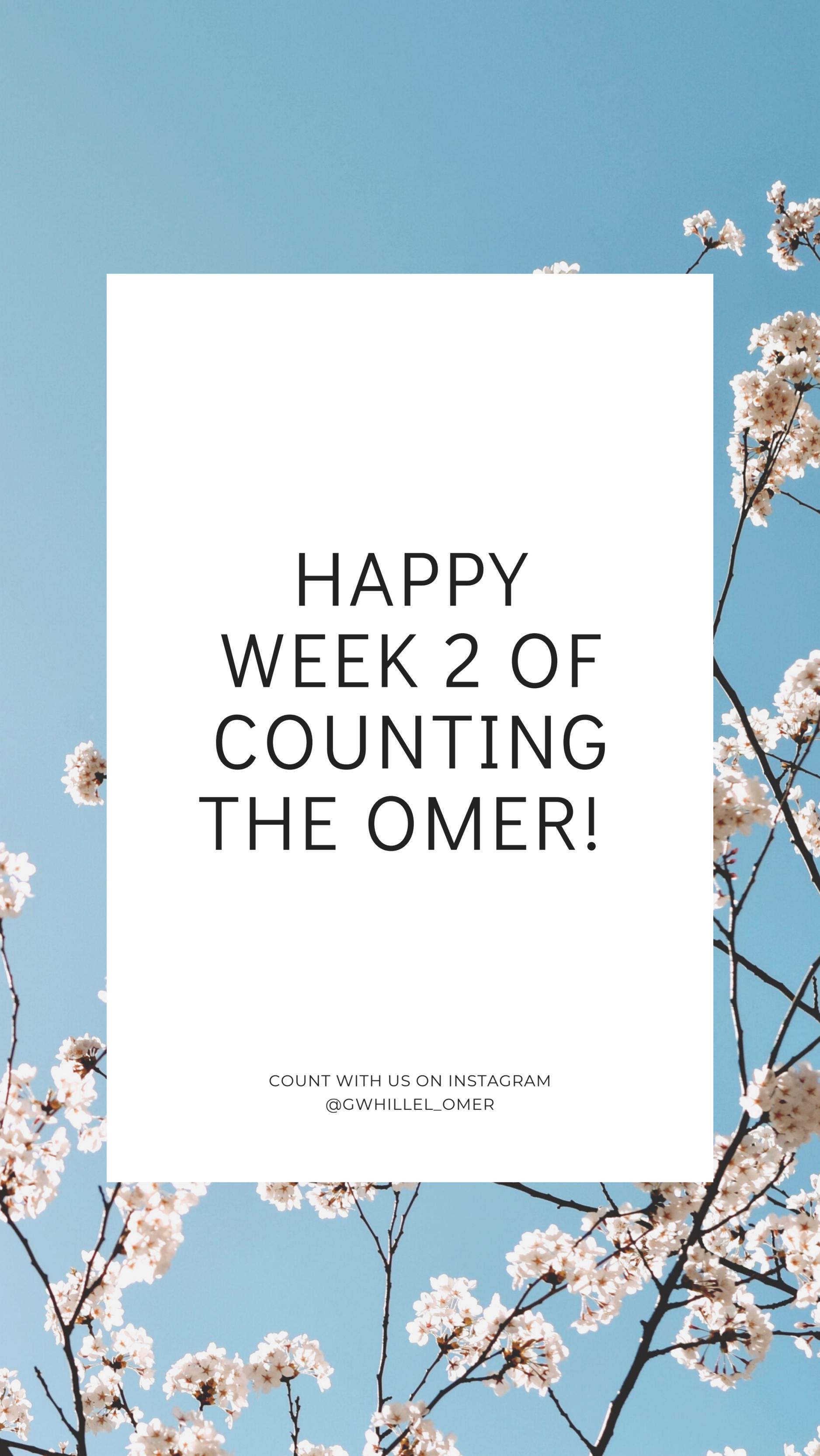
COUNT WITH US ON INSTAGRAM
@GWHILLEL_OMER

WEEK 2, DAY 7: APRIL 22, 2020

In Kabbalistic (mystic) teaching, each week of the Omer corresponds to a different aspect of personal growth. The second week of the Omer is dedicated to *Gevurah*, discipline.

Today, write or think of the following: What do you know for sure right now? What are the positive things in your life? It takes self discipline to focus on the good!

COUNT WITH US ON INSTAGRAM
[@GWHILLEL_OMER](#)



HAPPY WEEK 2 OF COUNTING THE OMER!

COUNT WITH US ON INSTAGRAM
[@GWHILLEL_OMER](https://www.instagram.com/gwhillel_omer)