

Sent to us by Yossi Klein Halevi, Jerusalem, Israel.

“This is an interesting moment in Jewish prayer because we’re doing a daily count-down from Passover to the holiday of Shavuot (the giving of the Torah at Sinai; the Christian equivalent is Pentacost). The “omer count,” as it’s called, also coincides with the wheat harvest in the land of Israel.

The basic prayer is simple:

“I am hereby prepared to fulfill the commandment of counting the omer, as it is written in the Torah: You shall count from the eve of the second day of Passover, when an omer (offering) of grain is to be brought. Blessed are You, Adonai Master of the universe, who sanctifies us with His commandments and commands us to count the omer.”

A comment by Rabbi Leah Novick:

“Although Passover is over we considered Our freedom to be incomplete until the Shavuot holiday (the feast of weeks in late may) which commemorates the giving of the Torah at Mount Sinai.

Judaism teaches that we are not liberated until we reach that point of faith and the practice of justice.

So we count the days for seven weeks With special prayer, drawing in the unique energy of each day.

It feels connected to the pandemic because When the worst of it does pass; we will not be free of the virus.

Using these 49 days To Consider the human condition, we learn from ancient wisdom, and can absorb the profound insights of this quiet time.

This spiritual practice is rooted in Jewish mysticism/Kabbalah: using the energies of the tree of life for personal transformation.”