



GROWING LIBERATION:  
COUNTING THE OMER  
WITH JVP

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## DETAILS:

The Omer, the 49 days between Passover and Shavuot, is a time of physical, spiritual and communal growth. During this time, the barley is ripening in the fields, the lessons of liberation from Egypt are unfolding in our hearts and minds, and our community is growing together.

During this 7-week period between April 23rd - June 10th, we invite you to join JVP and participate in our personal and organizational growth. A JVP member will reflect on the spiritual significance of each day of this process and then together we will count the Omer. No background knowledge necessary.

**Conference call line: 469-447-7475**

**April 23rd - June 10th**  
**Saturdays through Thursdays: 7pm PT/10pm ET**  
**Fridays: 5:30pm PT/8:30pm ET**

*Friday, 4/29 will be 3pm PT/6pm ET direct from the cross-border seder in Nogales, AZ and Nogales, Mexico*

## THE BLESSING:

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל סְפִירַת הָעוֹמֶר  
Baruch Atah Adonai, Eloheynu melech ha-olam, asher kiddeshanu be-mitzvotav  
vetzivanu al sefirat ha-omer.

*Blessed are You, Source of Life, who makes us holy with your mitzvot and instructs us to count the Omer.*

Today is the \_\_\_ day, [making \_\_\_ weeks and \_\_\_ days] of the Omer.

## KAVANNAH:

May our practice of counting the Omer help us to grow as individuals and a community to fulfill our collective potential for liberation, healing and awareness.

The Omer period consists of 7 weeks, each of which is dedicated to one of 7 qualities traditionally associated with aspects of holiness in our lives. Each of the 7 days of the week is also dedicated to one of these qualities. So all 49 days of the Omer are dedicated to a combination of 2 qualities – the quality of the week plus the quality of the day.

Week 1 & Saturdays: חֶסֶד *chesed* – compassion

Week 2 & Sundays: גְּבוּרָה *gevurah* – solidarity

Week 3 & Mondays: תִּפְאַרֶת *tiferet* – intersectionality

Week 4 & Tuesdays: נְצַח *netzach* – endurance

Week 5 & Wednesdays: הוֹד *hod* – gratitude

Week 6 & Thursdays: יְסוּד *yesod* – justice

Week 7 & Fridays: שְׁכִינָה *shechinah* – community