



On the Way to Har Sinai

Counting the Omer with Rabbi Sacks

“Time is not a series of moments traced on the face of a watch, always moving yet always the same. Instead it is a journey with a starting point and a destination, or a story with a beginning, middle and end. Each moment has a meaning, which can only be grasped if we understand where we have come from and where we are going to. This is time not as it is in nature but as it is in history.”

Jonathan Sacks

The Office of Rabbi Sacks is delighted to share with you an Omer calendar for 5779. Each day contains a life-changing idea, taken from Rabbi Sacks’ *Covenant & Conversation* essays on the weekly parsha.

With thanks to Yoram Raanan for permission to use his painting entitled “On the Way to Har Sinai” on the front cover.

OMER CALENDAR 5779

1 Night of 20th April	2 Night of 21st April	3 Night of 22nd April	4 Night of 23rd April	5 Night of 24th April	6 Night of 25th April	7 Night of 26th April
8 Night of 27th April	9 Night of 28th April	10 Night of 29th April	11 Night of 30th April	12 Night of 1st May	13 Night of 2nd May	14 Night of 3rd May
15 Night of 4th May	16 Night of 5th May	17 Night of 6th May	18 Night of 7th May	19 Night of 8th May	20 Night of 9th May	21 Night of 10th May
22 Night of 11th May	23 Night of 12th May	24 Night of 13th May	25 Night of 14th May	26 Night of 15th May	27 Night of 16th May	28 Night of 17th May
29 Night of 18th May	30 Night of 19th May	31 Night of 20th May	32 Night of 21st May	33 Night of 22nd May	34 Night of 23rd May	35 Night of 24th May
36 Night of 25th May	37 Night of 26th May	38 Night of 27th May	39 Night of 28th May	40 Night of 29th May	41 Night of 30th May	42 Night of 31st May
43 Night of 1st June	44 Night of 2nd June	45 Night of 3rd June	46 Night of 4th June	47 Night of 5th June	48 Night of 6th June	49 Night of 7th June



חג שמח!

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר.

WEEK ONE

DAY 1

16th Nisan
Night of 20th April

“God believes in us even if we don’t always believe in ourselves. Remember this, and you will find a path from darkness to light.”

DAY 2

17th Nisan
Night of 21st April

“Next time you meet someone radically unlike you, try seeing difference not as a threat but as an enlarging, possibility-creating gift.”

DAY 3

18th Nisan
Night of 22nd April

“Follow the inner voice, as did those who came before you, continuing their journey by bringing timeless values to a rapidly-changing world.”

DAY 4

19th Nisan
Night of 23rd April

“First separate, then connect; it is the carefully calibrated distance that allows us to grow as individuals and create stronger relationships together.”

DAY 5

20th Nisan
Night of 24th April

“To survive tragedy and trauma, first build the future. Only then, remember the past.”

DAY 6

21st Nisan
Night of 25th April

“You are as great as your ideals. If you truly believe in something beyond yourself, you will achieve beyond yourself.”

DAY 7

22nd Nisan
Night of 26th April

“The deepest crises of your life can turn out to be the moments when you encounter the deepest truths and acquire your greatest strengths.”

WEEK TWO

DAY 8

23rd Nisan
Night of 27th April

“If you find yourself struggling with faith, you are in the company of Jacob-who-became-Israel, the father-in-faith of us all.”

DAY 9

24th Nisan
Night of 28th April

“Seen through the eye of faith, today’s curse may be the beginning of tomorrow’s blessing.”

DAY 10

25th Nisan
Night of 29th April

“What can be healed is not holy. God does not want us to accept poverty and pain but to cure them.”

DAY 11

26th Nisan
Night of 30th April

“If you find yourself in a situation of conflict that threatens to break something apart, framing a covenant will help keep people together. There are certain things we can do together that none of us can do alone.”

DAY 12

27th Nisan
Night of 1st May

“Judaism allows us to inhabit a culture of grace and hope. If we work hard enough on ourselves, we can be forgiven.”

DAY 13

28th Nisan
Night of 2nd May

“When you realise that listening to views different from your own is not threatening but enlarging, you have discovered the life-changing idea of argument for the sake of heaven.”

DAY 14

29th Nisan
Night of 3rd May

“Freedom is an achievement. It is a muscle that needs to be exercised daily: use it or lose it.”

WEEK THREE

DAY 15

30th Nisan
Night of 4th May

“There are no fast tracks. Lasting achievement takes time. You can never get there by the shortest road. The harder it gets, the stronger you become.”

DAY 16

1st Iyar
Night of 5th May

“Know your own story, because a story told across the generations is a gift. When you know who you are and why, you can navigate the wilderness of time with courage and confidence.”

DAY 17

2nd Iyar
Night of 6th May

“We are not prisoners of events but active shapers of them.”

DAY 18

3rd Iyar
Night of 7th May

“If you seek to change anyone’s behaviour, you have to enter into their mindset, and then say the word or do the deed that speaks to their emotions, not yours.”

DAY 19

4th Iyar
Night of 8th May

“The effort you put into something does not just change the object: it changes you. The greater the labour, the greater the love for what you have made.”

DAY 20

5th Iyar
Night of 9th May

“We tend to become what our friends are.
So choose friends who are what you aspire to be.”

DAY 21

6th Iyar
Night of 10th May

“We should never feel anger. But there are times when we should show it. People sometimes need that shock to help them change their lives.”

WEEK FOUR

DAY 22

*7th Iyar
Night of 11th May*

“The highest achievement is not self-expression but self-limitation: making space for something other and different from us.”

DAY 23

*8th Iyar
Night of 12th May*

“For each of us God has a task. Discerning that task, hearing God’s call, is what gives a life meaning and purpose.”

DAY 24

*9th Iyar
Night of 13th May*

“The more you celebrate the good, the more good you discover that is worthy of celebration.”

DAY 25

*10th Iyar
Night of 14th May*

“In any relationship that matters to you, deliver praise daily. Seeing and praising the good in people makes them better people, makes you a better person, and strengthens the bond between you.”

DAY 26

*11th Iyar
Night of 15th May*

“What you think of as your greatest weakness can become, if you wrestle with it, your greatest strength.”

DAY 27

*12th Iyar
Night of 16th May*

“Clear rules and proper discipline help to establish, maintain and expand order for more fulfilled children, families, and society. Love is not enough. Relationships need rules.”

DAY 28

*13th Iyar
Night of 17th May*

“If you want to change lives, speak to people’s feelings, not just to their minds.”

WEEK FIVE

DAY 29

*14th Iyar
Night of 18th May*

“In life, ask not, ‘what can I gain?’ but ‘what can I give?’ Be a blessing to others and you will find that life has been a blessing to you.”

DAY 30

*15th Iyar
Night of 19th May*

“Search for meaning and you will discover strength, fulfilment and peace.”

DAY 31

*16th Iyar
Night of 20th May*

“Remember your destination. This will help you to distinguish between an opportunity to be seized and a temptation to be resisted.”

DAY 32

*17th Iyar
Night of 21st May*

“You are as important as you make other people feel.”

DAY 33

*18th Iyar
Night of 22nd May*

“When you experience suffering, the question to ask is ‘Given this has happened, what then shall I do?’ for this has an answer not of thought but of deed.”

DAY 34

*19th Iyar
Night of 23rd May*

“Never let negative emotions distort your perceptions. To see the world as it is, not as you are afraid it might be, let faith banish fear.”

DAY 35

*20th Iyar
Night of 24th May*

“If you seek to learn, grow, pursue truth and find freedom, seek places that welcome argument and respect dissenting views.”

WEEK SIX

DAY 36

*21st Iyar
Night of 25th May*

“Life lives in the tension between our physical smallness and our spiritual greatness. Life is short, but when we lift our eyes to heaven, we walk tall.”

DAY 37

*22nd Iyar
Night of 26th May*

“By being what only we are, we contribute to humanity what only we can give.”

DAY 38

*23rd Iyar
Night of 27th May*

“If we truly wish to hand on our legacy to our children, we must teach them to love it.”

DAY 39

*24th Iyar
Night of 28th May*

“Life is a journey, not a destination. We should constantly set ourselves new challenges that take us out of our comfort zone. Life is growth.”

DAY 40

*25th Iyar
Night of 29th May*

“If you seek to change someone, make sure that you are willing to help them when they need your help, defend them when they need your defence, and see the good in them, not just the bad.”

DAY 41

*26th Iyar
Night of 30th May*

“Listening is the greatest gift we can give to another human being.”

DAY 42

*27th Iyar
Night of 31st May*

“Don't wait for the world to get better. Take the initiative yourself. The world is waiting for you.”

WEEK SEVEN

DAY 43

*28th Iyar
Night of 1st June*

“Never define yourself as a victim. There is always a choice, and by exercising the strength to choose, we can rise above fate.”

DAY 44

*29th Iyar
Night of 2nd June*

“To lead is to serve. The greater your success, the harder you have to work to remember that you are there to serve others; they are not there to serve you.”

DAY 45

*1st Sivan
Night of 3rd June*

“Never be in too much of a rush to stop and come to the aid of someone in need of help.”

DAY 46

*2nd Sivan
Night of 4th June*

“Make sure the story you tell is one that speaks to your highest aspirations, and tell it regularly.”

DAY 47

*3rd Sivan
Night of 5th June*

“To make love undying, build around it a structure of rituals.”

DAY 48

*4th Sivan
Night of 6th June*

“Whatever your achievements, there is always a second mountain to climb, and it may turn out to be your greatest legacy to the future.”

DAY 49

*5th Sivan
Night of 7th June*

“We are mortal; therefore make every day count. We are fallible; therefore learn to grow from each mistake. We will not complete the journey; therefore inspire others to continue what we began.”

“The Torah, our constitution of liberty under the sovereignty of God, our marriage contract with Heaven itself, written in letters of black fire on white fire, joining the infinity of God and finitude of humankind in an unbreakable bond of law and love, the scroll Jews carried wherever they went, and that carried them. This is the Torah: the voice of heaven as it is heard on earth, the word that lights the world.”

Jonathan Sacks

חג שמחה!

To learn more from Rabbi Sacks visit www.RabbiSacks.org
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