



Do you have anything special that is your own? Do you have any possessions that are very important to you? How do you treat something that is dear to you?

People tend to be extra careful with something that is precious to them. If that thing has many parts, the person will spend a lot of time counting the parts to make sure none of them gets lost. Even the tiniest part is important, because the whole thing loses value if a part is missing.

The most precious and most valuable possession that we have is time. Hashem gave time as a gift for us to use. Time is the opportunity to do anything; everything takes time, and with enough time, we can do so much.

Time is valuable. We do not want to waste even a second of time. Even the tiniest bit of time is a part of this wonderful gift from Hashem, and as such it is important. We should count every second of time just like we would count something valuable.

During sefira, we count every day. This reminds us that time is passing and we have to take advantage of it. Each time we count another day, we remind ourselves: "One more day just passed. What kind of a day was it? Was it a full day, a worthwhile day?"

This reminds us to get going, and start doing Mitzvos. We can really fill up a day by making sure it is full of Torah and Mitzvos.

During sefira, each day becomes a mitzvah day. Counting each day is a mitzvah; when we count a day of sefirah, that day was taken up by a mitzvah. These days are really valuable, because they are not wasted days.

Every day of the year could count, not just sefira days. It is up to us to take advantage of the days, filling them with Torah and Mitzvos, and counting the passing time to make sure it does not slip away unnoticed.

Keep on counting.

**A MESSAGE FROM THE REBEE**

## ל"ג בעומר

Even though the days of ספירה are a sad time, the 33rd day of the עומר, "ל"ג בעומר", is a happy day. Haircuts and weddings are allowed on this day. What is the reason for this טוב יום?

A. This is the day that the מגיפה ended and the students of עקיבא רבי stopped dying. Only five students remained, but they all became great תלמידי חכמים.

B. This is the day of רבי שמעון בר יארצייט of רשב"י, known as the רשב"י. The רשב"י, one of רבי עקיבא's five remaining students, became one of the greatest leaders of the Jewish people.

The Romans wanted to kill the רשב"י because he had spoken harshly about them. The רשב"י and his son, רבי אליעזר, ran away and hid in a cave for 13 years. Hashem sustained them by making a carob tree spring up in the cave and creating a stream of water to flow past them. The רשב"י and his son spent the entire 13 years studying תורה. After they heard that their lives were no longer in danger, they were finally able leave the cave.

During his lifetime, the רשב"י revealed many of the secrets of the תורה. He authored a ספר, the זוהר, which is the basis of the קבלה the deeper, esoteric dimension of the תורה. On the day of his passing, ל"ג בעומר, he revealed the most esoteric parts of קבלה. The רשב"י instructed that the day of his passing be celebrated as a great יום טוב.

# ספירת העומר

It is a מצוה from the תורה to count the days between פסח and שבועות. We call this ספירת העומר - the counting of the עומר.

The תורה says:

"And you shall count for yourselves - from the day after the שבת (יום טוב), from the day on which the waved Omer Offering is brought, there should be seven complete weeks. Until (but not including) the day after the Seventh Week, you shall count (until) the fiftieth day."

The עומר was a קרבן brought from the new barley on the second day of פסח. We are instructed to count the days beginning from when the קרבן עומר is brought. The תורה calls this day "the day after the שבת." שבת here is referring to the first day of פסח.

We call it ספירת העומר because we are counting from the time of the קרבן עומר. We are counting the days until שבועות, which is the time of receiving the תורה. This shows how much we are looking forward to and love the תורה.

Since counting the עומר is a מצוה, we make a ברכה before we count.

The רבנים disagree on whether each day is a מצוה, or the entire counting together is one מצוה. For that reason, if we miss a day, we no longer say the ברכה before counting, because we may not be fulfilling the entire מצוה.

The counting is done at night. If someone forgets to count one night, he can make it up by counting the next day without a ברכה. After that he can continue counting as usual.

The תורה says to count both fifty days (forty-nine, as שבועות is the fiftieth), and seven weeks. To make sure that we are doing it right, we mention both how many days and how many weeks have passed.

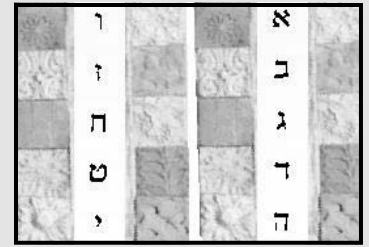
On the first day, we would say: "Today is day one of the omer."

On the seventh day, we say: "Today is seven days, which is one week of the omer."

On the eighth day, we say: "Today is eight days, which is one week and one day of the omer."

And so on with the rest of the days.

After counting, we say a תפילה to asking Him to rebuild the בית המקדש so that we could fulfill this מצוה properly.



## A POEM ספירת העומר



we count, ספירת העומר  
7 weeks is the amount.

ברכה, with a we count at night  
It's a מצוה from the תורה.

Be careful not to miss a day,  
Don't say that it's ok.

Come on let's do it right away,  
Make sure not to miss a day!

Come let's count together,  
And we will bring light.

Count it every night,  
ספירת העומר comes first.

before eating and drinking,  
learning or anything!

Submitted by: Chaya Barash, age 10; Prague

## פרקי אבות

- The Shabbos after Pesach we start to say פרקי אבות.
- In my house which is also a Chabad house, after מנחה we do פרקי אבות. every
- someone else reads in Hebrew or English, I have a פרקי אבות book with the
- Rebbe's explanation, and I read it for everyone, they like hearing what the Rebbe
- has to say, about that משנה, its nice to listen to what other people think about
- different concepts in פרקי אבות, I am proud to be there to listen, and learn and proud
- to be part of the Rebbe's שליחות- army!



Submitted by: Chaya Mushka Goldman, age 10; Oklahoma city, Oklahoma

## GETTING READY FOR MOSHIACH



MIRIAM MARYASHA LIBEROW AGE 5

Once, I really *really* wanted to hold the havdalah candle but my brother asked first. So I gave it to him with a smile and I added a brick to the **בית המקדש**!



MENACHEM WOLFE,  
PHOENIX, AZ

I wait for Moshiach every day,  
I am a Shliach of the Rebbe,  
Doing my job every day.  
Making the Rebbe so happy,  
By saying Chitas every day.  
I'll bring Moshiach right away.  
I go to Daven every day,  
And with lots of Kavanah I say,  
By spreading Torah,  
Round' the world,  
And by doing Mitzvos,  
Moshiach will for sure come!  
Speedily, with Hashem's help.

CHAYA MUSHKA  
GOLDMAN  
AGE 5, GAINESVILLE, FLORIDA

I'm getting ready for Moshiach by doing Torah & Mitzvos and by doing my Shlichus in Gainesville. I go on campus with Tatty and ask students if they're Jewish. Then I invite them for Shabbos and help them do Mitzvos. I can't wait to march to Geulah and see the Beis Hamikdash and watch the Kohanim do their Avodah. The Shluchim are helping to bring Moshiach now!



BY: SHEINA NECHAMA GRONER, AGE 12  
CHARLOTTE, NORTH CAROLINA

Attention: All Yaldei Hashluchim  
Are you ready for Moshiach?  
Then let's get ready together!

What would we, Yaldei Hashluchim do to get ready?  
Come on as we figure out how to get ready for the Geulah!

Here is an example:

I was once walking down the street and I see a girl just about my age. She tells me, "You look Jewish!" I said, "Yes I am, how about you?"

She said she was, and she wanted to learn more about Yiddishkeit. I was in a big rush to get to my friend's house, but I decided that it was more important to help this Jewish girl. I told her to come to my house. I quickly told my brother to call up my friend and tell her that I would not come to her house that day and that I would tell her why later.

I brought the girl, Hannah, into my neat room. She was amazed how my sister and I got along so well together. She even stared at my Chitas, Tzedakah box, my siddur and all the things that make my room into a Bais Chabad. I gave her the phone to call her parents, and tell them that she was at my house and that she was safe. After she called she said she didn't feel comfortable in her tank top and shorts, so I told her to borrow my clothes. That was the first step.

Luckily she said she wanted to start learning right away. My older sister left the room when she saw what was happening. I took out the new aleph-bais workbook that I got for my younger sister. I started by explaining the Torah and we started working on Aleph. She came back every day. At the end of the month, we finish all the letters. I invited her over every Shabbos so she would see what it means not be me mechalel Shabbos. Now it is the end of the year. She dresses modestly and she comes to my school. She acts exactly like me. Her family is working on becoming frum. All because of one little walk to my friend's house. Now if we start looking for ways to help be mekarev just one Jew— in any way, Hashem will be happy and see..

**It's time for Moshiach!**

*P.S. this is not a true story, but it can happen*



# PIRKEI AVOS

By: Chaya Mushka Zirkind, 13 Fresno, California

רבי אומר: איזו היא דרך ישרה שיבור לא האדם כל שהיא תפארת לעשיה ותפארת לו מן האדם והוי זהיר במצוה קלה כבחמורה שאין אתה יודע מתן שכרן של מצות והוי מחשב הפסד מצוה כנגד שכרה ושכר עברה כנגד הפסדה. הסתכל בשלשה דברים ואין אתה בא לידי עברה דע מה למעלה ממך עין רועה ואזן שומעת וכל מעשיך בספר נכתבים.

**Rebbi Yehudah Hanassi said: Which is a right path for a man to choose for himself? That which is honorable to himself & brings him honor from man. Be as careful in a (seemingly) minor Mitzvah as you would be in a (seemingly) major mitzvah, because you do not know the reward for each of the Mitzvos. Consider the loss of a mitzvah against the reward, and the gain from a sin against the loss that will follow. Reflect upon three things and you will not come to sin: Know what is above you- an Eye that sees, an Ear that hears, and all your deeds are recorded in a Book.**

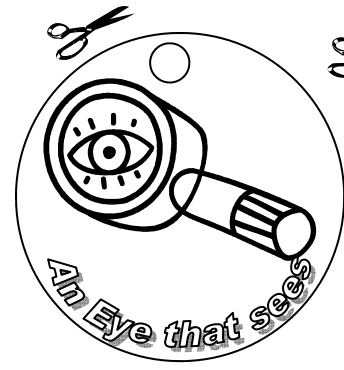
A king once hired farmers to plant an orchard for him. He did not tell the workers exactly how much money they would get for planting the trees. So the farmers each chose a different tree to plant. After the day's work was done, the king went from farmer to farmer and gave them each a different salary for each tree. When the lower-paid farmers complained to the king, he said: "Had I told you which trees were going to be of better pay, you would have all gone to plant the better paying trees. Being that I did not want this to happen, I did not tell the price per tree. Similarly, Hashem wanted all of his Mitzvos to get fulfilled, so He did not tell us what the reward is for each Mitzvah.

**What you will need:**

1. Scissors
2. Hole puncher
3. Yarn
4. Cardboard
5. Crayons (optional)
6. Glue

**Instructions:**

1. Cut on the lines that show scissors
2. Hole punch the small circles
3. If you want to make this sturdier, cut out cardboard circles & a cardboard rectangle. Paste circles & rectangle onto cardboard
4. Put yarn through small holes and tie them through the holes on the rectangle.
5. Color in your sign.
6. Enjoy!!!!!!



Hi! My name is Mendel Goldman. We learn פרקי אבות from פסח until שבועות and in the summer. It teaches us how to act properly. For example, one משנה tells us that it is better to learn תורה from an older person because they have been living much longer and know a lot more than young people, like wine that becomes better the longer it sits in a barrel.

Also, in פרק ו' we learn that Reb Yossi Ben Kisma was walking on a road and he met a rich man who invited him to come to his town and he would give him a lot of money. But, Reb Yossi didn't want to go because it was not a town of Torah and he didn't even care about all of the money. The lesson is to always surround ourselves with Torah.

We learn פרקי אבות specifically during ספירה to prepare ourselves to receive the תורה .

By: Mendel Goldman, age 7 from Gainesville, Florida

# SRAVUOS RECIPES

## HAR SINAI

### Ingredients:

Different types and shapes of sweet cookies  
 Pretzels (sticks)  
 Colored sprinkles  
 Chocolate chips  
 Peanut butter (check recipe)



### Instructions:

Start building your Har Sinai on a plate sticking the sides of the cookies to each other with peanut butter.

"Glue" the pretzels with the peanut butter at the edge of the plate like a fence.

Smear patches of peanut butter, spread apart on your "mountain" of cookies.

On that, 'glue' the sprinkles and the chocolate chips in the shape of flowers.

Use your creativity and imagination.

When you are done, you can eat your mountain!



Submitted by: Nechama Bell, age 12 from Montreal, Canada

## WHITE CHOCOLATE CHEESECAKE

### INGREDIENTS:

18 oz white dairy chocolate  
 ¼ cup heavy cream or ¼ cup milk +  
 1 tbsp butter or margarine  
 1 ½ lbs. cream cheese  
 ½ cup sugar  
 ½ cup sour cream  
 4 eggs  
 1 tsp vanilla extract  
 2-3 graham cracker pie crusts



### TOPPING INGREDIENTS:

16 oz white dairy chocolate (broken into small pieces)  
 ½ cup heavy cream  
 1 tbsp butter or margarine  
 Preheat oven to 275°.

In a double boiler, melt white chocolate with cream or milk and butter.

In a large bowl, beat cream cheese and sugar. Add the sour cream, eggs and vanilla extract. Beat until smooth. Add the white chocolate/cream mixture and mix thoroughly. Pour cheese and chocolate mixture into pie crusts. Place a shallow baking pan with water on the bottom rack, this will keep the oven moist and prevent the cheesecake from cracking. Bake for 1 hour at 275°, and 1 more hour at 250°. DO NOT open the oven door at all while the cheesecake is baking!  
 Turn off and leave in the oven for an additional hour.

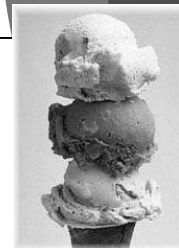
### TOPPING:

Place white chocolate in a medium sized bowl. Warm up heavy cream and butter in a pot. When it is boiling hot, pour over the white chocolate and leave covered for five minutes. Stir until smooth. Pour over cheese cake and refrigerate for 8 hours or overnight.

NOTE: If heavy cream is not available, you can use non-dairy creamer.

## ICE CREAM IN A BAG

- 1 tablespoon granulated sugar
- 1/2 cup milk
- 1/4 teaspoon vanilla extract
- 6 tablespoons kosher salt
- 1 pint-size zip-lock plastic bag
- 1 gallon-size zip-lock plastic bag



Fill the large bag half full of ice, and add the kosher salt. Seal the bag.

Put milk, vanilla extract and sugar into the small bag, and seal it.

Place the small bag inside the large one and seal again carefully. Shake until mixture is ice cream. This should take about 5 minutes.

Wipe off top of small bag, then open carefully and enjoy!

Submitted by: Rochie Krinsky, Manchester, NH

## DELICIOUS HEALTHY YOGURT

- 1/2 banana peeled
- 2 handfuls of blueberries
- 5 spoons of pineapple (crushed or chunks)
- plain or vanilla yogurt



Put the blueberries and pineapple in a bowl. Slice the banana and put it in the bowl. Add the yogurt to cover the fruit and mix it all together.

Have a bowl of this yogurt for breakfast. Enjoy!

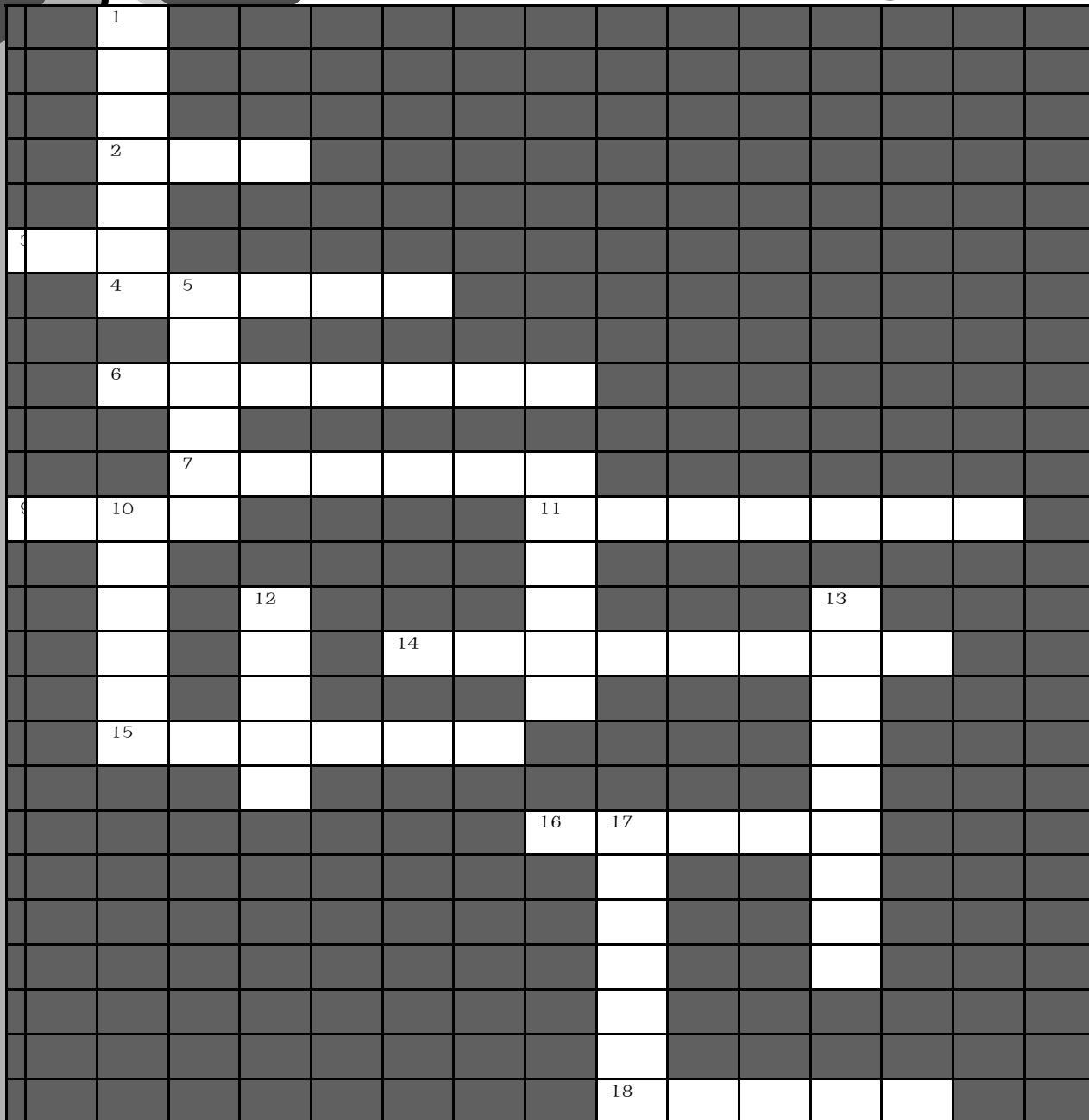
Submitted by: Chana Sternberg, 9 from New London, CT

# SEFIRAS HAOMER

## FUN PAGES



Submitted by:  
Yehuda Spiegel, age 7,  
from Eugene, Oregon



### ACROSS

2. The hungry people who came to Kalba Savuah's house left satisfied as a \_\_\_\_\_.
3. We make a \_\_\_\_\_ fire on Lag Baomer.
4. It's Hard to wait for the thirty \_\_\_\_\_ day!
6. Veahavto Leraiecha \_\_\_\_\_!
7. What was the name of Rabbi Shimon Bar Yochai's son?
9. What is the 2<sup>nd</sup> month of the year?
11. Another acronym for Iyar is \_\_\_\_\_ Yitzchok Yaakov and Rachel.
14. Lag Baomer comes out on the Sefirah of Hod \_\_\_\_\_ (two words no spaces)
15. Rabbi \_\_\_\_\_ was the student of Rabbi Akiva.
16. Bon fires on Har \_\_\_\_\_.

18. We count the Omer as part of getting \_\_\_\_\_ to receive the Torah.

### DOWN

1. The \_\_\_\_\_ of Rabbi Akiva's passed away in the plague.
5. I am Hashem your \_\_\_\_\_.
8. What was Kalba Savuah's daughter's name?
10. Bows and \_\_\_\_\_.
12. Omer time; no \_\_\_\_\_!
13. 7 weeks
17. Rabbi Shimon Bar Yochai and his son Eliezer had to hide from the \_\_\_\_\_!

# ספירה WORD FIND

בס"ד

1. Sefiras Haomer
2. Lag Beomer
3. Rabbi Akiva
4. Rabbi Shimon Bar Yochai
5. Shavuot
6. Pesach Sheini
7. Pirkei Avos
8. Ahavas Yisroel
9. Count
10. Dairy
11. Torah
12. Tikun leil
13. Cheesecake

F	U	Y	U	S	E	F	I	R	A	S	H	A	O	M	E	R
Y	P	U	X	Z	H	X	Z	O	X	X	N	H	H	F	Q	A
A	H	P	T	X	I	A	N	N	Z	X	F	A	Z	T	F	B
X	V	B	X	O	X	V	V	Z	M	P	X	V	A	Q	O	B
W	F	Q	N	L	R	G	N	U	N	Q	V	A	Z	F	D	I
X	P	W	X	Z	I	A	M	Z	O	Z	N	S	W	O	H	S
V	U	N	C	R	X	I	H	O	T	S	N	Y	Q	Z	F	H
Q	H	X	Q	Z	E	Z	Z	X	Z	D	A	I	R	Y	B	I
I	N	I	E	H	S	H	C	A	S	E	P	S	X	C	X	M
Y	P	T	P	L	A	G	B	E	O	M	E	R	Z	H	Y	O
Q	U	F	Q	Q	L	B	M	N	Q	W	O	O	T	E	E	N
Y	H	N	Z	N	P	C	Z	L	E	O	V	E	P	E	O	B
N	F	Z	P	Q	T	Q	T	Q	L	E	X	L	D	S	C	A
D	P	P	I	P	I	R	K	E	I	A	V	O	S	E	X	R
Y	H	T	I	T	E	B	O	I	F	O	I	O	E	C	X	Y
W	U	N	N	F	A	R	B	O	N	K	C	L	D	A	X	O
P	P	U	Y	R	A	B	B	I	A	K	I	V	A	K	P	C
Q	H	O	F	N	A	B	Z	K	A	N	E	Z	B	E	Q	H
Y	U	C	Q	T	I	K	U	N	L	E	I	L	Q	P	M	A
W	Z	T	I	P	Q	D	P	X	T	W	X	T	A	H	L	I

Submitted By: **Mushka Muller**, age 10 from Ilford, Essex—England



# ARE YOU A SEFRA MAVEN?

1. FROM WHICH YOM TOV TILL WHICH YOM TOV DO WE COUNT THE OMER?
  - a. Pesach till Shavuot
  - b. Pesach till Lag Baomer
  - c. Lag Baomer till Shavuot
2. WHAT DO WE COUNT?
  - a. money
  - b. days
  - c. children
3. HOW MANY DAYS DO WE COUNT?
  - a. 47
  - b. 48
  - c. 49
4. WHAT DAY IN IVAR IS LAG BAOMER?
  - a. 8
  - b. 18
  - c. 28
5. WHEN DO WE START COUNTING SFIRAS HAOMER?
  - a. First night of Pesach
  - b. Second night of Pesach
  - c. Acharon shel Pesach

6. WHAT DOES רשב"י STAND FOR?
  - a. רבי שמעון בר יוחאי
  - b. רבי שלמה בן יצחק
  - c. רבי שמשון בן יעקב
7. WHERE IS THE רשב"י BURIED?
  - a. Chevron
  - b. Tveria
  - c. Miron
8. WHAT IS 1 OF THE THINGS THAT WE CAN'T DO DURING SFIRAS HAOMER?
  - a. dance
  - b. listen to music
  - c. eat meat
9. FOR HOW MANY YEARS DID THE רשב"י HIDE IN THE CAVE?
  - a. 14 years
  - b. 7 years
  - c. 10 years
10. WHO WAS THE SON OF THE רשב"י?
  - a. Elazer
  - b. Shimshon
  - c. Shlomo

Submitted By: **Bassie Barash**, age 8 from Prague



W H O

A M

I



**ANSWER KEY:**

1. A bon fire
2. רבי עקיבא
3. ארבע שנים בר יחי his son
4. יחי
5. ספירדה
5. A rainbow
6. שבועות
7. אהבת ישראל
8. A bow and arrow
9. רחל
10. Kalba Savuah

Bonus:  
1. זוהר



Submitted By: Rochel Cohen, age 9 from Leeds, England

1. I AM LONG BUT EASY EACH DAY I CHANGE MY NUMBER AND I LAST FOR 49 DAYS:  
\_\_\_\_\_
2. I GIVE SMOKE I'M ORANGE I GROW VERY QUICKLY: \_\_\_\_\_
3. I WAS A POOR SHEPHERD INTO A TEACHER FOR 2400 STUDENTS: \_\_\_\_\_
4. WE SURVIVED FOR 13 YEARS ON CAROB AND WATER: \_\_\_\_\_
5. I AM THE FATHER OF RABBI SHIMON BAR YOCHAI WHAT IS MY NAME: \_\_\_\_\_
6. AS LONG AS RABBI SHIMON LIVED YOU NEVER SAW ME IN THE SKY: \_\_\_\_\_
7. I'M THE ONLY YOM TOV IN THE TORAH WHICH DOESN'T HAVE A DATE: \_\_\_\_\_
8. I AM THE MITZVAH WHICH IS A כלל גדול בתורה: \_\_\_\_\_
9. HAVE A LOT OF FUN PLAYING WITH ME BUT MAKE SURE NOT TO HURT ANYONE?  
\_\_\_\_\_
10. I GAVE UP ALL MY RICHES BUT I GOT THE MOST PRECIOUS GIFT OF ALL A HUSBAND WHO IS A תלמוד חכם: \_\_\_\_\_
11. ANY POOR BEGGAR WHO CAME HUNGRY TO MY HOUSE WENT OUT AS FULL AS A DOG: \_\_\_\_\_

**BONUS (HARD ONE)**

1. MY NAME MEANS BRIGHTNESS AND I LIGHT UP THE TORAH'S TEACHING:  
\_\_\_\_\_

**WORD SEARCH**

- AHAVAS YISROEL
- CAVE
- COUNTING
- FORTY NINE
- HAIRCUT
- LAGBAOMER
- MUSIC
- RABBI AKIVA
- RASHBI
- ROMENS
- SEFIRAS HAOMER
- SHAVOUS
- TALMIDIM
- TORAH
- TREE
- WATER
- WEDDING



Submitted By: Zalmi Barash, age 7 from Prague

S	B	R	V	I	Y	J	M	G	R	G	A	I	S	I
H	E	E	E	A	C	I	S	A	P	N	H	U	N	M
A	H	F	T	M	D	A	B	O	P	I	A	L	E	U
V	C	G	I	I	O	B	V	S	B	T	V	M	M	Z
O	F	I	M	R	I	A	S	E	L	N	A	J	O	N
U	V	L	S	A	A	D	B	H	V	U	S	T	R	B
S	A	Q	K	I	T	S	J	G	G	O	Y	P	P	S
T	W	I	X	H	U	L	H	I	A	C	I	Q	Y	V
L	V	W	B	N	A	M	S	A	E	L	S	B	T	D
A	H	W	E	D	D	I	N	G	O	N	R	A	R	I
I	B	H	S	A	R	S	R	N	H	M	O	R	E	V
T	O	R	A	H	H	R	J	C	C	K	E	E	E	Y
E	N	I	N	Y	T	R	O	F	U	T	L	R	V	G
O	D	G	W	C	J	F	I	B	A	T	W	T	A	K
W	V	O	P	B	K	S	U	W	Y	R	L	G	V	O



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