

Active Anticipation • Parshat Emor

After counting seven complete weeks following the Omer offering, we are commanded to celebrate Shavuot. While the text connects counting to the agriculturally related sacrifices, later sources suggest a thematic link between Passover to Shavuot. Counting, as we will develop, assists the transition from the freedom from Egypt to the receiving of the Torah at Sinai.

In midrashic style, the Lubavitcher Rebbe identifies this threefold connection of Passover, *Sefirat HaOmer*, and Shavuot within the verse in Song of Songs, “Draw me, we will run after you; the king has brought me into his chambers” (1:4). “Draw me” refers to Passover; “we will run after you” to the counting of the Omer, and “the king has brought me into his chambers” to the giving of the Torah. Based on this imagery, counting symbolizes the pursuit of the Divine, an active seeking of connection. It is an act born out of longing and anticipation.

Song of Songs, according to the rabbis, is an allegory that engages passionate, interpersonal romantic language to the human/Divine encounter. It encapsulates the unbridled love between God

MacLeos and Clare Conway point to a connection between well-being and anticipation of positive future expectations. However, this correlation is most potent when participants were able to communicate multiple steps of growth towards a positive future goal. Anticipating positive events without having a framework for growth towards those goals does not impact well-being.

Sefirat HaOmer is not meant to be a passive longing towards Shavuot, but an anticipation teeming with both motion and emotion. As Rabbi Yaakov Tzvi Mecklenburg suggests, the word for “complete” in the verse is *tamim*, and not the related *sheleimut*, as “*sheleimut* denotes quantitative fullness and *tamim*

qualitative perfection.” Each individual must “count for yourselves” (Lev. 23:15), he adds, which “implies introspection and stock-taking in order to choose the true good,” requiring that we “preserve the quality of each day” with spiritual progress.

During *Sefirat HaOmer* we don't just wait for God's ~~salvation~~ ~~at~~ we did on Passover. We run after God. We must make each day count towards develop develop e