

- In more formal, technical English language, such a year is called an "Intercalated Year"
- These 7 extra Leap Months are distributed over a Mahzor Katan (19 year cycle) in the following pattern: on the 3, 6, 8, 11, 14, 17, 19 years in the Mahzor Katan, these are Jewish Leap Years

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- Because 7 lunar months cannot be evenly distributed into 19 lunar years, these Jewish Leap Years are intended to maintain as close as possible parity between the Lunar and Solar Calendar cycles
- To help remember this distribution pattern of the Jewish Leap Years - the שנים מעברות - Shanim M'Ubarot - the rabbis used the Hebrew letters as numbers, א Aleph = 1, ב Bet = 2, ג Gimmel = 3 and so on and came up with the following nonsensical mnemonic device:

גו"ח אדז"ט

- These letters are simply the Hebrew numbers representing 3, 6, 8, 11, 14, 17 and 19 and is pronounced, "Go'ach Ad'zat"
- The extra Leap Month added into the Hebrew calendar on these intercalated years is a second month of Adar, called Adar Bet, or אדר ב or sometimes, Adar Sheni, "Second Adar" or even Adar II