

## ***Instructions for Hagbah (Lifting the Torah)***

***To assist the individual you have chosen for this honor, please distribute these instructions to them. The participant is also welcome (especially if they have never performed this honor before) to attend any of the child's weekly bimah sessions with the Cantor, the final Thursday rehearsal, or to remain after the Friday evening service in order to receive some hands-on instruction and to practice.***

1. Come to the *bimah* when your name is called (along with those of the person performing *Gelilah* and the Torah holder) at the conclusion of the final Torah reading (the *Maftir*).
2. With one hand on each handle of the Torah, open the scroll slightly (ideally so that three columns of writing are visible).
3. Gently pull the Torah horizontally towards you until it is about halfway off the table.
4. Push down on the bottom handles, so that the Torah begins to be vertical.
5. **BEND YOUR KNEES.**
6. Push the Torah up to a vertical position and straighten your legs. You are now standing straight up, having lifted with your legs, not with your back or exclusively your arms.
7. Turn around so that the congregation can see the words in the Torah, keeping the scroll unrolled so that the three columns of writing are showing.
8. Standing in place, turn slightly to the right and to the left so that all congregation members may see the writing.
9. Walk slowly with your escort to your chair (which will be on your right), turn around and lower yourself into the chair carefully, with the Torah still vertical.
10. Hold the Torah vertically while it is re-rolled, tied and dressed by the person performing *Gelilah*.
11. Give the Torah to the Cantor who will give it to the Torah Holder.
12. You may now rise from the chair and return to your seat in the congregation along with the person who performed *Gelilah*.