



HIGH HOLIDAYS HONORS GUIDE

Your honors card indicates the approximate time of your honor. Your card also indicates the page number on which your honor will occur, so that as the service progresses you can gauge how soon your name will be called. Ten minutes prior to your appointed time, please move to the front of the sanctuary to the Honors section at the front of the sanctuary, to the left of the *bimah*.

Please note that when going up onto the *bimah*, men are expected to wear *kipot* and women are expected to wear a head covering. Jewish men are also expected to wear a *tallit*.

HAGBAH (LIFTING THE TORAH)

1. Come to the *bimah* when your name is called.
2. With one hand on each handle of the Torah, open the scroll slightly (ideally so that at least three columns of writing are visible).
3. Gently pull the Torah down so that the edge of the table is half-way between the bottom and top of the Torah scroll.
4. Push down on the bottom handles, so that the Torah begins to be vertical.
- 5. Bend your knees.**
6. Push the Torah up and straighten your legs (you are now standing straight up, having lifted with your legs, and not with your back or exclusively with 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 tied and dressed by the person performing *Gelilah*.
11. Give the Torah to the member of the Ritual team assisting you, who will then give it to the Torah Holder.
12. You may now rise from the chair and return to your seat in the congregation.

If you would like an opportunity to practice the honor of *Hagbah* prior to the High Holidays, please contact the Cantor to arrange a suitable time.