

## B'nai Mitzvah Honor Instructions to Give to Family and Friends

### How to do Torah Service Ark Opening (*Peticha*) 1

You will open and close the ark at the beginning of the Torah service. Other people may also join you. Once the Torah service begins (p. 383), be prepared to come forward when called. You may wish to bring a *siddur* (prayerbook) with you. Wearing a head covering (a hat or *kippah/yarmulke*), especially on the *bimah*, is a traditional Jewish sign of respect. We invite you to wear one during your honor, if you feel comfortable doing so. It is also customary for Jewish adults to wear a *tallit* (prayer shawl); children under 13 would not. When we reach p. 385, open the wooden doors, if they are closed, and then one person opens the ark curtain by pulling the shorter string on the right side of the ark. Remain standing by the ark as the "*shomer*" or guardian of the Torah. Once the Torah has begun to parade around the sanctuary, a *shomer* closes the ark curtain using the short string. You may follow the Torah's procession through the sanctuary, if you wish, and then return to your seat.

### חֶזֶק וּבְרָכוֹת

Strength and Blessings

### Having an Aliyah

You will come up to the *bimah* with other honorees to recite the blessings before and after the Torah reading. Please come up when the Rabbi announces your *Aliyah*. We generally invite people up with "*Nah La'Amod*" meaning "Please come up" to be welcoming and inclusive to all regardless of gender identity. It is customary to wear a *kippah* (head covering) and a *tallit* (prayer shawl). Wearing a head covering (a hat or *kippah/yarmulke*), especially on the *bimah*, is a traditional Jewish sign of respect. We invite you to wear one during your honor, if you feel comfortable doing so. The honorees stand to the right of the Torah chanter and they will show you where they will begin chanting. Any or all of you may touch the column near that spot with your *tzitit* (fringes). Try not to touch the ink. Some people then kiss their *tzitzit*. The *gabbai* (helper) will give you the card with the *Aliyah* blessings and you then recite the blessings for before the Torah reading. Once the Torah chanter has finished, they will point to the final word and any or all of you may touch that spot with your *tzitzit* again, and kiss your *tzitzit* if you wish. Then chant the blessings for after the *Aliyah*. People on the *bimah* may shake your hand and the rabbi may offer you a blessing at this point. Then, move to the left of the Torah chanter. It is customary to remain on the *bimah* until the next *Aliyah* has finished (unless it is the final *Aliyah*).

### חֶזֶק וּבְרָכוֹת

Strength and Blessings

## B'nai Mitzvah Honor Instructions to Give to Family and Friends

### How to do Hagbah (Lifting the Torah)

You will be lifting the Torah. When the final *Aliyah* is being chanted, prepare to come forward. Wearing a head covering (a hat or *kippah/yarmulke*), especially on the *bimah*, is a traditional Jewish sign of respect. We invite you to wear one during your honor, if you feel comfortable doing so. It is also customary to wear a *tallit* (prayer shawl). When you are called up, ascend to the *bimah* (reading table) using the stairs or ramp. Stand in front of the Torah and notice the chair behind you where you will sit as the Torah is dressed. Open the scroll (some try to show 3 columns of text), with a seam in the center, and keep it taut. Don't try to lift with your arms. Instead, slide the Torah toward you until it is half on and half off of the table. Then bend your knees slightly and tilt the bottom handles of the scroll off the edge of the table into a vertical position. (This way the weight will be over your hands before you actually bear the weight.) Raise the Torah above your shoulders and slowly turn so the congregation can see the writing - keep it taut. The congregation will sing a response to your lifting and when they have finished, sit in the seat where the *Gollel/Gollelet* will assist in dressing the Torah. When it is dressed, you may place it on the stand where indicated. The Torah is treated with great respect and there will be people to assist you. The rabbi and other people on the *bimah* may want to shake your hand, after which, you may then go to your seat.

If you would like a chance to practice before the Bar/Bat Mitzvah or other service, please contact the office so they can arrange a date and time.

חֶזֶק וּבְרָכּוֹת

Strength and Blessings

## B'nai Mitzvah Honor Instructions to Give to Family and Friends

### How to do Gelilah (Dressing the Torah)

You will be dressing the Torah. When the final *Aliyah* is being chanted, prepare to come forward. Wearing a head covering (a hat or *kippah/yarmulke*), especially on the *bimah*, is a traditional Jewish sign of respect. We invite you to wear one during your honor, if you feel comfortable doing so. It is also customary to wear a *tallit* (prayer shawl). When you are called up, ascend to the *bimah* (reading table) using the stairs or ramp. Stand next to the person who will lift the Torah and be prepared to assist them in the lifting, as needed, to prevent the Torah from falling. When the lifter moves to the seat and sits with the Torah on their knees, tighten the parchment by rolling the top handles inward. The handle on your left goes above the handle on your right. Next, you will fasten a sash around the scroll with the fastening facing the front of the scroll (the side away from you). Slip the mantle cover over the top of the rollers, with the front facing away from you. If available, place the breastplate and *yad* (pointer) over the handles. The *yad* goes on the handle on your left. The Torah is treated with great respect and there will be people to assist you. The rabbi and other people on the *bimah* may want to shake your hand, and then you may return to your seat.

חִזְק וּבְרָכוֹת

Strength and Blessings

### How to do Torah Service Ark Opening (*Petichah*) 2

You will open and close the ark at the end of the Torah service. Other people may also join you. Prepare to come forward when the service leader chants p. 433. You may want to bring a *siddur* (prayerbook) with you. Wearing a *kipah* (head covering), especially on the *bimah*, is a traditional Jewish sign of respect. We invite you to wear one during your honor, if you feel comfortable doing so. It is also customary for Jewish adults to wear a *tallit* (prayer shawl); children under 13 would not. When we reach the top of p. 441, one person opens the ark curtain by pulling the shorter string on the right side of the ark. Remain standing by the ark as the "*shomer*" or guardian of the Torah. When we have finished singing p. 441, a *shomer* closes the ark curtain and you return to your seat.

חִזְק וּבְרָכוֹת

Strength and Blessings