

Suggested Torah and Haftarah Readings

Genesis/Bereshit

| Parsha | Torah 1 | Synopsis | Torah 2 | Synopsis | Haftarah | Synopsis |
|-------------|----------------|--|----------------|----------------------------------|-------------------|---------------------------------|
| Bereshit | Gen 1:1-13 | Opening 3 days of Creation | Gen 3:1-13 | Adam, Eve, Apple | Isaiah 42:5-12 | God recaps creation |
| Noah | Gen 6:11-22 | God commands Noah | Gen 11:1-13 | Tower of Babel | Isaiah 54:6-10 | God alludes to Noah |
| Lech Lecha | Gen 12:1-13 | God calls upon Abraham | Gen 17:1-14 | God makes covenant w/ Abraham | Isaiah 41:8-13 | Covenant w/ Abraham |
| Vayera | Gen 18:22-33 | Abraham bargaining w/ God over Sodom | Gen 22:1-14 | Binding of Isaac | 2nd Kings 4:31-37 | Revival of Elisha's patient |
| Chaye Sarah | Gen 23:1-16 | Abraham purchases Cave of Machpelah | Gen 24:10-27 | Rebekah at the Well | 1st Kings 1:28-31 | King David's oath to Solomon |
| Toldot | Gen 25:19-34 | Birth of Jacob + Esau, birthright sold | Gen 27:1-17 | Jacob steals Esau's blessing | Malachi 1:1-5 | Malachi alludes to Jacob + Esau |
| Vayetzei | Gen 28:10-22 | Jacob's ladder | Gen 29:31-30:8 | Jacob's first 6 sons | Hosea 12:13-13:3 | Hosea references Jacob's flight |
| Vayishlach | Gen 32:23-33:1 | Jacob wrestles | Gen 35:6-21 | Jacob blessed as Israel | Obadiah 1:6-11 | Obadiah references Esau's folly |
| Vayeshev | Gen 37:1-14 | Joseph's dreams | Gen 38:12-30 | Judah + Tamar | Amos 2:6-9 | Israel sells its needy |
| Mikketz | Gen 41:17-32 | Joseph interprets Pharaoh's dreams | Gen 42:1-17 | Joseph receives his brothers | 1st Kings 3:23-28 | Wisdom of Solomon |
| Vayigash | Gen 45:1-13 | Joseph reveals himself | Gen 45:16-28 | Jacob hears that Joseph is alive | Ezekiel 37:15-19 | Joseph + Israel united |
| Vayechi | Gen 48:1-14 | Jacob blesses Ephraim + Menashe | Gen 50:15-26 | Deaths of Jacob + Joseph | 1st Kings 2:1-4 | David's testament to Solomon |

Exodus/Shemot

| Parsha | Torah 1 | Synopsis | Torah 2 | Synopsis | Haftarah | Synopsis |
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| Shemot | Ex 2:1-15 | Birth + youth of Moses | Ex 3:1-15 | The burning bush | Isaiah 27:6-11 | Israel will be renewed |

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| Va'era | Ex 6:2-13 | God instructs Moses to petition Pharaoh | Ex 7:15-29 | The first plague: blood | Ezekiel 29:1-6 | Ezekiel alludes to Pharaoh's demise |
| Bo | Ex 12:1-13 | Commandment of Passover | Ex 12:29-42 | Israelites leave Egypt | Jeremiah 46:25-27 | Israel delivered from Egypt |
| Beshallah | Ex 14:19-30 | Splitting of Red Sea | Ex 15:1-12 | Song of the Sea | Judges 5:1-5 | Song of Deborah |
| Yitro | Ex 18:13-27 | Yitro teaches Moses to delegate | Ex 20:1-14 | The Ten Commandments | Isaiah 6:1-5 | Isaiah's account of revelation |
| Mishpatim | Ex 21:22-37 | Damages + reparations | Ex 22:20-23:3 | The poor + vulnerable | Jeremiah 34:13-16 | Fair treatment of servants |
| Terumah | Ex 25:1-16 | The tabernacle + ark | Ex 25:23-40 | The menorah | 1st Kings 6:4-13 | Solomon builds Temple |
| Tetzaveh | Ex 28:1-12 | Priestly garments | Ex 28:31-43 | Robe, frontlet, tunic, headdress | Ezekiel 43:10-12 | Ezekiel's version of the Temple |
| Ki Tisa | Ex 32:1-14 | The golden calf | Ex 34:1-16 | God is revealed to Moses | 1st Kings 18:36-39 | Elijah pours water on altar of Baal |
| Vayakhel | Ex 35:1-13 | Contributions to tabernacle | Ex 35:30-36:7 | Master craftsmen | 1st Kings 7:48-50 | Solomon furnishes the Temple |
| Pekude | Ex 40:22-38 | Tabernacle completed | | | 1st Kings 7:51-8:1 | Solomon convokes elders |

Leviticus/Vayikra

| Parsha | Torah 1 | Synopsis | Torah 2 | Synopsis | Haftarah | Synopsis |
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| Vayikra | Lev 1:1-13 | Command to offer sacrifices | | | Isaiah 43:21-28 | Israel fails to offer sacrifices |
| Tzav | Lev 8:1-15 | Consecration of priests | | | Jeremiah 7:21-26 | Israel commanded to offer sacrifices |
| Shemini | Lev 10:1-12 | Nadav + Abihu | Lev 11:1-12 | Kashrut laws | 2nd Samuel 6:3-8 | Uzzah dies trying to protect the ark |
| Tazria | Lev 13:1-17 | Purification of skin diseases | | | 2nd Kings 5:8-14 | Elisha cures the leper |
| Metzora | Lev 14:1-12 | Purification of leprosy | | | 2nd Kings 7:8-10 | The lepers repent |
| Acharei Mot | Lev 16:20-34 | Ritual of scapegoat, Yom Kippur | | | Ezekiel, 22:13-19 | Vision of perfected world |
| Kedoshim | Lev 19:1-18 | Holiness laws | | | Ezekiel 20:1-6 | God rebukes Israel |

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| Emor | Lev 23:1-14 | Calendar of sacred days | Lev 23:26- 38 | Yom Kippur + Sukkot | Ezekiel 44:23-27 | Role of the priest |
| Behar | Lev 25:1-12 | Sabbatical + jubilee years | Lev 25:35- 46 | Fair treatment of Israelite servants | Jeremiah 32:6-10 | Jeremiah purchased land in Israel |
| Bechukotai | Lev 26:3-15 | Blessings + curses | Lev 27:1-13 | Funding the sanctuary | Jeremiah 17:5-8 | Blessings + curses |

Numbers/Bemidbar

| Parsha | Torah 1 | Synopsis | Torah 2 | Synopsis | Haftarah | Synopsis |
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| Bemidbar | Num 1:1-16 | The census | Num 2:1-17 | The arrangement of the camp | Hosea 2:16-22 | Marriage of God + Israel |
| Naso | Num 6:1-12 | The nazirite | Num 6:22-7:9 | Priestly blessing + Tabernacle preparations | Judges 13:2-7 | Prophecy of Samson's birth |
| Beha'aloteicha | Num 9:15- 10:4 | Fire-cloud, trumpets | Num 12:1-13 | Miriam and Aaron gossip against Moses | Zechariah 4:1-7 | Vision of menorah |
| Shelach Lecha | Num 13:25- 14:4 | The spies' report | Num 15:27- 41 | Violating shabbat, tzitzit | Joshua 2:8- 14 | Rachau + the spies |
| Korach | Num 16:1-14 | Korach's revolt | Num 16:23- 35 | Korach's demise | 1st Samuel 12:1-5 | Samuel pleads his innocence |
| Chukat | Num 20:1-13 | Miriam's death, waters of Meribah | Num 21:4-25 | The wanderings of the Israelites | Judges 11:19-22 | Israel prevails over Amorites |
| Balak | Num 22:21-35 | Balaam and the donkey | Num 24:1-13 | Balaam's 3rd Oracle (Ma Tovv) | Micah 6:5-8 | Remembering Balak + Balaam |
| Pinchas | Num 25:10- 26:4 | Pinchas' reward | Num 27:1-14 | Zelophehad's daughters | 1st Kings 19:11-14 | Elijah's vision |
| Mattot | Num 31:1-12 | The war against Midian | Num 32:16- 27 | Settlement of Transjordan | Jeremiah 2:1-3 | Israel as bride (1st shabbat after 17 Tammuz) |
| Mas'ei | Num 34:1-12 | Boundaries of promised land | Num 35:9-25 | Cities of refuge, manslaughter | Jeremiah 2:4-7 | God rebukes Israel (2nd shabbat after 17 Tammuz) |

Deuteronomy/Devarim

| Parsha | Torah 1 | Synopsis | Torah 2 | Synopsis | Haftarah | Synopsis |
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| Devarim | Deut 1:22-36 | Review of 12 spies | Deut 1:34-45 | Israel and Moses punished | Isaiah 1:10- 17 | God rejects sacrifices (3rd after 17 Tammuz) |
| Va'etchanan | Deut 4:1-14 | Review of the oventant | Deut 6:4-15 | Shema + veahavta | Isaiah 40:1- 5 | comfort my people (1st after 9 of Av) |

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| Ekev | Deut 10:10-22 | God's requirements | Deut 11:13-25 | Reward + punishment (2nd paragraph veahavta) | Isaiah 51:1-3 | God comforts Israel (2nd after 9 of Av) |
| Re'eh | Deut 14:3-21 | Kashrut laws | Deut 15:1-15 | Protecting the poor | Isaiah 54:11-15 | God protects Israel (3rd after 9 of Av) |
| Shoftim | Deut 17:8-20 | New Torah, limits on kings | Deut 20:1-14 | Laws of warfare | Isaiah 52:1-6 | Awaken oh Zion (4th after 9 of Av) |
| Ki Tetzei | Deut 22:1-12 | Domestic laws | Deut 24:10-22 | Ethical practices | Isaiah 54:6-10 | God forgives Israel (5th after 9 of Av) |
| Ki Tavo | Deut 27:1-14 | Mount Ebal and Gerizim | Deut 28:1-14 | Blessings of the covenant | Isaiah 60:1-4 | Rise and shine (6th after 9 of Av) |
| Nitzavim | Deut 29:9-21 | Covenant ceremony | Deut 30:9-20 | Torah within us | Isaiah 62:1-5 | God rejoices in Israel (7th after 9 of Av) |
| Vayeilech | Deut 31:1-13 | Moses' departure and replacement | Deut 31:16-30 | Moses' final acts as leader | Isaiah 62:1-5 | God rejoices in Israel (7th after 9 of Av) |
| Ha'azinu | Deut 32:1-12 | Moses' poem | Deut 32:40-52 | God's final instructions to Moses | 2nd Samuel 22:1-4 | David's poem |
| Vezot HaBrachah | Deut 33:4-17 | Moses' farewell blessings | Deut 34:1-12 | The death of Moses | | |

Special Haftarot

| Holiday | Haftarah | Synopsis |
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| Shabbat Shuvah | Micah 7:18-20 Hosea 14:2-5 | Tashlich "Return to Israel" |
| Chol HaMoed Sukkot | Ezekiel 38:18-22 | Gog's destruction |
| 1st Shabbat Channukah | Zechariah 4:1-7 | Vision of menorah, not by might |
| 2nd Shabbat Channukah | 1st Kings 7:40-47 | King Solomon furnishes temple objects |
| Shabbat Sh'Kalim | 2nd Kings 12:5-9 | King Jehoash instructs priests to direct funds to the temple |
| Shabbat Zachor | 1st Samuel 15:2-6 | War with Amalek |

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| Shabbat Parah | Ezekiel 36:33-38 | God will purify Israel |
| Shabbat HaChodesh | Ezekiel 45:21-25 | Passover sacrifice |
| Shabbat HaGadol | Malachi 3:20-23 | Rewarding the righteous |
| 1st day Passover | Joshua 5:9-12 | Israelites after Passover sacrifice |
| 2nd day Passover | 2nd Kings 23:21-25 | Josiah orders Passover sacrifice |
| Chol HaMoed Passover | Ezekiel 37:1-6 | The valley of bones |
| 8th day Passover | 2nd Samuel 22:1-6 | Song of David |