

These prayers contain God's name. Do not dispose of them.
Please bring these prayers back to the synagogue office.

How to Go Up to the Torah for an Aliyah

There are seven aliyot, (literally "going up"'s) to the Torah: Cohen (1), Levi (2), Shelishi (3), Revi'i (4), Hamishi (5), Shishi (6), Shevi'i (7), plus a Maftir aliyah linking the Torah and Haftorah reading.

It is our congregation's policy that both men and women wear a head covering and wear a tallit when approaching the Torah for an aliyah.

Please sit in the front row on the left side (Rabbi's side) of the congregation before your aliyah is called. If asked, please give the gabbai (facilitator) your Hebrew name and the Hebrew name of your father and, (if you know it) the Hebrew name of your mother. (Sometimes the gabbai already has the Hebrew names.) When called, approach the bimah from the left (Rabbi's side.) **It is customary to shake hands with those seated on the bimah, the Rabbi and synagogue officer(s), before approaching the Torah.** Stand on the right of the Torah. The reader will indicate the first word of the Torah reading. Very lightly touch that spot with the corner of your tallit then bring the corner of the cloth to your lips and kiss it. (Do not directly touch the Torah with your hands.) Wait until the Torah is covered. Then, grasping the lower handles of the Torah scroll (you may grasp one handle with your left hand and use your right hand to guide your reading of the prayer, if necessary), recite the following prayer:

This prayer appears on page 142 in our Sabbath prayer book, Sim Shalom.

NOTE: Accented syllables are in bold.

בְּרַכּוּ אֶת יְיָ הַמְּבַרְךְ.

Ba-re-**chu** et A-do-**nai** ha-**me-vo-rach**!

Translation: (Do not recite aloud:)

Blessed be the Lord who is to be praised.

The congregation will respond:

בְּרוּךְ יְיָ הַמְּבַרְךְ לְעוֹלָם וָעֶד.

Ba-**ruch** A-do-**nai** ha-**me-vo-rach** le-o-**lam** va-**ed**!

You then recite:

בְּרוּךְ יְיָ הַמְבָרֵךְ לְעוֹלָם וָעֶד.

Ba-ruch A-do-nai ha-me-vo-rach le-o-lam va-ed!

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ
אֶת תּוֹרָתוֹ. בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Ba-ruch A-ta A-do-nai E-lo-hei-nu Melech ha-o-lam, a-sher ba-char ba-nu mi-kol
ha-a-mim, ve-na-tan la-nu et To-ra-to. Ba-ruch A-ta A-do-nai, no-tein ha-To-rah.

Translation: (Do not recite aloud:)

Praised be the Lord who is blessed for all eternity.

Blessed are You, O Lord our God, Sovereign of the universe,

Who chose us from among all the peoples by giving us Your Torah.

Blessed are You, O Lord, Giver of the Torah.

It is customary to follow the reading of the Torah from the Scroll. Following the reading, the reader will indicate the last word of the reading. Again, lightly touch the corner of your tallit to that spot, kiss that corner of your tallit and recite the following prayer while grasping the lower handles of the Scroll:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת, וְחַיֵּי עוֹלָם
נָטַע בְּתוֹכֵנוּ. בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Ba-ruch A-ta A-do-nai E-lo-hei-nu Melech ha-o-lam, a-sher na-tan la-nu To-rat e-met,
ve-cha-yei o-lam na-ta be-to-chei-nu. Ba-ruch A-ta A-do-nai, no-tein ha-To-rah.

Translation: (Do not recite aloud:)

Blessed are You, O Lord our God, Sovereign of the universe,

Who in giving us a Torah of truth,

has planted everlasting life within us.

Blessed are You, O Lord, Giver of the Torah.

Move to the other side (left) of the Torah. Wait there through the following aliyah. After every second aliyah, one of the gabbaim (facilitators) will then begin to recite a blessing for you. If asked, offer your Hebrew name and your parents' Hebrew names. **Offer a handshake to the reader, the gabbai near you, the Cantor and those sitting nearby as you return to your seat via the right side (the Cantor's side) of the bimah.**