

Instructions for Hagbah (Lifting the Torah)

1. Come to the Bemah during the conclusion of the final Torah reading (the Maftir).
2. When it is time for Hagbah and Gelilah, a Torah Gabbai will ask for your Hebrew name and then will call it aloud.
3. With one hand on each handle of the Torah, open the scroll slightly (three columns of writing being visible is ideal).
4. Gently pull the Torah down so that the edge of the table is half-way between the bottom and top of the Torah scroll.
5. Push down on the bottom handles, so that the Torah begins to be vertical.
6. Bend your knees.
7. Push the Torah up and straighten your legs (you are now standing up, having lifted with your legs, and not with your back or exclusively with your arms).
8. Turn around so that the congregation can see the words in the Torah, keeping the scroll unrolled so that the columns of writing are showing.
9. Walk slowly to one of the large green chairs, 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. Place the Torah in Torah stand.
12. You may return to your seat with the congregation.

Instructions for Gelilah (Dressing the Torah)

1. Come to the Bemah during the conclusion of the final Torah reading (the Maftir).
2. When it is time for Hagbah and Gelilah, a Torah Gabbai will ask for your Hebrew name and then will call it aloud.
3. Stand next to the person performing Hagbah, and as the Torah is lifted, walk with him/her over to the chair.
4. Grab hold of the upper handles of the Torah after the person performing Hagbah is seated comfortably and roll the scroll tightly together.
5. Place the tie around the Torah and clasp it in place.
6. Place the cover, breastplate, yad, and crowns on the Torah. A Torah Gabbai will assist.
7. After the Torah is placed in the holder, you may return to your seat with the congregation.