

Instructions for Lifting the Torah (*Hagbahah*)

After the reading from a *sefer Torah* has been completed at a synagogue service, the Torah is lifted and displayed to the congregation. The Torah is heavy and this is not as easy as it might sound.

- Grasp the Torah by the two handles
- Unroll the scroll so that 3 columns of writing are visible
- Lift slightly up, and pull scroll toward yourself so the handles are sticking out over the edge of the table.
- Bend with your knees, with your back as straight as possible, to get your center of gravity under the scroll.
- Using the edge of the reading desk as a pivot point, bring the Torah into a vertical position.
- Raise the Torah by lifting hands to chest level.
- Turn around to display the writing to the congregation.
- Pause in this position, giving people time to say “*This is the Torah which Moses put before the people of Israel - according to the word of the Lord, by the hand of Moses*” (*V’zot hatorah . . .*).
- Turn around again so you can sit down on the chair immediately behind the reading table.
- Sit on that chair immediately behind the reading table so that the *golel* can roll up and dress the Torah.
- Together with the *golel* (person who rolls and ties the Torah), roll the Torah tight; a seam should end up right between the two rollers.
- Rest the Torah on your knees or legs while the *golel* ties and dresses the Torah.
- The *gabbai* (member who had been helping with the Torah reading) will take the Torah from you.
- Shake hands with the Rabbi, the President, the *golel*, the Bar/Bat Mitzvah celebrant, and other people on the *bimah* and return to your seat in the sanctuary.
- See <https://www.youtube.com/watch?v=b773MaBkTks> for a demonstration.