

AN ALIYYAH (עֲלִיָּה), “GOING UP”) TO THE TORAH

You are called up to the Torah by your Hebrew/Jewish name, which translates into English as So-and-So The Child of So-and-So (and So-and-So). You wrap your *tzitzit* (צִיצִית, “fringes”) from your *tallit* (טלית, “prayer shawl”) around your strongest available index finger and touch the Torah at the place where the *yad* (יָד, “hand”) is pointing, showing you where the Torah reading begins. After you have touched with your *tzitzit* the word where the reading begins, you raise your *tzitzit* to your mouth, kiss the *tzitzit*, and—BOOM!—let go of your *tzitzit*. (This is what I call the TKB—the Touch, Kiss, Boom!)

You then take your hands and hold onto the wooden handles of the Torah called the *atzey hayyim* (עֲצֵי חַיִּים, literally the “trees of life”) and...

You say (and bow on the first word, standing up by the time you say God’s name):

בְּרַכּוּ אֶת־יְהוָה הַמְּבָרָךְ.

They say (and bow on the first word, sitting upright by the second):

בְּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד.

You say (and bow on the first word, standing up by the second):

בְּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד.

You continue:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מְלֶכֶד הָעוֹלָם, אֲשֶׁר בָּחַר בְּנוּ מִכָּל־הָעַמִּים וְנָתַן
לָנוּ אֶת־תּוֹרָתוֹ. בְּרוּךְ אַתָּה יְהוָה, נוֹתֵן הַתּוֹרָה.

The Torah reading is read, you do another TKB (but this time touching with your *tzitzit* where the Torah reading ended) and hold again onto the *atzey hayyim*, and then...

You continue:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מְלֶכֶד הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת, וְחַיֵּי
עוֹלָם נָטַע בְּתוֹכָנוּ. בְּרוּךְ אַתָּה יְהוָה, נוֹתֵן הַתּוֹרָה.