

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):

בָּרְכוּ אֶת־יְהוָה הַמְּבָרָךְ.

Bare-KHU ET Ado-NAI hamvo-RAKH.

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

בָּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Ba-RUKH Ado-NAI hamvo-RAKH le’o-LAM va-ED.

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

בָּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Ba-RUKH Ado-NAI hamvo-RAKH le’o-LAM va-ED.

You continue:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל־הָעַמִּים וְנָתַן
לָנוּ אֶת־תּוֹרָתוֹ. בָּרוּךְ אַתָּה יְהוָה, נוֹתֵן הַתּוֹרָה.

*Ba-RUKH a-TAH Ado-NAI elo-HEY-nu ME-lekh ha’o-LAM, a-SHER BA-ḥar BA-nu mi-KOL
ha’a-MIM ve-NA-tan LA-nu ET tora-TO. Ba-RUKH a-TAH Ado-NAI, no-TEN hatto-RAH.*

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:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת, וְחַיִּי
עוֹלָם נָטַע בְּתוֹכָנוּ. בָּרוּךְ אַתָּה יְהוָה, נוֹתֵן הַתּוֹרָה.

*Ba-RUKH a-TAH Ado-NAI elo-HEY-nu ME-lekh ha’o-LAM, a-SHER NA-tan LA -nu to-RAT
e-MET, veḥa-YEY o-LAM na-TA beto-KHE-nu. Ba-RUKH a-TAH Ado-NAI, no-TEN hatto-RAH.*