

HOW TO PERFORM HAGBAH (LIFTING THE SCROLL)

- 1) Roll open the *Torah* scroll so that three columns of script are visible. A seam attaching two sections of parchment should also be visible, preferably centred, so that it may absorb any undue stress on the parchment that may occur when the scroll is lifted.
- 2) With one hand on each of the *etz chayim* handles, slide the *Torah* scroll toward you until it is halfway off the *Bima*.
- 3) Then, bending the knees, apply leverage downward. Bring the scroll to an upright position and lift it upward as you straighten yourself up.
- 4) Holding the *Torah* aloft, turn your body clockwise 360 degrees, so that the *Torah* script can be seen by everyone in the congregation. As you turn stop at each compass point. That is, do not race as you turn around.
- 5) To put the *Torah* down, reverse the process, carefully lowering it down onto the *Bima*.
- 6) Roll the *etz chayim* handles together, trying to keep a seam centred between the rolls of parchment without rolling the scroll too far from where the reading ended. The right *etz chayim* handle should rest above the left *etz chayim* handle.
- 7) Pick up the scroll and pass to person who is to hold Torah whilst it is being dressed. Ensure person is sitting prior to passing them the Torah. If possible, when passing Torah have as little contact with parchment as you can. If you have strength and feel comfortable, carry holding handles only.

