

The Torah Blessings

The reader shows the oleh (person called to the Torah) the place in the Torah. The oleh touches the Torah with a corner of the tallit, the strap of the tefillin, or the belt or mantle of the Torah, and kisses it. The oleh then begins the blessing, bowing at 'Baruch,' and straightening at 'Hashem.'

**BARCHU ES ADONAI
HAMEVORACH**

Congregation, followed by oleh,
responds, bowing at 'Baruch,'
and straightening at 'Hashem.'

**BARUCH ADONAI
HAMEVORACH L'OLAM
VA'ED**

Oleh continues:

**BARUCH ATA ADONAI
ELOHEINU MELECH
HAOLAM, ASHER BACHAR
BANU MEEKOL
HA'AMEEM, V'NASAN
LANU ES TORASO.
BARUCH ATA ADONAI,
NO'SEN HATORAH.**

After the Torah portion has been read, theoleh recites:

**BARUCH ATA ADONAI
ELOHEINU MELECH
HA'OLAM, ASHER NASAN
LANU TORAT EMET,
V'CHAYAY OLAM NATA
B'SOCHEINU. BARUCH
ATA ADONAI, NOSEN
HATORAH.**