Take a fringe from your tallit, touch the word indicated; kiss the fringe and then say:

ברוך אתה בפרע

Barchu et Adonai hamevorach
Praise God - the Source of Blessedness!

(The congregation will respond:

ברוך אתה בפרע'

Baruch Adonai hamevorach le'olam va'ed
Praised is God! - Who is praised for all Eternity!)

You will repeat these words and continue with the blessing that follows:

ברוך אתה בפרע

Baruch Adonai hamevorach le'olam va'ed
Praised is God! - Who is praised for all Eternity!

ברוך אתה יתברך באתנה מי שמתן פרא טולות יתברך

Baruch ata Adonai, Eloheinu melech ha'olam, asher bachar banu mikol ha'amim venatan lanu et Torato.

Baruch ata Adonai - notein hatorah.
Blessed are You, Adonai our God, Ruler of the Universe, who has chosen us among all nations and given us the Torah. Praised are You, Adonai - continually giving the Torah.

The Torah will be read; you should follow the reading in the text of the Torah.

After the reading, once again take a fringe from your tallit, touch the word indicated and kiss the fringe. Then say the following blessing:

ברוך אתה יתברך באתנה מי שמתן פרא טולות יתברך

Baruch ata Adonai, Eloheinu melech ha'olam, asher natan lanu Torat emet vechayei olam nata betocheinu.

Baruch ata Adonai - notein hatorah.
Blessed are You, Adonai our God, Ruler of the Universe, who has given us the Torah of truth and planted eternal life among us.
Praised are You, Adonai - continually giving the Torah.