The Torah stays in the ark most of the time. The ark is a special cabinet for Torahs.

The Torah is taken out of the ark once during a service. The part of the service when the Torah is out of the ark is called the Torah service.
When the Torah is taken out of the ark the Rabbi will tell everybody to stand up. People stand up to show that the Torah is a very important object.
The Torah will be carried around the sanctuary. People might sing while the Torah is carried around.
People will reach out to touch the Torah with their siddurs or their hands. Then they will kiss their siddurs or their hands. This is a special way for people to show that they love the Torah.
The Torah will be put down on a table. This table is called the Torah table. Once the Torah is put down, the Rabbi will tell everybody to sit.
Some people will come to the Torah table. They will say prayers thanking God for giving the Torah to the Jewish people.

After the prayers are said, somebody will sing a story from the Torah. The story from the Torah will be in Hebrew.
When the Torah reading is finished, the Torah will be picked up. The Rabbi will tell everybody to stand up again, too.
The Torah carried around the sanctuary again. People may touch the Torah with their siddurs or their hands again.
At the end of the Torah service, the Torah is put back in the ark. Then the Rabbi will tell everybody to sit down. This is the end of the Torah service.