



Dear Youth Directors, Youth chairs, and Youth Leaders,

NCYI is excited to continue our very successful Parsha Nation Guides. I hope you're enjoying and learning from Parsha Nation as much as we are. Putting together Parsha Nation every week is indeed no easy task. It takes a lot of time and effort to ensure that each section, as well as each age group, receives the attention and dedication it deserves.

We inspire and mold future leaders. The youth leaders of Young Israel have the distinct honor and privilege to teach and develop the youth of Young Israel. Children today are constantly looking for role models and inspirations to latch on to and learn from. Whether it is actual sit down learning sessions, exciting Parsha trivia games, or even just walking down the hall to the Kiddush room, our youth look to us and watch our every move.

It's not always about the things we say, it's about the things we do. Our children hear and see everything we do whether we realize it or not. This year we are taking our Youth Services to new heights as we introduce our Leadership Training Shabbaton. This engaging, interactive shabbaton will give youth leader's hands on experience and practical solutions to effectively guide your youth department.

Informal education is key. What the summer shows us as educators is that informal education can deliver better results and help increase our youth's connection to Hashem. More and more shuls are revamping their youth program to give their children a better connection to shul and to Hashem. The NCYI is here to help you reconnect with your youth departments and bring more participation.

Thank you for being a light to future generations. You are doing incredible work that should not be taken lightly. You should be proud to call yourself a Young Israel Youth Leader as you have the unique opportunity to make a real difference in so many young people's lives. Keep up the amazing work.

We are looking forward to hearing great things from everyone.

Our doors are always open.

NCYI Department of Synagogue Services

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Program Guide Breakdown

Theme- Each year our curriculum will focus on a theme. By centering the entire year around one overarching theme, our youth group participants will understand different characteristics and concepts that will help them achieve this lofty goal. This year's theme is Manhigut (leadership). Our goal is for our children to view themselves as leaders and to inspire them to play a leadership role every day.

Parsha Review- Each week group leaders will have the opportunity to roundup the parsha in two or three paragraphs. By giving over the parsha in a short and simple way, group participants will be able to grasp the parsha as a whole and to get them to think globally and conceptually.

Parsha Questions- No Shabbat morning group is complete without a list of parsha questions. These questions allow group participants the opportunity to win fun prizes while increasing their Torah knowledge. Questions vary from basic understanding of story line to challenging source-based material. The answers are provided as well.

Tefillah Treasure- Many youth directors have asked for help when it comes to teaching tefillah to children. This is a problem that not only shuls are dealing with. Schools, camps, and youth organizations are having trouble developing creative ideas to help children understand tefillah. Over the course of the year, this section will highlight one aspect of davening by providing both the Hebrew and English text, and one explanatory idea. The older the age group, the more we delve into the idea. This section is designed to help group participants follow the flow of tefillah while understanding what they are saying.

Group Activity- Now the fun begins! We start off with a GOAL. Each game has a purpose. The youth leaders should familiarize themselves with the goal before implementing the game.

Discussion Portion- After the game is over and the participants are settled down, the youth leaders should facilitate a discussion. The guidelines for this discussion are broken down into easy to use instructions. Youth leaders should review the discussion topics and goals before the start of morning groups.

Story- Each week we will include a story that addresses a modern day concern with lesson taken from that week's parsha.

Jewish Leader of the Week- In keeping with our theme of Manhigut, every week a different Jewish Leader from modern Jewish history will be highlighted. This will allow group participants to expand their knowledge of history and to learn how they can be a Jewish leader in today's society.

Teen Minyan Packet- This packet is filled with stories, riddles, points to ponder, and more.

Leader Tip- Each section has some great tips for leaders and how they should conduct that section.

Shabbat Morning Groups Lesson Plan

Time Duration	Activity	Notes
5 min	Registration	Welcome parents and children in to the group room.
10-35 min	Davening	Depending on your group size and level.
5 min	Introduction to Yearly Theme (Manhigut)	Refer to Handout
5 min	Parsha Review	Prep participants for parsha questions.
10 min	Parsha Questions	Prizes and awards should also be given out if participants answer correctly
2 min	Understanding the Goal	Leaders should start prepping for Shabbat activity
30 min	Activities	Your choice of two games to play
10 min	Follow Up Discussion	Refer to materials
10 min	Parsha Song	This is for younger groups only.
20 min	Free Game Play	Groups can break for free game play or continue their own programing.
5 min	Story	Assemble in a circle and have participants read sections of the story out loud.
5-10 min	Discussion	Refer to handout
4 min	Jewish Leader of the Week	Refer to handout
4 min	Tefillah Treasures	Refer to Handout
5 min	Parent Pick up/Dismissal	Parents pick up their children.
Total Time:	2 hours & 40 min of programing!	



BO REVIEW

Bo starts off with the continuation of the Ten Plagues. Plague Eight: swarms of locusts filled all of Egypt. They ate every single blade of grass, and all the crops. Plague Nine: A frightful darkness came over Egypt. For days, all of Egypt was not able to move since the darkness was so thick. The final plague was the death of the first born or all the Egyptians. Hashem gave Bnei Yisrael their first mitzvah of declaring the New Moon, Rosh Chodesh, each month and establishing a lunar calendar. Hashem also told Moshe to tell Bnei Yisrael to designate a lamb for the Korban Pesach. They sacrificed it and ate it together with matzah and marror on the night of the 15th of Nissan. They then painted the blood of it on the doorposts of their house and when Hashem went around to kill all the firstborns houses would be skipped. Hashem also declared that for all future generations this day would be the beginning of the seven-day holiday of Pesach, when no bread could be eaten or owned. Plague Ten: At the stroke of midnight, Hashem killed all the Egyptian firstborns. Paroh woke up and raced to Moshe, begging him to take Bnei Yisrael and leave as soon as possible. Hashem then gave Bnei Yisrael several mitzvot: 1) All male Israelite firstborn were from now on dedicated to Hashem. 2) Eat matzah on Pesach. 3) Retell the story of Yetziat Mitzrayim at the Pesach Seder. 4) Bring all male firstborn of kosher animals as sacrifices. 5) Redeem all male firstborn donkeys for a sheep—which is given to a *Kohen*. 6) Wear *tefillin* on the head and arm.

LEADER TIP: In honor of Bnei Yisrael getting the first mitzvah Rosh Chodesh, teach them the song *Yaaleh v'yavoh* and just like we have a chance to start fresh every Rosh Chodesh, give everyone a chance to start fresh and get more involved in groups.

PARSHA QUESTIONS

Questions

1. How many makkot are there in Parshat Bo?
2. What was the eighth makkah?
3. Describe what this makkah did.
4. What was the ninth makkah?
5. When the Jews asked the Egyptians for gold and silver vessels, the Egyptians were unable to deny ownership of such vessels. Why?
6. Makkat Bechorot took place at EXACTLY midnight. Why did Moshe say it would take place at APPROXIMATELY midnight?
7. Who was the only Egyptian firstborn to not die from Makkat bechorot?
8. In which parsha are all of the dinim of Pesach written in the Torah?
9. Why do we eat matzah on Pesach?
10. The Bnei Yisrael left Egypt in order to receive the Torah and ultimately go to a land flowing with milk and honey. Which land is this?

Answers

1. There are three makkot in Parshat Bo.
2. Arbeh (locusts).
3. They ate the crops.
4. Choshech (darkness).
5. During the plague of darkness the Jews could see and they searched for and found the Egyptians' vessels.
6. If Moshe said the plague would begin exactly at midnight, the Egyptians might miscalculate and accuse Moshe of being a fake.
7. Pharaoh.
8. Parshat Bo.
9. The Jews left in a hurry when they left Egypt.
10. Eretz Yisrael.

LEADER TIP: Just like Bnei Yisrael had to rush out of Mitzrayim, have the kids try to answer the questions as quickly as they can!

PARSHA ACTIVITY

GOAL: To teach the kids all about the Ten Plagues

ACTIVITY: “Ten Plagues Relay”

When Paroh finally let the Jewish people go, they had to get out immediately and had not time to spare! In this game, the kids will go through the “Ten Plagues” as quickly as they can so that that can get out of Mitzrayim ASAP! The tasks/stations will take preparation before Shabbat.

Split the kids up into two or three teams. Explain to them that they are about to be let out of Mitzrayim but they don't have that much time to get ready to go. Hand each of them a piece of cardboard and tell them that this is their Matzah lunch for the trip out of Mitzrayim and that you would've made them sandwiches but there wasn't enough time. Each of them must hold on to their piece of cardboard throughout the race. You can do the relay in a few ways- each member of the team doing each station, the whole team doing each station together, or each station having one team member doing the task and then tagging the next person on their team to do the next task. There are 10 tasks (one for each plague) and the first team to accomplish them all is the winner! The tasks are as follows...

1. You must drink a cup of fruit punch (Blood/Dam)
2. Three teammates must leapfrog from one point of the room to the other (Frogs/Tzfardeya)
3. You must jump up and down scratching your head for 10 seconds (Lice/Kinim)
4. You must flip over cards/papers that have a name and/or picture of an animal and make that animals' sound (Wild Animals/Arov)
5. You must eat 5 animal crackers (Pestilence/Dever)
6. You must “Connect 4” red pieces in Connect Four (Boils/Shechin)
7. You must throw and catch 5 cotton balls in a cup (Hail/Barad)
8. You must eat 5 pretzels (Locusts/Arbeh)
9. One teammate must be blindfolded and another teammate must guide them from point A to point B (Darkness/ Choshech)
10. The whole team must get in order from oldest to youngest (Death of the Firstborn/Makat Bechorot)

DISCUSSION: Explain to the kids how getting out of Mitzrayim was extremely exciting so much so that the Jewish people didn't have much time to get out. They had to pack up their stuff as quickly as possible and leave Mitzrayim before Paroh changed his mind. Even though we went through all the Ten Plagues today, the Mitzrim were the only ones who were affected by the plagues, the Jewish people weren't affected at all. A Jew and an Egyptian could drink water from the same cup and the Jew would drink water and the Egyptian would drink blood. Review with the kids about the Ten Plagues and talk to them about how Hashem performed these miracles to both punish the Egyptians as well as show them that Hashem is the real true God.

LEADER TIP: If you want to get the kids going a little bit, make them do different exercises and work a little bit before they get sent out of Egypt.

PARSHA STORY

Before you read: It took a lot of courage for the Jewish people in Egypt to do things that publicly showed that the false gods of their Egyptian masters were meaningless to them. And it takes a lot of courage for us to publicly stand up for what's true and right even when it's not popular. But that's just what Hashem asked of them - and just what He asks of us.

HOUSE CALLS

Wendy was taking in the sights as she scurried along with her classmates walking home from school. The other kids, who were used to the walk, hardly paid attention, but for Wendy, who'd just moved to town, everything was still new and interesting.

With one eye on the scenery and the other keeping track of which way the kids were turning so she wouldn't get lost, Wendy suddenly felt a tug on her sleeve.

"Crazy Lady's house! Quick, cross the street!" Paula said as she and the others all crossed over to the other side of the street.

"Is anything wrong? Why did we just cross? Who's 'Crazy Lady'?" Wendy asked nervously.

"Oh, we're okay now," Paula laughed. "Crazy Lady - that's the old woman who lives in that little house up ahead - can't reach us now. For the last month or so, whenever we walk by this lady comes limping out the front door of her house and yells, or more like croaks at us with the weirdest voice - but then again," she smiled, "what do you expect from somebody who's crazy?"

Sure enough, as if on cue, Wendy heard a door swing open and a bent-over old woman came limping out the doorway, making strange, loud noises while pointing back inside her house.

"There she is!" the kids half shrieked and half giggled. "She wants to catch us."

"Cra-zee, cra-zeee!" one kid taunted, while banging on the nearby trash dumpster as the others laughed.

Getting over her initial shock, Wendy slowed down and watched the woman closely. It sounded like she was trying to say the words 'help me.'

"Do you think she's okay?" Wendy asked.

"Of course not. She's crazy!" Paula sputtered.

"No, I mean, she looks like she needs help or something. Maybe we should go over there and see."

"Go to scary Crazy Lady's house? No way!" squealed Kate. "Anyone who does that must be as crazy as she is!" Wendy felt bad for the woman and also felt it wasn't right the way the kids were making fun of her. She wanted to go try to help, but if she did, what would the others think of her?

The kids, still laughing, began to move on. Wendy was about to join them, then looked back. The woman, now quiet, had put down her arms and looked very sad. It would be easier to just ignore her, but it wouldn't be right...

"Guys, I'm just going over there for a minute to see if she's okay," Wendy called out to their astonished faces. She slowly walked closer to the house and when she was just outside the fence, she smiled and said, "Hello ma'am, can I be of help to you in any way?"

The woman looked up, nodded her head and pointed inside like before. Wendy edged closer to the front door and smelled a bad smell. She peeked inside the house and saw a big pile of sealed-up garbage bags that seemed to take up half the room.

"T-too h-h-hea-vy..." the woman stuttered. "I-I-I had a st-str-stroke and now c-can't lift tr-tra-trash!" Wendy noticed tears streaming down the woman's face. She went on to explain that she lived alone and each day since she'd gotten home from the hospital after the stroke, it was hard for her to walk and to speak clearly. When she'd see the group of school kids passing by she would call to them, hoping they could help her carry out the trash. But they just seemed to laugh at her and run away so now, with no choice, she had to leave all her trash piled up inside her house.

Immediately Wendy grabbed two of the bags and briskly carried them out and across the street to the dumpster. She explained to her friends, who had waited around to see what would happen and they immediately joined her. They felt bad for the woman ... and ashamed of the way they'd acted.

From then on, when the kids would walk home, instead of crossing the street to avoid 'Crazy Lady,' they made it a point to stop in and ask 'Sweet old Mrs. Simmons,' as they discovered was the woman's real name, if she needed any help - all thanks to Wendy's courage to care.

Discussion Questions:

Q. How did the kids feel at first about the old woman?

A. They felt she was crazy and made fun of her.

Q. How did they feel in the end?

A. Thanks to Wendy's courage to try and help, they felt like they wanted to help the lady and were sorry they had called her names.

LEADER TIP: Is there something that you really believe in but are too scared to stand up for it because you're worried the people around you may disagree or think badly about you?

JEWISH LEADER OF THE WEEK

Nadav Ben Yehuda



Nadav Ben Yehuda, born in 1988, is an Israeli mountain climber, photographer and speaker. He is best known for saving the life of a Turkish climber just below the top of Mount Everest in May 2012. Ben Yehuda lives in Rehovot, Israel. He served in the Israel Defense Forces (IDF) in the Golani Brigade's investigation unit. In the unit, which is one of the IDF's elite infantry companies, he suffered from injuries both during training and operational activities. Ben Yehuda studied law at the IDC College in Hertzeliya, and took a break from his studies to climb Mount Everest. He is a distinguished athlete in the IDC. In preparation for his Mount Everest climb, Ben Yehuda climbed the Moshe Aviv Tower in Ramat Gan, the tallest tower in Israel, thirteen times. In September 2012, he climbed Mount Kazbek in Georgia, and after that did another big climb in Spain. Ben Yehuda is most famous for attempting to climb Mount Everest in May 2012, and rescuing the Turkish climber Aydin Imrak, 980 feet short of the top. Ben Yehuda would have been the youngest Israeli to climb the mountain. Four climbers died on Mount Everest over the same weekend, after the large number of climbers created traffic as weather conditions got very bad. Ben Yehuda carried Imrak for several hours going down the mountain, after which the two were taken by helicopter to Kathmandu. Both suffered injuries to their hands and their fingers were at risk of amputation. Ben Yehuda received an award as part of the President's Volunteer Award for his efforts, bravery, and courage. The President of Israel at the time, Shimon Peres, said to Ben Yehuda: "You searched for a geographical peak and found a humanitarian peak".

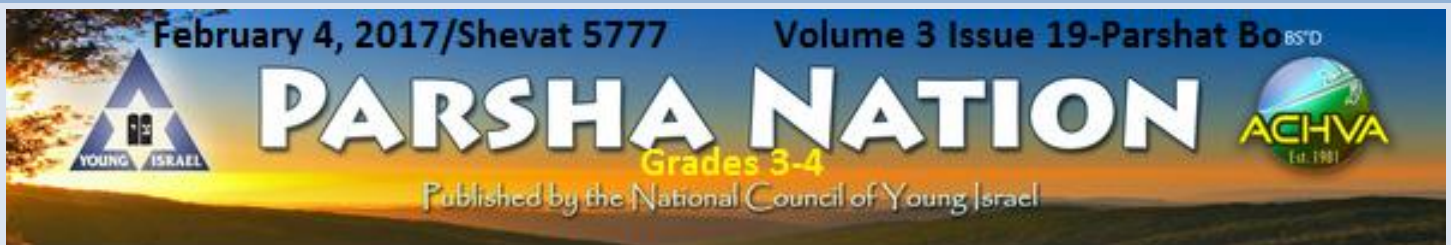
LEADER TIP: What would you do? If you were so close to accomplishing a huge goal you've been working your entire life for, would you give it up to help someone else?

TEFILLAH TREASURES

Shemoneh Esrei: Refa'einu

In this bracha we ask Hashem to help anyone who is sick and give them a full and speedy recovery. When someone we know is sick and need our tefillot, this is the bracha where we ask Hashem to heal them. Not only do we ask Hashem to help anyone who is sick to get better, but we also ask Hashem that for everyone who is not sick or who is healthy they He keep them all healthy and strong. It is a big mitzvah to daven for people who are sick. Even though we go to doctors and we take medicine to help us feel better, Hashem is really the one who makes people better. Not only that, but He give the doctors the knowledge and skills to be able to help us and He gives medicine the power to make us feel better. Unfortunately, we all know people who are sick and sometimes it's even people really close to us or maybe even ourselves. This bracha is really important and we should always try our best to give it our full attention.

LEADER TIP: Even if you don't know people who are sick, daven for you, your family, and friends to always live happy and healthy lives



BO REVIEW

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LEADER TIP: In honor of Bnei Yisrael getting the first mitzvah Rosh Chodesh, teach them the song Yaaleh v'yavoh and just like we have a chance to start fresh every Rosh Chodesh, give everyone a chance to start fresh and get more involved in groups.

PARSHA QUESTIONS

Questions

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2. What was the eighth makkah?
3. Describe what this makkah did.
4. What did Pharaoh's servants tell him because of this makkah?
5. What was the ninth makkah?
6. How many days did it last?
7. How did the first three days of darkness differ from the last three days?
8. When the Jews asked the Egyptians for gold and silver vessels, the Egyptians were unable to deny ownership of such vessels. Why?
9. Makkat Bechorot took place at EXACTLY midnight. Why did Moshe say it would take place at APPROXIMATELY midnight?
10. Who was the only Egyptian firstborn to not die from Makkat bechorot?
11. In which parsha are all of the dinim of Pesach written in the Torah?
12. Why do we eat matzah on Pesach?
13. Which month is counted as the first month of the year?
14. How many adult Jewish males left Egypt?
15. The Bnei Yisrael left Egypt in order to receive the Torah and ultimately go to a land flowing with milk and honey. Which land is this?

Answers

1. There are three makkot in Parshat Bo.
2. Arbeh (locusts).
3. They ate the crops.
4. Pharaoh's servants told him to free the Bnei Yisrael.
5. Choshech (darkness).
6. Six days.
7. During the first three days the Egyptians could not see. During the last three days the Egyptians could not even move.
8. During the plague of darkness the Jews could see and they searched for and found the Egyptians' vessels.
9. If Moshe said the plague would begin exactly at midnight, the Egyptians might miscalculate and accuse Moshe of being a fake.
10. Pharaoh.
11. Parshat Bo.
12. The Jews left in a hurry when they left Egypt.
13. Nissan.
14. 600,000.
15. Eretz Yisrael.

LEADER TIP: Just like Bnei Yisrael had to rush out of Mitzrayim, have the kids try to answer the questions as quickly as they can!

PARSHA ACTIVITY

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ACTIVITY: “Ten Plagues Relay”

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HOUSE CALLS

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With one eye on the scenery and the other keeping track of which way the kids were turning so she wouldn't get lost, Wendy suddenly felt a tug on her sleeve.

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"Is anything wrong? Why did we just cross? Who's 'Crazy Lady'?" Wendy asked nervously.

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From then on, when the kids would walk home, instead of crossing the street to avoid 'Crazy Lady,' they made it a point to stop in and ask 'Sweet old Mrs. Simmons,' as they discovered was the woman's real name, if she needed any help - all thanks to Wendy's courage to care.

Discussion Questions:

Q. What life-lesson do you think someone could learn from this story?

A. When Wendy, a new kid in school, saw the rest of the kids making fun of the old woman, she could have taken the easy way out and joined them or at least said nothing. But she bravely took a stand and tried to help and in the end they all saw that it was the right thing to do.

Q. How can a person learn to become courageous like that?

A. One way is to ask ourselves in every situation 'What is the right thing to do?' instead of asking ourselves 'What will people think?' It takes courage, for sure, but we'll see that most of the time, people will also think better of us, when we show we have the guts to do what is right.

LEADER TIP: Is there something that you really believe in but are too scared to stand up for it because you're worried the people around you may disagree or think badly about you?

JEWISH LEADER OF THE WEEK

Nadav Ben Yehuda



Nadav Ben Yehuda, born in 1988, is an Israeli mountain climber, photographer and speaker. He is best known for saving the life of a Turkish climber just below the top of Mount Everest in May 2012. Ben Yehuda lives in Rechovot, Israel. He served in the Israel Defense Forces (IDF) in the Golani Brigade's investigation unit. In the unit, which is one of the IDF's elite infantry companies, he suffered from injuries both during training and operational activities. Ben Yehuda studied law at the IDC College in Hertzeliya, and took a break from his studies to climb Mount Everest. He is a distinguished athlete in the IDC. In preparation for his Mount Everest climb, Ben Yehuda climbed the Moshe Aviv Tower in Ramat Gan, the tallest tower in Israel, thirteen times. In September 2012, he climbed Mount Kazbek in Georgia, and after that did another big climb in Spain. Ben Yehuda is most famous for attempting to climb Mount Everest in May 2012, and rescuing the Turkish climber Aydin Imrak, 980 feet short of the top. Ben Yehuda would have been the youngest Israeli to climb the mountain. Four climbers died on Mount Everest over the same weekend, after the large number of climbers created traffic as weather conditions got very bad. Ben Yehuda carried Imrak for several hours going down the mountain, after which the two were taken by helicopter to Kathmandu. Both suffered injuries to their hands and their fingers were at risk of amputation. There were a lot of climbers who passed by Imrak, who was collapsed and injured, as they tried to fulfill a lifelong dream and reach the top of Everest, but Ben-Yehuda said his decision to abandon his goal of reaching the top and help Irmak was "automatic". Ben Yehuda received an award as part of the President's Volunteer Award for his efforts, bravery, and courage. The President of Israel at the time, Shimon Peres, said to Ben Yehuda: "You searched for a geographical peak and found a humanitarian peak". Even though Turkey and Israel have their own political tension, Ben Yehuda and Imrak still remain close friends till this day. Ben-Yehuda said his military training in Israel helped shape his reflexive decision to rescue Irmak. "You never leave a friend in the field," he said.

LEADER TIP: What would you do? If you were so close to accomplishing a huge goal you've been working your entire life for, would you give it up to help someone else?

TEFILLAH TREASURES

Shemoneh Esrei: Refa'einu

The bracha begins with the words “refa'einu Hashem”, “Heal us, Hashem,” written in plural language, even though it is based on the pasuk in Yirmiyahu (17:14) which is actually written in the singular voice. This teaches us that every person should ask Hashem to take care of and have mercy on everyone who is sick. The Sefer Yesod Veshoresh Va'Avodah writes that a person fulfills the mitzvah of ve'Ahavta le'Rayacha komocha, “love your friend like yourself,” for every person he prays for in this bracha. After the words refa'einu Hashem, we continue with the words “v'hoshienu v'nivasheya”, save us— then we will be saved. With these additional words, we pray that those who are now healthy will remain healthy. The Kuntres Avodas HaTefillah writes that these two strong words ask Hashem to save us from anything that causes or brings about sickness. Chazal (Shabbos 32a) teach that a person should always ask for mercy so as not to become sick, for once we do become sick, we will need enough merit to deserve a cure.

LEADER TIP: Even if you don't know people who are sick, daven for you, your family, and friends to always live happy and healthy lives



BO REVIEW

Bo starts off with the continuation of the Ten Plagues. Plague Eight: swarms of locusts filled all of Egypt. They ate every single blade of grass, and all the crops. Plague Nine: A frightful darkness came over Egypt. For days, all of Egypt was not able to move since the darkness was so thick. The final plague was the death of the first born or all the Egyptians. Hashem gave Bnei Yisrael their first mitzvah of declaring the New Moon, Rosh Chodesh, each month and establishing a lunar calendar. Hashem also told Moshe to tell Bnei Yisrael to designate a lamb for the Korban Pesach. They sacrificed it and ate it together with matzah and marror on the night of the 15th of Nissan. They then painted the blood of it on the doorposts of their house and when Hashem went around to kill all the firstborns houses would be skipped. Hashem also declared that for all future generations this day would be the beginning of the seven-day holiday of Pesach, when no bread could be eaten or owned. Plague Ten: At the stroke of midnight, Hashem killed all the Egyptian firstborns. Paroh woke up and raced to Moshe, begging him to take Bnei Yisrael and leave as soon as possible. Hashem then gave Bnei Yisrael several mitzvot: 1) All male Israelite firstborn were from now on dedicated to Hashem. 2) Eat matzah on Pesach. 3) Retell the story of Yetziat Mitzrayim at the Pesach Seder. 4) Bring all male firstborn of kosher animals as sacrifices. 5) Redeem all male firstborn donkeys for a sheep—which is given to a *Kohen*. 6) Wear *tefillin* on the head and arm.

LEADER TIP: In honor of Bnei Yisrael getting the first mitzvah Rosh Chodesh, teach them the song *Yaaleh v'yavoh* and just like we have a chance to start fresh every Rosh Chodesh, give everyone a chance to start fresh and get more involved in groups.

PARSHA QUESTIONS

Questions

1. How many makkot are there in Parshat Bo?
2. What was the eighth makkah?
3. What did Pharaoh's servants tell him because of this makkah?
4. Describe what this makkah did.
5. What was the ninth makkah?
6. How many days did it last?
7. How did the first three days of darkness differ from the last three days?
8. What did Hashem do to the Jewish sinners during choshech? 9
9. What did the Bnei Yisrael do during Choshech?
10. When the Jews asked the Egyptians for gold and silver vessels, the Egyptians were unable to deny ownership of such vessels. Why?
11. Makkat Bechorot took place at EXACTLY midnight. Why did Moshe say it would take place at APPROXIMATELY midnight?
12. Who was the only Egyptian firstborn to not die from Makkat bechorot?
13. In which parsha are all of the dinim of Pesach written in the Torah?
14. When did the Bnei Yisrael shecht the Karbon pesach?
15. Where did the Bnei Yisrael put the blood of the Karbon Pesach?
16. Why do we eat matzah on Pesach?
17. Which month is counted as the first month of the year?
18. Prior to the Exodus from Egypt, what two mitzvot involving blood did Hashem give the Bnei Yisrael?
19. How many adult Jewish males left Egypt?
20. The Bnei Yisrael left Egypt in order to receive the Torah and ultimately go to a land flowing with milk and honey. Which land is this?

Answers

1. There are three makkot in Parshat Bo.
2. Arbeh (locusts).
3. They ate the crops.
4. Pharaoh's servants told him to free the Bnei Yisrael.

5. Choshech (darkness).
6. Six days.
7. During the first three days the Egyptians could not see. During the last three days the Egyptians could not even move.
8. Hashem killed them.
9. The Bnei Yisrael checked to see what precious thing the Egyptians had (they didn't take anything; they just looked!).
10. During the plague of darkness the Jews could see and they searched for and found the Egyptians' vessels.
11. If Moshe said the plague would begin exactly at midnight, the Egyptians might miscalculate and accuse Moshe of being a fake.
12. Pharaoh.
13. Parshat Bo.
14. On the fourteenth day of Nissan in the afternoon.
15. The Bnei Yisrael placed the blood on the two doorposts and on the crossbar of the door.
16. The Jews left in a hurry when they left Egypt.
17. Nissan.
18. The karbon Pesach and Bris Milah.
19. 600,000.
20. Eretz Yisrael.

LEADER TIP: Just like Bnei Yisrael had to rush out of Mitzrayim, have the kids try to answer the questions as quickly as they can!

PARSHA ACTIVITY

GOAL: To teach the kids about the first Mitzvah the Jewish people were given, the Mitzvah of “Rosh Chodesh”

ACTIVITY: “See , Run, Build”

Divide the kids up into 2 teams and it is a race. Each team gets split into 3 groups, the "see-ers, the runners and the builders". So 2 counselors will build (in a non chillul shabbos type of way) some kind of crazy design on the floor made up of weird materials (construction paper cut into shapes, cups, plates, forks, pipe cleaners, string). Then the kids who are see-ers look at the thing and run to another station where the runners are waiting. They tell them what they saw (describe a part of it). The runners run to another room where the builders are waiting with the bag full of the same material that the 1st thing is made of but not put together. And the runner has to describe to them how to build it. Since they can't describe it all at once they have to keep running back in forth, but the kids have to stick to their own job. See-ers cannot run straight to the builders they have to go through the runners, etc. The 1st team to rebuild the object wins the race! Once you play a few rounds, make the last “structure” into a moon/star/solar system type of design. If you really want to get fancy, look up different constellation shapes and design each structure based on them!

DISCUSSION: In this week's Parsha, Hashem gives the Jewish people their first Mitzvah- Rosh Chodesh, the Mitzvah of sanctifying the new moon. The way it worked was very similar to our game. You needed two witnesses who saw the tiniest sliver of the new moon to come as quickly as possible to the Beit Din to testify that it is indeed a new month. Once they are confirmed to have seen the new moon, the Beit Din declares the new month and sends messengers across the land to tell everyone that the new month had begun on this certain day. They, in turn, would pass on the news and light torches on mountains and high spots to spread the news faster. Sometimes it took two weeks for people to receive confirmation of the day the Beit Din had declared as the beginning of the month. (This, by the way, is the main reason why Jews who live outside of Israel keep two days of the holidays, just in case they were wrong about which day was *Rosh Chodesh* if the information didn't arrive on time.) Our calendar decides which day each Jewish holiday will happen. The determination of this calendar is placed squarely in human hands. Thus if the moon were to appear, in fact, on a

Monday, but no one actually saw it until Tuesday, "seeing is believing" and the court would decide that the first of the month was on a Tuesday. As a result, Hashem, as it were, follows the decision of the court and acts accordingly, so that in the case of Rosh Hashana, He would push off His judgment of the entire world by one day!

Hashem is giving the Jewish people an empowering message with this first mitzvah. Up until now, the Jews have been slaves to the Egyptians. Their time was not their own. Now, says Hashem, you are becoming masters of your time. And not only of your own time, but of My time as well!

By being given our own system of measuring time and creating our own calendar, we are taking charge of shaping reality. We are given a certain area of control over nature. Whereas time is steadily moving ahead, never-stopping, marching on in a recurring, repetitive spiral, we are given the power to stop or start time at will, allowing us to "share" with Hashem that special creativity of determining reality.

LEADER TIP: If you want to get the kids going a little bit, make them do different exercises and work a little bit before they get sent out of Egypt.

PARSHA STORY

Before you read: It took a lot of courage for the Jewish people in Egypt to do things that publicly showed that the false gods of their Egyptian masters were meaningless to them. And it takes a lot of courage for us to publicly stand up for what's true and right even when it's not popular. But that's just what Hashem asked of them - and just what He asks of us.

HOUSE CALLS

Wendy was taking in the sights as she scurried along with her classmates walking home from school. The other kids, who were used to the walk, hardly paid attention, but for Wendy, who'd just moved to town, everything was still new and interesting.

With one eye on the scenery and the other keeping track of which way the kids were turning so she wouldn't get lost, Wendy suddenly felt a tug on her sleeve.

"Crazy Lady's house! Quick, cross the street!" Paula said as she and the others all crossed over to the other side of the street.

"Is anything wrong? Why did we just cross? Who's 'Crazy Lady'?" Wendy asked nervously.

"Oh, we're okay now," Paula laughed. "Crazy Lady - that's the old woman who lives in that little house up ahead - can't reach us now. For the last month or so, whenever we walk by this lady comes limping out the front door of her house and yells, or more like croaks at us with the weirdest voice - but then again," she smiled, "what do you expect from somebody who's crazy?"

Sure enough, as if on cue, Wendy heard a door swing open and a bent-over old woman came limping out the doorway, making strange, loud noises while pointing back inside her house.

"There she is!" the kids half shrieked and half giggled. "She wants to catch us."

"Cra-zee, cra-zeee!" one kid taunted, while banging on the nearby trash dumpster as the others laughed.

Getting over her initial shock, Wendy slowed down and watched the woman closely. It sounded like she was trying to say the words 'help me.'

"Do you think she's okay?" Wendy asked.

"Of course not. She's crazy!" Paula sputtered.

"No, I mean, she looks like she needs help or something. Maybe we should go over there and see."

"Go to scary Crazy Lady's house? No way!" squealed Kate. Anyone who does that must be as crazy as she is!" Wendy felt bad for the woman and also felt it wasn't right the way the kids were making fun of her. She wanted to go try to help, but if she did, what would the others think of her?

The kids, still laughing, began to move on. Wendy was about to join them, then looked back. The woman, now quiet, had put down her arms and looked very sad. It would be easier to just ignore her, but it wouldn't be right...

"Guys, I'm just going over there for a minute to see if she's okay," Wendy called out to their astonished faces. She slowly walked closer to the house and when she was just outside the fence, she smiled and said, "Hello ma'am, can I be of help to you in any way?"

The woman looked up, nodded her head and pointed inside like before. Wendy edged closer to the front door and smelled a bad smell. She peeked inside the house and saw a big pile of sealed-up garbage bags that seemed to take up half the room.

"T-too h-h-hea-vy..." the woman stuttered. "I-I-I had a st-str-stroke and now c-can't lift tr-tra-trash!" Wendy noticed tears streaming down the woman's face. She went on to explain that she lived alone and each day since she'd gotten home from the hospital after the stroke, it was hard for her to walk and to speak clearly. When she'd see the group of school kids passing by she would call to them, hoping they could help her carry out the trash. But they just seemed to laugh at her and run away so now, with no choice, she had to leave all her trash piled up inside her house.

Immediately Wendy grabbed two of the bags and briskly carried them out and across the street to the dumpster. She explained to her friends, who had waited around to see what would happen and they immediately joined her. They felt bad for the woman ... and ashamed of the way they'd acted.

From then on, when the kids would walk home, instead of crossing the street to avoid 'Crazy Lady,' they made it a point to stop in and ask 'Sweet old Mrs. Simmons,' as they discovered was the woman's real name, if she needed any help - all thanks to Wendy's courage to care.

Discussion Questions:

Q. What is your definition of 'courage'?

A. There may be many definitions, but there is no greater courage than to be willing to live life according to our deepest values and convictions regardless of what other people think.

Q. How can a person discover what his or her deepest convictions are?

A. One wise man advised to consider what we would be willing to die for - and then go out and live for these things!

LEADER TIP: Is there something that you really believe in but are too scared to stand up for it because you're worried the people around you may disagree or think badly about you?

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LEADER TIP: What would you do? If you were so close to accomplishing a huge goal you've been working your entire life for, would you give it up to help someone else?

TEFILLAH TREASURES

Shemoneh Esrei: Refa'einu

The bracha begins with the words “refa'einu Hashem”, “Heal us, Hashem,” written in plural language, even though it is based on the pasuk in Yirmiyahu (17:14) which is actually written in the singular voice. This teaches us that every person should ask Hashem to take care of and have mercy on everyone who is sick. The Sefer Yesod Veshoresh Va'Avodah writes that a person fulfills the mitzvah of ve'Ahavta le'Rayacha komocha, “love your friend like yourself,” for every person he prays for in this bracha. After the words refa'einu Hashem, we continue with the words “v'hoshienu v'nivasheya”, save us— then we will be saved. With these additional words, we pray that those who are now healthy will remain healthy. The Kuntres Avodas HaTefillah writes that these two strong words ask Hashem to save us from anything that causes or brings about sickness. Chazal (Shabbos 32a) teach that a person should always ask for mercy so as not to become sick, for once we do become sick, we will need enough merit to deserve a cure. Why is this bracha the only one in Shemoneh Esrei that we say “ki ata tehilateinu”, You are our praise? The reason is to change the belief that doctors have the power to heal us. We clearly and forcefully say You are our praise, to confirm that a doctor is only Hashem's messenger. Hashem is the one that gives the doctor the skill and ability to be able to heal us and make us better.

LEADER TIP: Even if you don't know people who are sick, daven for you, your family, and friends to always live happy and healthy lives



This Week in Jewish History

January 21, 1882

The Establishment of BILU



The year the pogroms began in Russia, 1881, is the year Russian Jews started emigrating in large numbers to the United States. A smaller number of them, however, turned their eyes toward Zion; in 1882, several thousand Russian Jews emigrated to Israel. Prior to this, most Jews who made *aliyah* to Israel did so for religious reasons. Living in Israel, however, was considerably harder. It was an impoverished land, many — if not most — of whose Jewish inhabitants depended on worldwide Jewish charitable contributions. In 1882, a new Jewish organization was founded that had a very different scenario in mind for Jewish life in Israel. The group was called BILU, an acronym based on a verse from Isaiah (2:5), "*Beit Ya'akov Lekhu Ve-nelkha/Let the house of Jacob go!*" BILU's founders believed that the time had come for Jews not only to live in Israel, but to make their living there as well. The Bilu'im hoped to establish farming opportunities in Israel. For the fourteen ex-university students who comprised the first group of Bilu'im, farming represented a complete change of lifestyle. (Because Jews had been forbidden to own land in Russia, the country had almost no Jewish farmers.) Arriving in Israel with enormous "funds" of good will and energy, but with little money and experience, the Bilu'im found life very difficult. Two Israeli Jews who

had already raised money to buy land gave the group an area to set up a farm in the settlement of Rishon Le-Zion. Within a few months, the Bilu'im faced starvation, and most had to leave. A few years later, the eight members of the group who had remained in Israel were offered land in G'dera. Here they struggled against both difficult farming conditions — meals eventually consisted only of radishes and potatoes — and Arab robbers. Ironically, the G'dera outpost was eventually saved through the philanthropic efforts of one of the archcapitalists of the Jewish world, Baron Edmund de Rothschild of France. The dispirited, and by now demoralized, Bilu'im soon left the settlement. Some went to other parts of Israel, others returned to Europe. Although the BILU movement, failed completely its vision of Jewish cooperative farms was carried out very successfully a few decades later by the kibbutz and moshav movements. Ever since, the BILU dream of Jews living and supporting themselves in their own homeland has been regarded as one of the important forerunners of the international Zionist movement which Theodor Herzl organized fifteen years later.

FIND...

- **Locusts**
- **Darkness**
- **Firstborn**
- **Korban Pesach**
- **Doorpost**
- **Rosh Chodesh**
- **Pidyon Haben**
- **Tefillin**

STAT LINE OF THE WEEK- BO

15th of the 54 sedras; 3rd of 11 in Shemot
Written on 205.67 lines in a Torah, rank: 24
106 pesukim – ranks 29th (7th in Shemot)
1655 words – ranks 21st (5th in Shemot)
6149 letters – ranks 20th (6th in Shemot)

MITZVOT

BO has 20 mitzvot; 9 positive, 11 prohibitions ending a 18-sedra run of practically no mitzvot (Nitzavim, Vayeilech, Haazinu & V'zot HaB'racha, all of B'reishit, and Sh'mot & Va'eira have a total of 5 mitzvot). The other 36 sedras have the other 608!

TRIVIA QUESTION OF THE WEEK

WHEN WAS HEBREW UNIVERSITY ESTABLISHED?

Email your answers to Youth@YOUNGISRAEL.ORG along with your **NAME** and **AGE** for a chance to win **AWESOME PRIZES!** Each correct answer will enter your name into a raffle that will happen once a month. Behatzlacha!

THIS JUST IN!

- **Butterflies taste with their hind feet.**
- **Two-thirds of the world's eggplant is grown in New Jersey.**
- **Olympus Mons is the largest volcano in our solar system.**
- **Venus is the only planet that rotates clockwise.**
- **In space you cannot cry because there is no gravity to make the tears flow.**

For more info please feel free to contact us at Youth@youngisrael.org

Parsha Points to Ponder...

There are two types of outstanding personalities. One is very popular among the average person. He has exceptional qualities that make him acceptable to the common person. He gets along with them and they enjoy his company. There is another type of personality that is more attracted to a higher class of person. He has traits and characteristics that appeal to people in a higher position or on a more intellectual level. Moshe was the kind of leader that was able to deal with all kinds of people. The Torah says: **GAM HA'ISH MOSHE GADOL ME'OD BE'ERETZ MITZRAYIM BE'ENEY AVDEY PHARO UVE'EYNEY HA'AM**, "... moreover, the man Moshe was great in the land of Egypt, in the eyes of the servants of Pharaoh and in the eyes of the people." (Ex. 11,3) The Torah testifies that Moshe was appreciated and honored by all. He was held in high esteem among the servants of Pharaoh who were in effect his advisors and, at the same time, he was honored and respected by the average person in the land. This was his greatness. He was able to deal with everyone at their own level. This makes a true leader, one who is not only acceptable to a particular class but one who is appreciated by all.

M	I	K	R	B	H	D	I	L	F	X	I	R
E	J	T	A	G	C	O	R	O	I	U	N	T
H	U	E	G	H	A	O	J	C	R	C	E	A
S	V	F	X	Y	S	R	S	U	S	L	B	C
E	T	I	G	B	E	P	S	S	T	R	A	J
D	N	L	N	V	P	O	E	T	B	R	H	E
O	N	L	R	O	N	S	N	S	O	M	N	F
H	V	I	H	X	A	T	K	A	R	Q	O	H
C	R	N	I	O	B	E	R	Y	N	S	Y	T
H	M	A	G	A	R	S	A	N	W	N	D	O
S	C	P	T	Z	O	G	D	J	X	A	I	D
O	N	W	V	B	K	I	Q	T	Q	W	P	D
R	A	E	N	B	K	K	E	K	F	F	H	M

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