

## Children's Torah Portion



# בּוֹ Bo



Moshe went to Pharaoh, and told him about the next plague, a plague of locusts. Pharaoh's servants begged him to let them go worship YHWH, so Pharaoh asked Moshe who would be going. Moshe told him that all of them would be going, which angered Pharaoh, who drove them away. YHWH told Moshe to stretch his hand over the land of Mitzrayim, and the swarm of locusts came and ate everything that the hail had left. This was the eighth plague. Pharaoh asked that the locusts be removed, so YHWH sent a wind to blow them into the Sea of Reeds. Pharaoh, still, would not let them go.

Next YHWH sent darkness. It was a thick darkness; no one could see anyone else. They couldn't even move, but there was light in the houses of the Children of Yisrael. Pharaoh called for Moshe and told him that the people could go, but the livestock would stay with him. Moshe's reply, that the cattle would go with them, angered Pharaoh. He told Moshe that the next time he came he would die, and Moshe replied, "You have spoken correctly. I shall never see your face again."

YHWH told Moshe that the next plague, which was the last, would be the worst one. All of the firstborn Mitzrites would die, but if the Ivrim did what YHWH told them to do, they would be all right. YHWH told them to sacrifice a young kid (baby goat) or lamb, and put some of its blood on the doorposts and lintel. They couldn't eat any leavening. YHWH would "pass over" anyone with the blood on their doorposts and lintel.

At midnight, there was a great cry throughout all the land of Mitzrayim. It was greater than was ever heard before, for all of the Mitzrite firstborns were dying. When Pharaoh saw this he told Moshe to leave, and to take the Children of Yisrael and all of their possessions.

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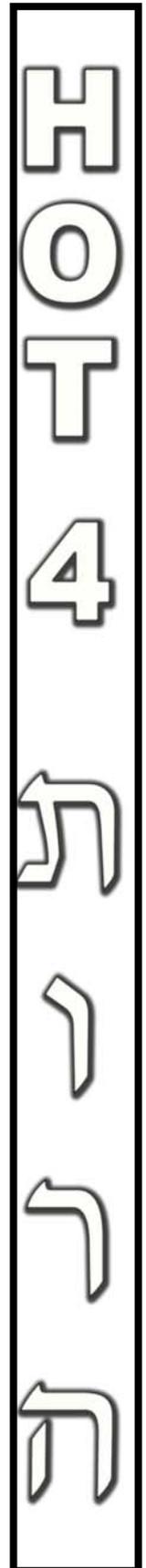
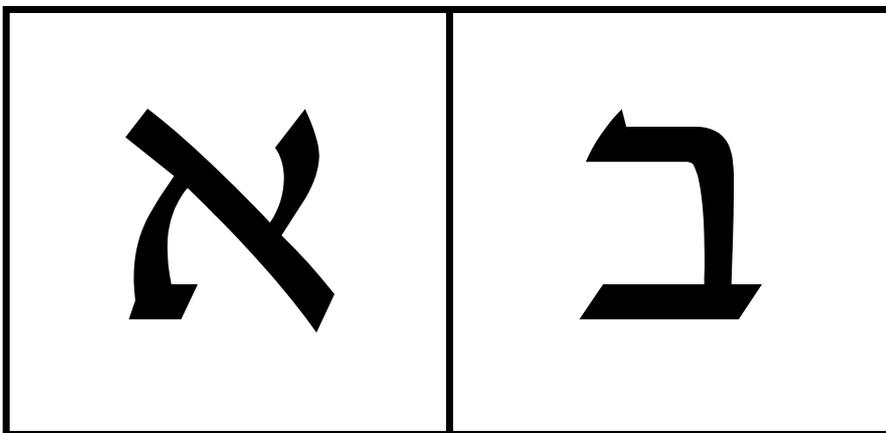
(Come)

Aleph → **בא** ← Bet

You try writing it!

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Cut out the cards, mix them up, then try to put them in the proper order without looking at this page.



Number the plagues in the order of their occurrence in Scripture.

Locusts	Blood	Sick Cattle
Flies	Death of the firstborn	Boils
Frogs	Darkness	Hail
	Lice	

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Draw a picture for the next torah portion and send it to: [chayili@onetorahforall.org](mailto:chayili@onetorahforall.org).

The pictures will appear in the children's parsha for that week. Please try to send them on the first or second days of the week.

The next parsha will be:  
Sh'mot (Exodus) 13:17-17:16

Here is a recipe for an unleavened bread from *Healing with whole foods* by Paul Pitchford.

## Chapatis (Requires adult help)

3 cups whole-wheat pastry flour

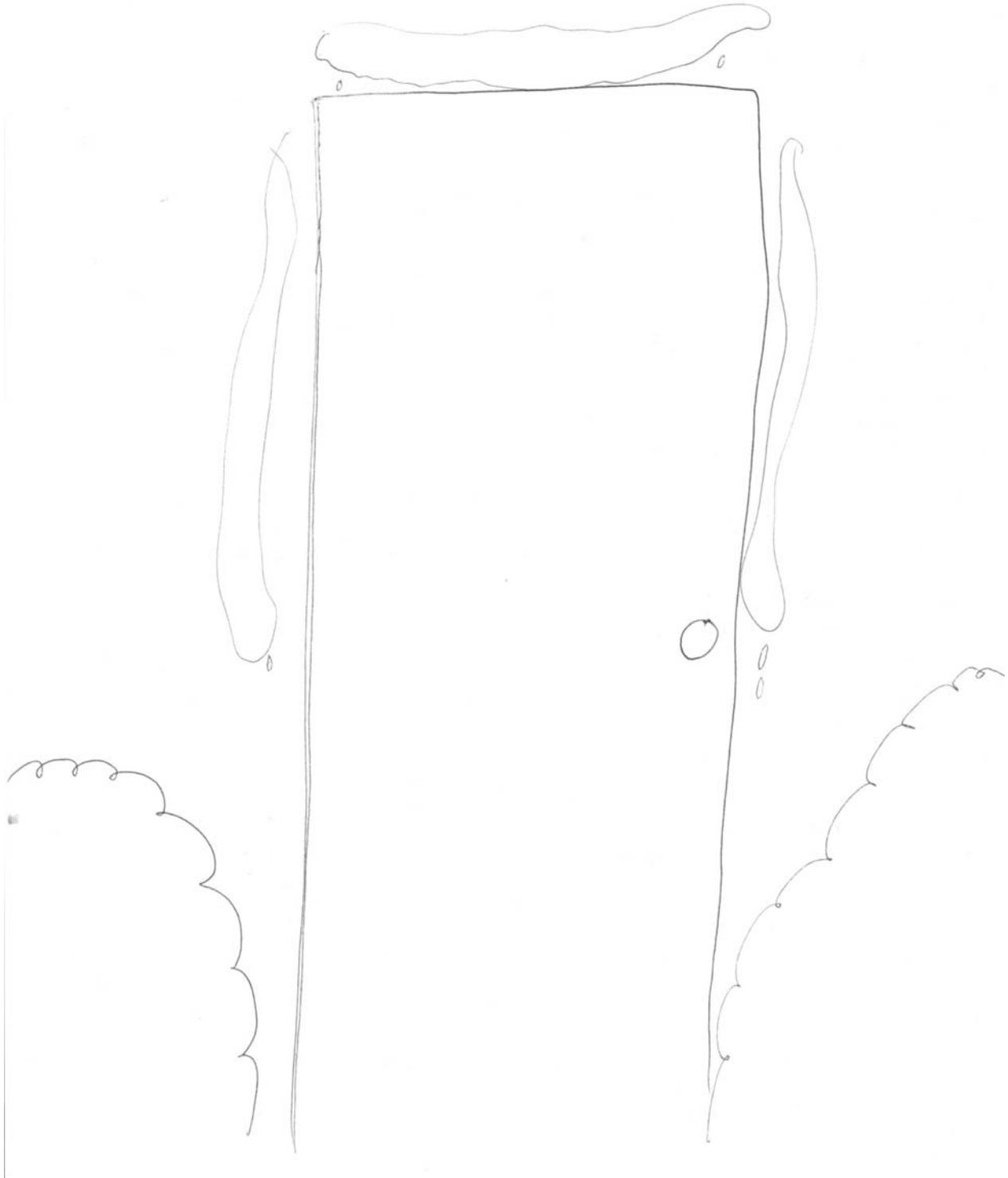
1 teaspoon oil

1/2-3/4 teaspoon sea salt

1 cup water

- Combine ingredients in a bowl. Mix in water.
- Knead well. (Should have consistency of ear lobe and be slightly sticky.)
- Allow dough to rest at least 1 hour, or overnight.
- Shape into small balls.
- Roll into flat rounds (the thinner, the crispier).
- Heat a cast iron skillet.
- Oil each chapati on both sides (optional), but do not oil the pan.
- Cook each side for a minute, until lightly brown. Or bake at 350 degrees F. for 15 minutes, until golden brown.
- Fold in half to keep soft and warm.

Makes about 7 (thick) chapatis.



Blood on the doorposts & lintels