

DO-IT-YOURSELF TASHLICH



HIGH
HOLY
DAYS
5 7 8 2

Tashlich (meaning “to cast”) is a ritual that usually takes place on Rosh Hashanah afternoon and involves tossing small pieces of bread ([or other more environmentally-friendly objects](#)) into a body of water. This is to symbolize casting away our wrongdoings of the past year as we prepare for Yom Kippur, the Day of Atonement. By casting away the missteps of our past year, we can open ourselves up to the possibility of what lies ahead.

If you are unable to join us for our physically distanced Tashlich this year, here are some suggestions to practice the ritual on your own or with family. If you are unable to observe Tashlich on Rosh Hashanah, it can be done any time during the 10 days between Rosh Hashanah and Yom Kippur – The Days of Awe.

- Visit a body of water near you and practice the ritual of *Tashlich* in its traditional form. You might wish to find a flowing body of water like a river or stream, which gives the effect of wrongdoings being carried away by the current. If that is not available to you, any body of water will work.
- For a new take on *Tashlich*, you might consider writing something that you want to let go of from this past year on a piece of rice paper. Place the rice paper in a bowl of water and watch your words melt away. You will need: a bowl full of water, rice paper, a washable marker.
- Another alternative is to write with chalk the things you would like to release from this past year and wash them away. This is a great option for kids! You will need: chalk, a sidewalk or driveway, a hose or pitcher of water.
- Take a meditative walk to think about your actions over the past year and consider how you would like to improve in the upcoming year. Keep in mind, the goal of *Tashlich* is to move forward rather than dwelling in the past. Here are some questions for reflection:
 - Am I using my time wisely?
 - Was I there for people who needed me?
 - Do my relationships reflect *k'dushah*, holiness?
 - Did I perform or postpone kind deeds? Did I say or hold back unnecessary words?
 - Did I acquire only possessions? Or did I acquire insights and knowledge as well?
 - Did I live fully? If not, how can I?

If you would like to mark this ritual by reciting a prayer or poem, here are some options:

READINGS FOR TASHLICH

During this season of repentance, we are called upon to do *teshuva*, to return to God in sincerity and in truth. Through prayer and study, reflection and ritual, we strive to begin the new year in a spirit of humility, self-scrutiny, and spiritual renewal.

Today we come to these bodies of water to perform the *Tashlich* ceremony, seeking, symbolically to “cast away” our accumulated sins and transgressions, to send away our unworthy thoughts, so that we may purify our hearts and our souls, as the new year begins.

Cast away from yourselves all your transgressions. And create within yourselves a new heart and a new spirit.

In my distress I cried out to the Eternal One: God answered me and set me free.

Who is like You, Oh God, forgiving iniquity and pardoning the transgression of the remnant of Your people!

You do not retain Your anger forever, for You delight in loving kindness.

You will again have compassion upon us, subdue our iniquities, and cast all our sins into the depth of the sea.

You will show faithfulness to Jacob and loving kindness to Abraham, As You promised our ancestors from the days of old.

They shall not hurt nor destroy in all My holy mountain: For the earth shall be full of the love of the Eternal
As the sea is full of the waters that cover it.

Psalms 118:5; Micah 7:18-20; Isaiah 11:9

EILI, EILI

Eili, Eili
Shelo yigamer le'olam,
Hachol v'hayam,
Rishrush shel hamayim,
B'rak hashamayim
Tefilat ha'adam.

אֵלִי אֵלִי
שֶׁלֹּא יָגַם לְעוֹלָם
חַכּוֹל וַיָּמָם
רִשְׁרוּשׁ שֶׁל הַמִּים
בְּרָק הַשָּׁמַיִם
תְּפִלָּת הָאָדָם.

O God, my God, I pray that these things never end:
The sand and the sea, the rush of the water.
The crash of the heavens, the prayer of the heart.

THE OFFERING: A TASHLICH PRAYER BY JILL HAMMER

I cast this gift to the water.
It is my past: blessing and regret.
It is my present: reflection and listening.
It is my future: intention and mystery.
It is what I did and did not;
it is yes and no and silence.
It is what was done and what arose from what was done
and what arises in this body remembering.
I let it all go.
I own neither the sting nor the sweetness.
I hold on to nothing. The water has no past.
Each drop of water is a new beginning.
Harm that has been: heal in the rush of love and truth and time.
We who are lost: take us homeward.
May these waters turn what is broken into what is whole.
May each separate droplet reach the ocean that is becoming.
The journey awaits.
I have no power to refrain from it; only to steer it when I can.
May the One who is the great Crossroad guide my turning.
Three times I declare:
It is finished.
It is born.
It is unending.
Three times I listen:
It is love.
It is the water.
It is before me.
May my offering go where it is meant to go
and may the one who offers it find the way.
Amen.

OSEH SHALOM

Oseh shalom bimromav
Hu ya'aseh shalom aleinu
V'al kol Yisrael
V'imru: amen.

עוֹשֶׁה שָׁלוֹם בְּמִרְאֵינוֹ
הוּא יַעֲשֶׂה שָׁלוֹם עَلָיוֹ
וְעַל כָּל יִשְׂרָאֵל
אָמַרְתָּ אָמָן.

*May the One who creates peace on high
bring peace to us
and to all Israel.
And we say: Amen.*