



## **A Personal Tashlich** ***(It's More Than Throwing Bread)***

“You will hurl all our sins Into the depths of the sea.” (Micah, Ch. 7)

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### **Eli Eli**

*Eli, Eli, She lo yi-ga-mer l'olam.  
Ha-chol ve-ha-yam, rish-rush shel ha-ma-yim,  
berak ha-shamayim, t'fillat ha-adam. (x2)*

אלי, אלי, שלא יגמר לעולם  
החול והים, רשרוש של המים,  
ברק השמים, תפלת האדם.

*O Lord, my God, I pray that these things never end.  
The sands and the sea, the rush of the waters, the crash of the heavens, the  
prayer of the heart. (x2)*

*(Hannah Senesh)*

### **A Prayer for Tashlich by Rabbi Rachel Barenblatt**

Here I am again ready to let go of my mistakes  
Help me to release myself from all the ways I've missed the mark.  
Help me to stop carrying the karmic baggage of my poor choices.  
As I cast this break upon the waters lift my troubles off my shoulders.  
Help me to know that last year is over, washed away like crumbs in the current.  
Open my heart to blessing and gratitude.  
Renew my soul as the dew renews the grasses.

## **Social Justice Tashlikh Prayer By Rakhel Silverman**

Let us cast away the sin of indifference to injustice

Let us cast away the sins of times we did not reach out to help others

Let us cast away sins of being not being better allies because of our own privileges

Let us cast away the sins of times we did not help our non-binary siblings and community members

Let us cast away the sins of the times we did not have the courage to speak up about injustice Let us cast away the sins of times that we did not help others because we were happy with our own lives

Let us cast away the times we witnessed prejudice or discrimination but did nothing Let us cast away the sin of ignoring those in need

Let us cast away the sins of not having time to be part of activism in our communities Let us cast away the sins of not giving tzedakah to causes

Let us cast away the sin of complacency in oppression

### **Standing At a Body of Water (even a bathtub or kitchen sink)....**

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1. **Examine what you've struggled with** in the past year before doing *Tashlich*. *Rosh Hashanah* is a period of self-introspection, and *Tashlich* requires that you review your behavior over the last year before you can cast away your sins.
2. **Take a meditation walk.** After you've thought about your actions over the past year, take a walk and meditate on ways that you can change your behavior and return to God in the next year.



3. **Offer a prayer about your hope for the year.** Talk to God out loud or in your head about your past year and how you plan to do better. Try to be as honest as possible about what has happened during the year and how you want to improve. If you need help with words, try answering some of these questions or offer the prayers below.
- Am I using my time wisely?
  - Was I there for people who needed me?
  - Do my relationships reflect *k'dushah*, holiness?
  - The kind deed: did I perform it or postpone it? The unnecessary word: Did I say it or hold it back?
  - Did I acquire only possessions? Or did I acquire insights and knowledge as well?
  - Did I live fully? If not, how can I?
4. **Cast your sins into the body of water.** After your prayer, reach into your pockets and grab crumbs, bird seed or metaphorical sins, and throw them into the water. When you let go of them, breathe out and watch them wash away.



## **Tashlich with Children: Casting our sins upon the waters**

1. Take a few moments to ask forgiveness of each other. It is, of course, easier for children to think in concrete terms. Perhaps you were too busy, impatient, or too angry to listen one time (surely not more than once!). If you mention an example, it will help them understand.
2. Take a few moments to share something you did for each other that made you feel wonderful.
3. Talk with them about how love makes you remember the wonderful things, and forgive the hurts. God—who also loves us—is proud of us for all the good things we do, and forgives us too. When we think of such great gifts, we like to speak in the language of blessing:

*Praised are You, Adonai our God, Ruler of the Universe. You are slow to anger and ready to forgive.*

4. Talk with them about the crumbs representing the little pieces of hurt that are left from things they are sorry they did. We take a few crumbs (because no one did that many bad things!) and throw them out onto the water.

*It means we let go of the hurt and forgive.*

*It means we will try to do even better in the year to come.*

5. Cast your crumbs upon the waters...gently.



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