

Like the crumbs in our pockets,  
we take the sins we are carrying  
around with us, the ones that are  
weighing us down, and bring them  
out into the light. We must take  
them in our hands, evaluate them,  
and evaluate ourselves.  
Only then, can we begin  
to change our behaviors and  
to change our hearts.

“God will take us back in  
love; God will cover up our  
iniquities, You will cast  
[tashlich] all our sins  
into the depths of the sea”

(Micah 7:19).

### What to Cast Off:

birdseed  
small stones  
ice cubes into warm water  
bubbles  
sins written on tissue paper  
with washable marker in a  
bowl of water

### Where to Cast Off:

Lake Michigan  
Chicago River  
Any lagoon, pond, or  
kitchen sink



Tashlich

May what has become heavy, old in my spirit, patterns that are  
needing to be shed, what is no longer needed, find its swiftness  
and be carried away by the wind. May the words that carry my  
regrets, the burden of any hurt I may have caused another, burst  
with release May the fragile brief moment of casting off into the  
air, of bubbles floating, stones sinking, ice melting, be a  
reminder that all things change and can change. May play and  
prayer know each other with the flow of Eternal Breath.