

Tashlich means “cast away.” The ritual offers us an opportunity for reflection and soul-searching, to get in touch with whatever it is that we need to let go of from the past year. Perhaps it is fear, anger, resentment, loneliness, or grief. Perhaps it is an action we regret.

Tashlich is part of a process of remembering the past year and reconnecting with who we are, of reaching both inwards and outwards, of discovering how we might transcend what constrains us. We are here to ground ourselves in *teshuvah*, in turning towards our best selves. And we are here to commit to righting the wrongs we have done.

Hiney Mah Tov

*Hiney mah tov umah naim
Shevet achim gam yachad
Hiney mah tov
Shevet achim gam yachad*

How good and how pleasant it is that siblings
sit together.

Achat Sha'alti

*Achat sha'alti me'et Adonai
otah avakesh (x2)*

*Shivti bevit Adonai
kol yemey chayay,
lach'zot beno'am Adonai
ulevaker beheichalo.*

One thing I ask, I ask of You, I earnestly pray for
That I might dwell in Your house all the days of my life
Knowing the beauty, the beauty of You,
and to dwell in Your holy place.

Eili Eili

*Eili eili shelo yigamer le'olam
Hachol v'hayam, rish rush shel hamayim
B'rak hashamayim, t'filat ha'adam.*

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

Esa Eynai

Esa eynai el heharim me'ayin yavo ezri.

I lift up my eyes to the hills.
From where does my help come?
(Psalms 121:1-2)

For the “Little” Sins We Commit

For pushing in queues.
For stealing telephone calls.
For saying, “It’s not my business.”

For passing the blame.
For tricking ourselves and others.
For saying, “It’s not fair.”

For interfering with other people’s
souls.
For ignoring the needs of their bodies.
For saying, “Am I my brother’s
keeper?”

For paying our taxes by conjecture.
For petty theft and cheating.
For saying, “Why me?”

For letting other people down.
For running away from difficulties.
For saying, “Who cares?”

For not taking responsibility.
For pretending to be good.
For saying, “Who will ever know?”
-S.Y. Agnon

Kavanah Before Casting Away Sins

Throwing away untreated sewage
is polluting. Before throwing your
sins in the water, neutralize them
by asking: Have I learned my
lesson?

Otherwise, they will just come back
to you in your food and water.

(Zalman Schachter-Shalomi)