Tashlich, the ceremonial release of our *sins* - thoughts and actions that hold us back from becoming our best selves - provides the opportunity to let go of obstacles to spiritual growth.

For Teens and Grown Ups

In preparation for Tashlich, ask yourself:

1. What behaviors prevent me from being my best self?
2. What fears present themselves as obstacles to living my fullest life?
3. How do I imagine myself happy and whole?

As you approach the water, offer the following intention (or something like it!):

Just as I cast these crumbs off into the water, so too do I let go of the obstacles that bind me. Just as these crumbs follow the ebb and flow of the river, so too do I open myself to the uncertainty of the unfolding New Year. Just as these crumbs are absorbed within the water, so to do I release myself to new opportunity, growth and potential.

For Children - Young and Old:

As you scatter the crumbs into the water say:

I am grateful for a new year to grow and change.

Thank you Gd for helping me make this a year of *ma'asim tovim*, acts of goodness and kindness.

As you throw your crumbs into the water say:

Gd. You created me in your image.

I am like you and I am myself.

I make mistakes.

I am a hard worker.

I am a good friend.

I am _____

I am _____

I am _____

This year, I will work hard to _____

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