



## **Tashlich Service: Casting Off Our Sins**

### **Lamentations 5:21**

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנִשׁוּבָה, חֲדָשׁ יָמֵינוּ כְּקִדְמוֹת.

*Ha-shi-vei-nu A-do-nai ei-le-cha ve-na-shu-vah cha-deish ya-mei-nu ke-ke-dem.*

*Turn us to You, O God, and we shall return; renew us as in days of old.*

For hundreds of years, Jews have gathered by the water's edge on the afternoon of *Rosh HaShanah* to symbolically cast off our sins. Today, as did generations before us, we too stand by the water's edge, poised between the year now gone and the year that is yet to be. *Tashlich* is a time to recognize that we can change the quality of relationships with others.

There are two great bodies of water according to our tradition: the lower waters—*mayim*—which include the oceans, rivers and lakes; and the upper waters—*shamayim*—waters which are found in the heavens above. Today, standing at the edge of the lower waters, we will release our sins into the water and face the year ahead with dignity, with courage, and with faith.

### **Micah 7:18-19**

18: Who is a God like you, who pardons iniquity, and passes over the transgression of the remnant of God's heritage? God does not retain anger forever, because God delights in mercy.

19: God will again have compassion upon us; God will suppress our iniquities; and You will cast all their sins into the depths of the sea.

**Please take some time for your own private meditation and casting of crumbs. Draw the words from your own heart or use the following meditation by Rabbi Rachel Barenblat. We will gather again in a few minutes on page 2.**

*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 heavy baggage of my poor choices.*

*As I cast this bread upon the waters, lift my troubles off my shoulders.*

*Help me 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.*

*Amen.*

### Readings for casting crumbs into the water:

Let us cast away the sin of deception, so that we will mislead no one in word or deed, not pretend to be what we are not.

Let us cast away the sin of vain ambition, which prompts us to strive for goals that bring neither true fulfillment nor genuine contentment.

Let us cast away the sin of stubbornness, so that we will neither persist in foolish habits nor fail to acknowledge our will to change.

Let us cast away the sin of indifference, so that we may be sensitive to the sufferings of others and responsive to the needs of our people everywhere.

Let us cast away the sin of pride and arrogance, so that we can worship God and serve God's purposes in humility and truth.

Let us cast away the sin of envy, so that we will neither be consumed by desire for what we lack nor grow unmindful of the blessings that are already ours.

Let us cast away the sin of selfishness, which keeps us from enriching our lives through wider concerns, and greater sharing, and from reaching out in love to other human beings.

### הליחה לכסריה *Halichah L'Keisaria* A Walk to Caesarea

*Words by Chanah Senesh; Music by David Zehavi*

*Eili, Eili, shelo yigameir l'olam*

*Hachol vehayam, rishrush shel hamayim, )*

*B'rak hashamayim, t'fillat haAdam. )2x*

אֱלֹהִים, אֱלֹהִים, שְׁלֹא יִגְמַר לְעוֹלָם  
הַחֹל וְהַיָּם, רִישְׁרוּשׁ שֶׁל הַמַּיִם,  
בְּרַק הַשָּׁמַיִם, וְתַפִּילַת הָאָדָם.

Oh Lord, 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 )2x