

Ezekiel 18:31

הַשְּׁלִיכוּ מֵעַלְיְכֶם אֶת-כָּל-פְּשָׁעֵיכֶם אֲשֶׁר פָּשַׁעְתֶּם בָּם וְעָשׂוּ לָכֶם לֵב חָדָשׁ
וְרוּחַ חֲדָשָׁה וְלָמָּה תִּמְתּוּ בַּיִת יִשְׂרָאֵל:

Cast away all your transgressions and make yourself a new heart and a new spirit; for why should you die, house of Israel?

Micah 7:18-19

Who is a God like You, forgiving iniquity and pardoning the transgression of the rest of Your people? You do not stay angry forever, rather You delight in loving-kindness. You will again have compassion upon us, subduing our sins, casting all our sins into the depths of the sea. You will show faithfulness to Jacob and enduring love to Abraham, as You promised our fathers from days of old.

Personal Reflection- Before casting out your sins, recite the following to yourselves. Blessed be You, who grants me the discernment to distinguish between good and bad.

Guiding Questions:

What's been a particular challenge this year?

How have you grown, changed this year?

What do you know that you didn't know last Elul?

What opportunities did you miss?

How have you cared for yourself this year?

What do you want to change?

How have you harmed family or friends?

Congregation Beth Ohr

Tashlich Ceremony

Rabbi Dahlia Bernstein & Cantor Joshua Kowitz

During the season of repentance, we are called upon to do T'shuva, to return to God in sincerity and in truth. Through prayer and study, reflection and ritual, we strive to begin the new year in a spirit of humility, self scrutiny, and spiritual renewal.

Today we have come to this holy body of water to perform the Tashlich ceremony; seeking symbolically to “cast away” our accumulated sins and transgressions, to send away our unworthy thoughts, to purify our hearts and our souls. as the new year begins. -Excerpt from Mahzor Hadash (1995)

Psalm 130

Out of the depths I call to You; Lord, hear my cry, heed my plea. Be attentive to my prayers, to my sigh of supplication. Who could endure, Lord, if You kept count of every sin? But forgiveness is Yours: therefore we revere You. I wait for the Lord; my soul yearns. Hopefully I await His word. I wait for the Lord more eagerly than watchmen wait for dawn. Put your hope in the Lord, for the Lord is generous with mercy. Abundant is God's power to redeem; May God redeem the people Israel from all sin. Psalm 118:5

Psalm 118:5

מִן-הַמִּצָּר, קָרָאתִי יְהוָה, עָנְנִי בַמְּרוֹחַב יְהוָה

Min hametsar, karati yah, anani vamerchav yah.

In my constraints I called to God; He answered me and freed me.

Today we come to this body of water to perform the Tashlich ceremony, seeking symbolically to “cast away” our accumulated sins and transgressions so that we may purify our hearts and our souls, as the new year begins.

Let us cast away the sin of deception, so that we will mislead no one in word or deed, nor pretend to be what we are not.

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

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

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 people everywhere.

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

Avinu Malkeinu

Avinu Malkeinu grant unto us a year of happiness. Our Father, our King, Be gracious and answer us, for we have not done enough good deeds. Please love us, be generous with us, and help us.

Avinu Malkeinu Chanenu va'aneinu (2x) ke ein banu ma'asim.
-Aseh imanu tzdakah vachessed (2x), v'hoshi'enu. (repeat)

אָבִינוּ מֶלְכֵנוּ חַנּוּנוּ וְעֲנֵנוּ (2x) כִּי אֵין בָּנוּ מַעֲשִׂים
עֲשֵׂה עִמָּנוּ צְדָקָה וְחַסֵּד (2x) וְהוֹשִׁיעֵנוּ:

Psalm 130

שִׁיר הַמַּעְלֹת מִמַּעַמְקִים קְרָאתֶיךָ יְיָ אֲדַנִּי שְׁמָעָה בְּקוֹלִי
תְּהַיִּינָה אַזְנוֹתֶיךָ קְשׁוּבוֹת לְקוֹל תְּחִנּוֹתַי אִם-עוֹנוֹת תִּשְׁמָר-יְיָ
אֲדַנִּי מִי יַעֲמֵד כִּי-עַמְּךָ הִסְלִיחָה לְמִי עֵן תִּוָּרָא קְוִיתִי יְיָ קוֹתָה
נַפְשִׁי וְלִדְבָרוֹ הוֹחֵלְתִי נַפְשִׁי לְאֲדֹנָי מִשְׁמָרִים לִבִּי קִר שְׁמָרִים
לְבָקֶר יִחַל יִשְׂרָאֵל לְאֱלֹהֵי כִּי-עַם-יְיָ הַחֲסֵד וְהַרְבֵּה עֲמּוֹ
פְדוֹת וְהוּא יַפְדֶּה אֶת-יִשְׂרָאֵל מִכָּל לְעוֹנֹתָיו:

Out of the depths I call to You; Lord, hear my cry, heed my plea. Be attentive to my prayers, to my sigh of supplication. Who could endure, Lord, if You kept count of every sin? But forgiveness is Yours: therefore we revere You. I wait for the Lord; my soul yearns. Hopefully I await His word. I wait for the Lord more eagerly than watchmen wait for dawn. Put your hope in the Lord, for the Lord is generous with mercy. Abundant is God's power to redeem; May God redeem the people Israel from all sin.