



DIY Tashlich

Tashlich is our Rosh Hashanah ritual for symbolically casting away our sins. Since we cannot gather as one community for *Tashlich* this year, we hope you will consider trying this powerful ritual for yourself!

For *Tashlich*, you will need:

- A flowing body of water, such as an ocean, river or spring (or, if you can't get to flowing water, you can use water from a faucet).
 - Did you know: it's best to choose a body of water that contains fish, because Jewish tradition teaches that when you cast your sins into the water, the fish will protect them and keep them hidden under the water!
- Something to throw into the water to represent your sins.
 - Traditionally, this would be bread crumbs, but you can also use birdseed (which is healthier for most animals), pebbles, or anything else that is natural or easily biodegradable.
- These passages from the Book of Micah, which contain the inspiration for *Tashlich*:
 - Who is a God like You, forgiving iniquity and passing over the transgressions of the remainder of Your people? You do not remain angry forever, for You desire loving-kindness. You will take us back in love; You will hide our iniquities, and **You will cast our sins into the depths of the sea.** You will give truth to Jacob, loving-kindness to Abraham, as You swore to our ancestors from days of old.

Before *Tashlich*, consider:

- **Finding an inviting beach** or riverbank to perform your ceremony, ideally in the afternoon on Rosh Hashanah day, though you can perform *Tashlich* on any day between Rosh Hashanah and Yom Kippur.
- **Taking a meditation walk** to contemplate your actions in the past year and how you can change your behavior for the better in the new year.

Then, read the passage from Micah and cast your "sins" into the water!