

# תְּשֻׁלִּיָּהּ casting off



 **CSAIR**  
Conservative Synagogue Adath Israel of Riverdale

*Study. Prayer. Community.*



*Prospect: A Year in the Park—Cast Away Transgressions;*  
[www.ayearinthepark.typepad.com](http://www.ayearinthepark.typepad.com)

אָבִינוּ מַלְכֵנוּ, חֲנֻנוּ וְעַנּוּ,  
 כִּי אֵין בָּנוּ מַעֲשִׂים,  
 עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ

*Avinu malkeinu, choneinu va-aneinu,  
 ki ein banu maasim,  
 Aseh imanu tzdakah va-chesed,  
 vihoshienu*

*Avinu Malkeinu, have mercy on us, answer  
 us, for our deeds are insufficient; deal with  
 us charitably and lovingly and redeem us.  
 —The Machzor (translation from Mahzor Lev Shalem)*

We cast into the depths of the sea our sins, and failures, and regrets.

Reflections of our imperfect selves flow away.

What can we bear, with what can we bear to part?

We upturn the darkness, bring what is buried to light.

What hurts still lodge, what wounds have yet to heal?

We empty our hands, release the remnants of shame,  
 let go fear and despair that have dug their home in us.

Open hands, opening heart —  
 The year flows out, the year flows in.

—*Marcia Falk*

## a new heart

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הַשְּׁלִיכוּ מֵעֲלֵיכֶם אֶת־כָּל־פְּשָׁעֵיכֶם  
אֲשֶׁר פָּשַׁעְתֶּם בָּם  
וַעֲשׂוּ לָכֶם לֵב חָדָשׁ וְרוּחַ חֲדָשָׁה

*Hashlichu me'aleichem et kol pishechem  
asher pashatem bam  
V'asu lachem lev chadash v'ruach  
chadasha*

Cast away from you all your transgressions  
in which you have transgressed;  
and make yourselves a new heart  
and a new spirit.

—Ezekiel 18:31



[www.nicejewishmom.com](http://www.nicejewishmom.com)

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....

As I cast this bread upon the waters  
lift my troubles off my shoulders.  
Help me to 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.  
And we say together:  
Amen.

—Rabbi Rachel Barenblat

וַיִּתְפַּלֵּל יוֹנָה אֶל־יְיָ אֱלֹהֵי אֱלֹהֵי מִמְעַי הַדָּגָה׃ וַיֹּאמֶר קְרָאתִי מִצָּרָה לִי אֶל־יְיָ וַיַּעֲנֵנִי מִבֶּטֶן שָׂאוֹל  
 שׁוֹעֲתִי שָׁמְעַתָּ קוֹלִי׃ וַתִּשְׁלִיכֵנִי מִצוֹלָה בְּלִבְבַּי יָמִים וַנְהַר יִסְבְּבֵנִי כָּל־מִשְׁפָּרֶיךָ וַיְגַלִּיךָ עָלַי  
 עָבְרוּ׃ וַאֲנִי אָמַרְתִּי נִגְרַשְׁתִּי מִנֶּגֶד עֵינֶיךָ אַךְ אוֹסִיף לְהִבִּיט אֶל־הַיִּכָּל קִדְשֶׁךָ׃ אֶפְפוּנֵי מַיִם  
 עַד־נַפְשִׁי תַהוֹם יִסְבְּבֵנִי סוּף חֲבוּשׁ לְרֹאשִׁי׃ לְקַצְבֵי הָרִים יַרְדְּתִי הָאָרֶץ בְּרַחֲמֶיךָ בְּעַדֵי לְעוֹלָם  
 וַתַּעַל מִשְׁחַת חַיִּי יְיָ אֱלֹהֵי׃ בָּהִתְעַטֵּף עָלַי נַפְשִׁי אֶת־יְיָ זָכַרְתִּי וַתִּבּוֹא אֵלַיךָ תַּפְלָתִי אֶל־הַיִּכָּל  
 קִדְשֶׁךָ׃

Then Yona prayed to the A-donai his God out of the fish's belly, and said,

“I cried to A-donai out of my distress, and God heard me;  
 out of the belly of She’ol I cried and You heard my voice.

For You cast me into the deep, into the heart of the seas;  
 and the floods compassed me about,  
 all thy billows and thy waves passed over me.”

Then I said, I am cast out of Your sight;  
 yet I will look again towards Your holy temple.

The waters compassed me about, to the point of death,  
 the depth closed me round about, the weeds were wrapped about my head.

I went down to the bottoms of the mountains; the earth with her bars closed on me forever,  
 yet You brought up my life from the pit, O A-donai my God.

When my soul fainted within me I remembered A-donai,  
 and my prayer came in to You, into Your holy temple.

—Jonah 2:2-8

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**Whatever falls into the  
 deep is lost forever.**

—Zohar , Vayikra 101 a,b

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מִן הַמִּצָּר קְרָאתִי יְיָ הֵא, עָנַנִי בְּמַרְחֵב יְיָ הֵא

*Min hameitzar karati Y-ah, anani bamerchav Y-ah*

.Out of my distress I called upon God: God answered me with liberation

—Psalms 118:5

I wish I hadn't done that  
 I wish I hadn't said that  
 I wish I hadn't thought that  
 I wish I hadn't ...

But I did.

And I'm still me, but it feels so wrong.  
 It's stuck in my head like the tune of a song.  
 That really bad feeling seems to be here to  
 stay.  
 So I keep on wishing, but it won't go away.

This year, by the water,  
 I'll whisper, "I'm sorry"  
 And I'll clench my fist hard  
 'round the crumbs in my pocket  
 Then I'll finally reach up and  
 Let them all go

And I'll catch my reflection –  
 Arms raised up high  
 With the clouds right above

Like a bird in the sky  
 Looking free  
 Feeling free  
 Free to feel

And also  
 Free to move on  
 Forgiven by One

—Rena Grey Fine

שִׁיר הַמַּעֲלוֹת, מִמַּעַמְמִקִּים קָרָאתִיךָ יְיָ. אֶ-דָּנִי שְׁמַעַה בְּקוֹלִי, תִּהְיֶינָה אַזְנֶיךָ קֹשְׁבוֹת, לְקוֹל  
 תַּחֲנוּנָי. אִם עֲוֹנוֹת תִּשְׁמַר יְיָ, אֶ-דָּנִי, מִי יַעֲמֵד. כִּי עֲמַד הַסְּלִיחָה, לְמַעַן תִּגְוֵרָא. קוֹיִתִּי יְיָ  
 קוֹיִתָּה נַפְשִׁי, וְלִדְבָרוֹ הוֹחֵלֵתִי. נַפְשִׁי לִי, מִשְׁמָרִים לְבָקָר, שְׁמָרִים לְבָקָר. יַחַל יִשְׂרָאֵל אֶל  
 יְיָ, כִּי עִם יְיָ הַחֶסֶד, וְהַרְבֵּה עֲמוּ פְדוּת. וְהוּא יַפְדֶּה אֶת יִשְׂרָאֵל, מִכָּל עֲוֹנוֹתָיו.

A song of Ascents. Out of the depths I cried to You, A-donai. A-donai, hear my voice:  
 let your ears be attentive to the voice of my pleading. If You, A-donai, kept track of sin,  
 A-donai, who could stand? But in You there is forgiveness, that thou mayst be feared. I  
 wait for the A-donai, my soul waits, and in God's word I hope. My soul waits for A-  
 donai more than they who watch for the morning: more than watchmen for the morning.  
 Let Yisra'el hope in the A-donai: for with the A-donai there is a steadfast love, and with  
 God is great redemption. And God shall redeem Yisra'el from all its sins.

—Psalm s130

יְי, יְי, אֵל, רַחוּם, וְחַנוּן,  
 אֶרֶךְ אַפַּיִם, וְרַב חֶסֶד, וְאֱמֶת,  
 נֹצֵר חֶסֶד לְאַלְפִים, נִשְׂא עוֹן, וְנָשַׁע, וְחָטְאָה, וְנָקָה.

*A-donai, A-donai, E-l Rachum v'Chanun,  
 Erech Apayim, v'Rav Chesed v'Emet,  
 Notzer Chesed LaAlafim, Nosei Avon vaFeshah, V'Chataah, V'Nakeh*

A-donai  
 A-donai,  
 all-merciful,  
 gracious,  
 and compassionate  
 patient,  
 and abundant in love  
 and truth,

keeping love to  
 thousands,  
 forgiving iniquity,  
 and transgression,  
 and sin,  
 and pardoning.

—Exodus 34:6-7



*Hubert J Steed,  
 NJ Palisades & Hudson  
 River from Riverdale,  
 NY Train Station,  
 November 2007*

מי א-ל כְּמוֹד נִשְׂא עֹון וְעָבַר עַל־פְּשָׁע לְשֹׂאֲרֵית גְּחֻלְתּוֹ  
 לֹא־הִחֲזִיק לְעַד אִפּוֹ כִּי־חָפֵץ חֶסֶד הוּא :  
 יָשׁוּב יִרְחַמְנוּ יִכַּבֵּשׁ עֲוֹנֹתֵינוּ  
 וְתִשְׁלִיךְ בְּמַצְלוֹת יָם כָּל־חַטָּאתָם :  
 תִּתֵּן אֱמֶת לִיעֲקֹב חֶסֶד לְאַבְרָהָם  
 אֲשֶׁר־נִשְׁבַּעְתָּ לְאַבְתֵּינוּ מִיְמֵי קֶדֶם :

*Mi E-l kamocha nosei avon v'over al pasha lische'erit nachalato*  
*Lo hechezik la-ad apo ki chafetz chesed Hu*  
*Yashuv yirachemenu yichbosh avonoteinu*  
*V'tashlich bimtzulot yam kol chatotam*  
*Titen emet l'Yaakov chesed l'Avraham*  
*Asher nishbata laavoteinu mimei kedem.*

Is there any divinity save You,  
 who forgives the sins and pardons  
 the transgression of the remnant,  
 Your people?

You do not maintain anger forever,  
 because You delight in love.

You will return to us compassionately;  
 overcoming the consequences of our sin,  
 hurling our sins into the depths of the sea;

You will keep faith with Yaakov,  
 showing enduring love to Avraham,  
 as You promised our ancestors in days of old.

—Micah 7:18-20



Praying Near A Swimming Pool With Fish, Bnei Brak  
 Israel, 2012, [www.cnn.com](http://www.cnn.com)

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 man.

*E-li E-li  
Shelo yigamer le'olam:  
Hachol vehayam  
Rishrush shel hamayim  
Berak hashamayim  
Tefilat ha'adam.*

א-לי, א-לי  
שלא יגמר לעולם  
החול והים  
רשרוש של המים  
ברק השמים  
תפילת האדם

—*Hannah Senesch, Halicha L'Keysaria Walking to Caesaria*

Please,  
with the strength and greatness of  
your right hand,  
untangle our knots.  
Accept your peoples song.  
Elevate and purify us,  
Awesome One.

*Ana bechoach  
gedulat yemincha  
tatir tzrurah.  
Kabel rinat amcha  
Sagveinu, tahareinu,  
nora*

אנא בכח  
גדלת ימינך  
תתיר צרורה  
קבל רנת עמך  
שגבנו, טהרנו, נורא

—*Friday Night Liturgy*



*Tashlich,  
Tel Aviv, 2014.  
Photo: Hadas  
Parush/Flash90*

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה, חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

*Hashiveinu A-donai elecha v'nashuva, chadeish yameinu kikedem*

Turn us to You, A-donai, and we will return to You.

Renew our days as of old.

—Lamentations 5:21

לֹא יִגְרְעוּ וְלֹא יִשְׁחִיתוּ בְּכָל־הָר קֹדְשֵׁי

כִּי־מִלְאָה הָאָרֶץ דַּעַה אֶת־יְיָ כַּמַּיִם לַיָּם מְכַסִּים :

*Lo yareiu vlo yashchitu b'chol har kodshi*

*Ki mal-ah haaretz deah et A-donai kamayim layam michasim.*

They shall not hurt nor destroy in all my holy mountain:

for the earth shall be full of the knowledge of the A-donai, as the waters cover the sea.

—Isaiah 11:9

שִׁפְכֵי כַּמַּיִם לִיבְד נֹכַח פְּנֵי יְיָ

*Shifchi kamayim libeich, nochach pnei hashem.*

Pour out thy heart like water before the face of the Lord.

—Lamentations 2:19



Left: [www.rabbibarbara.blogspot.com](http://www.rabbibarbara.blogspot.com)

Cover: Tashlich Women at the Edge of the Sea (*Israel, 1954*) Chim (David Seymour); Susquehanna River Tashlich (Paul Chaplin); [www.creativejewishmom.com](http://www.creativejewishmom.com)

MEDITATION AND WATER

Circumambulate the city of a dreamy Sabbath afternoon. Go from Corlears Hook to Coenties Slip, and from thence, by Whitehall northward. What do you see?—Posted like silent sentinels all around the town, stand thousands upon thousands of mortal men fixed in ocean reveries. . . . But these are all landsmen; of week days pent up in lath and plaster—tied to counters, nailed to benches, clinched to desks . . . they come from lanes and alleys, streets and avenues—north, east, south, and west. Yet here they all unite. . . .

Yes, as everyone knows, meditation and water are wedded forever.

—Herman Melville, *Moby-Dick*



*Tashlich ceremony at the Ohel Moed Synagogue in Tel Aviv, 1960, Photo: Fritz Cohen/Laam*

סלחו לי כבר עכשיו, שלושה חודשים  
 לפני ימי הסליחה הנוראים  
 אני חושש שלא אגיע.  
 אני מפזר את יום הכיפור על פני  
 כל השנה.  
 ענבים בשלים בעונתם.  
 אך איך יבשילו חטאים וכפרתם ביום אחד?

Forgive me already now, three months  
 before the awful days of forgiveness.  
 I fear that I won't get there.  
 I scatter the Day of Atonement over the  
 surface of the whole year.  
 Grapes ripen in their season.  
 So how will sins and their atonement  
 ripen in one day?

—Yehuda Amichai, *Atonement*  
 (Translation: Rabbi Steve Sagar)

### **Crotona Park**

During the Jewish New Year, neighbourhood Jewish people from miles around would gather to walk around Indian Lake [in Crotona Park in the Bronx] for Tashlich – a solemn religious ritual that involved the symbolic ridding of one’s sins. In my eyes, it was less the religious significance that mattered than the feeling of human connection and community that existed for that moment.

—Leonard Quart, “A Bronx Childhood,” *The London Magazine*

### **“Tashlich Is Free”**

Rabbi Kasriel Kastel tells of a Jewish family he knew in the Bronx years ago. They couldn’t afford to join a synagogue. So they didn’t go to High Holy Days services. Instead, on one day of Rosh HaShanah each year, they would go to a body of water and do Tashlich, the symbol casting away of sins. “Tashlich is free,” the rabbi says.

—Steve Lipman, *The Jewish Week* 9/10/09

### **During A Time Of Persecution**

On the first day of Rosh Hashanah, it was the custom to go to a pool or the Main River in Frankfurt am Main, Germany, to observe the ceremony of Tashlich, but at the gate of the city leading to the river a soldier’s guard was in place...who did not let any Jews through. The Frankfurt Jews therefore had to conduct the Tashlich ceremony not at the Main, but at a rampart of the city where, through a narrow ditch, the waste water with all the filth of the city flowed....

—Yosef Ometz, *Rabbi Yosef Hahn, Frankfurt am Main, 1570-1637*



*Tashlich, Šiauliai-Shavel, Lithuania  
1930s.*

*Photo: Yivo Institute*

## l'shana tovah

For many years, the Conservative Synagogue Adath Israel of Riverdale did not have a set time or place for Tashlich. In 1998, my first year in the community, I announced an organized Tashlich but was not sure if anyone would attend. I was thrilled when a small group of people met me at shul. As we walked toward the parking lot of SAR, a few people met us at 252nd and the Henry Hudson Parkway, more joined on Arlington Avenue, and even more were waiting at SAR. A congregation!

Overlooking the Hudson River, we greeted each other, sang, prayed and reflected. Then, those who were able went down to the Metro North Station, climbed down a rickety ladder (with permission obtained by a member of the congregation), and stood by the riverside. Some of the people who were with us that year are still coming back. Others are only present in our memories. And each year, new people join us as we walk towards the water.

May we be inscribed for a good year, a year of release, blessing, and peace for us, for Israel, and for humanity.

—Rabbi Barry Dov Katz

### To Do Tashlich:

Stand where you can see water  
(preferably flowing water with fish in it.)

Think about the past year.

Use the prayers in this booklet to help you focus.

Imagine ridding yourself of the actions, thoughts, and emotions, you'd prefer to not take into the new year.

If you can, throw small pieces of bread (or leaves or twigs...) into the water. Each piece represents something you want to cast off from the previous year. Some shake out their pockets.

To start the year with something new, find someone you do not know well and wish them a good year.



Greeting card for Rosh Hashanah, ca. 1900; Translation of the Hebrew:  
"And You will cast all of their sins into the depths of the sea" (Micah 7:19)