

DIY TASHLICH / CASTING AWAY RITUAL

Rosh Hashana 2023 / 5784

for Havurah Shalom, Cantor Barbara Slader

- WHAT:** A ritual to symbolize and embody renewal, setting positive intentions for the new year
- WHEN:** Between Rosh Hashana afternoon and Yom Kippur, any time
- WHY:** Ascribed to Micah 7:19 – ‘God will take us back in love,
God will cover up all our iniquities,
God will cast all our sins into the depths of the sea.’
- WHERE:** Near a body of water, flowing or still ... or with a distant view of water ... or with a garden hose ... or a bowl of water
- PREPARE:** Reflect privately on your life and relationships over the past year and clarify your intentions to improve in the coming year.

GATHER to toss: Natural, environmentally-friendly items – spent flower petals, pebbles, fallen leaves – to represent what you’re casting away: regrets, mistakes, patterns that no longer serve you.

or WRITE to dissolve: Words for what you’re casting away, with washable marker on slips of paper, or with chalk on pavement or stone. After the water has dissolved your words, pour it out on the earth to rejoin the water cycle. Compost or bury the wet paper.

HOW – TASHLICH RITUAL:

At your chosen spot for Tashlich, choose among the songs and poems on the pages to follow:

♪ EILI, EILI

Eili, eili, she-lo yi-ga-meir l’o-lam

Ha-chol v’ha-yam, rish-rush shel ha-ma-yim

B’rak ha-sha-ma-yim, tfi-lat ha-a-dam.

O God, 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.

– Hannah Senesh

♪ HASHIVEINU

Ha-shi-vei-nu, ha-shi-vei-nu, A-do-nai Ei-le-cha

V’na-shu-va, v’na-shu-va

Cha-deish, cha-deish ya-mei-nu k’ke-dem.

(Turn us toward you, Adonai, and we will return...

Renew our days as of old.)

– Book of Lamentations

♪ RETURN AGAIN

Return again, return again, return to the home of your soul. (x 2)

Return to who you are, return to what you are, return to where you are

Home again and whole again

Return again, return again, return to the home of your soul.

– S. Carlebach & Rafael Simcha Kahn, adapted

A PRAYER FOR TASHLICH

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 baggage of my poor choices.

*As I cast away these mistakes and regrets,
lift my troubles off my shoulders.*

Help me to know that last year is over,
washed away, dissolved in, or sunk beneath these
waters.

*Open my heart to blessing and gratitude,
Renew my soul as the dew renews the
grasses.*

And say, Amen.

– Rabbi Rachel Barenblat, adapted

THE OFFERING: A Tashlich Prayer

I cast this gift to the water.

It is my past: blessing and regret.
It is my present: reflection and listening.
It is my future: intention and mystery.

It is what I did
and did not;
it is yes and no and silence.

It is what was done
and what arose from what was done
and what arises in this body, remembering.

I let it all go.
I hold on to nothing.

The water has no past.
Each drop of water is a new beginning.

May my offering go where it is meant to go
and may the one who offers it
find the way.

Amen.

– Rabbi Jill Hammer, adapted


Each person finds a private place by the water for reflection. When you are ready to cast away, say to yourself:

Let these leaves (*petals, stones, words*) I am casting away stand for old patterns that no longer serve me.


Let the regrets I discard lighten my heart, for a new beginning.

Cast away from me all that I wish to shed, and create within me a new heart and renewed spirit.

– Ezekiel 18:31, adapted

 LEV TAHOR	Lev ta-hor b'ra-li, E-lo-him. V'ru-ach na-chon cha-deish b'kir-bi. (x 2) Al tash-li-chei-ni mil-fa-ne-cha, v'ru-ach kod-she-cha al ti-kach mi-me-ni.	<i>(Create in me a pure heart, and a renewed spirit within me. Do not cast me away, nor take your holy spirit from me.)</i>
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– Psalm 51

 OSEH SHALOM	O-seh sha-lom bim-ro-mav, hu ya'a-seh sha-lom a-lei-nu V'al kol yis-ra-eil, (v'al kol yosh-vei tei-vel) V'im-ru, im-ru A-mein	<i>(May the One who makes peace in the heavens, make peace for all of us, And for all who dwell on earth – and say Amein!)</i>
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May you be written and sealed for a good, sweet and healthy year!