



Tashlich Service



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

On the afternoon of the first day of Rosh Hashanah Jews go to a body of water, preferably one that contains living fish, and symbolically throw their sins away by casting bread into the water. We symbolically transfer our sins to the bread, and the fish eat our sins, as it were, and carry them away.

According to the *Midrash*¹ (*Tanchuma, Vayiera 25*), when Abraham was on his way to sacrifice Isaac, Satan set a river before him to tempt him to turn back. Abraham waded into the river up to his neck and finally asked God to help him, whereupon the river disappeared. One explanation for the

practice of *Tashlich* is that we go to the river to recall this important moment in the *Akedah*.² According to the *Zohar*,³ "a deep river symbolizes *binah*, understanding, the ability to plumb the depths of knowledge - to expand, develop and draw conclusions."

On Rosh Hashanah, when we cast our sins into the water, we can almost imagine ourselves being utterly surrounded by the purifying water of deep understanding, much as one is totally immersed in the *mikveh*.⁴ This can be a frightening experience, as it must have been to Abraham, or an uplifting one, as the *mikveh* often is. In either case, when we truly immerse ourselves in learning and gain deep insight through mystical experience, it quite often changes our lives forever and we emerge, on the shore, more fully able to perceive God's will and perform it in our lives.

Now we will take the bread, symbolic of our sins, and together walk down to the river. After we recite the ritual we will shake out the hem of our clothing three times as an allusion to the fact that we are putting our heart to the casting out of our sins, in order to become clean of all sin.

¹ Midrash: an ancient commentary attached to the biblical text. It allowed the rabbis to explain and expand on the Torah.

² Akedah: Akedah is found in the first five books of the Bible and refers to God's order to Abraham to sacrifice his son, Isaac.

³ Zohar: a collection of commentaries on the Torah, contains all the spiritual states that people experience as their souls evolve.

⁴ Mikveh: a ritual bath that is part of an ancient Jewish tradition.

Tashlich

A Ritual for "Casting Away" • Rabbi Rachel Barenblat • velveteenrabbi.com.

We come to this river seeking to cast away our mistakes, in the spirit of Ezekiel's words:

הַשְּׁלִיכוּ מֵעַלְיֶיכֶם, אֶת כָּל פְּשָׁעֵיכֶם אֲשֶׁר
פָּשַׁעְתֶּם בָּם, וַעֲשׂוּ לָכֶם לֵב חָדָשׁ, וְרוּחַ חֲדָשָׁה.

*Chash-li-chu me-a-lei-chem, et chol pi-shei-chem a-shar pe-sha-tem bam,
ve-a-su la-chem lev cha-dash, ve-ru-ach cha-da-sha.*

"Cast away from yourselves all your transgressions, and create within yourselves a new heart and new spirit" (Ezekiel 18:31)

A Prayer for Tashlich • Rabbi Rachel Barenblat • velveteenrabbi.com. To Be Read Responsively

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 karmic baggage of my poor choices.
*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.

Throw bread into the water, reflecting on what you want to release.

Let Us Cast Away

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 greater 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 the Source and pursue God's purposes in humility and truth.

Let us end by saying to each other the blessing for Rosh Hashanah

לְשָׁנָה טוֹבָה
L'sha-na to-va

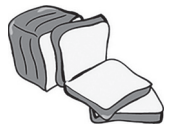
May you be inscribed in the Book of Life for a good and sweet year.

Jews traditionally go to the ocean or a stream or river to pray and throw breadcrumbs into the water as part of the Tashlich ceremony. Symbolically, the fish devour their sins.

Occasionally, people ask what kind of breadcrumbs should be thrown. Here are suggestions for breads which may be most appropriate for specific sins and misdemeanors:



<u>For ordinary sins</u>	<u>White Bread</u>
<u>For particularly dark sins</u>	<u>Pumpernickel</u>
<u>For complex sins</u>	<u>Multi-Grain</u>
<u>For twisted sins</u>	<u>Pretzels</u>
<u>For tasteless sins</u>	<u>Rice Cakes</u>
<u>For sins of indecision</u>	<u>Waffles</u>
<u>For sins committed in haste</u>	<u>Matzoh</u>
<u>For sins of chutzpah</u>	<u>Fresh Bread</u>
<u>For committing auto theft</u>	<u>Caraway</u>
<u>For timidity or cowardice</u>	<u>Milk Toast</u>
<u>For ill-temperedness</u>	<u>Sourdough</u>
<u>For silliness, eccentricity</u>	<u>Nut Bread</u>
<u>For not giving full value</u>	<u>Shortbread</u>
<u>For excessive irony</u>	<u>Rye Bread</u>
<u>For taking unnecessary chances</u>	<u>Hero Bread</u>
<u>For telling bad jokes and puns</u>	<u>Corn Bread</u>
<u>For dressing immodestly</u>	<u>Tartes</u>
<u>For causing injury to others</u>	<u>Tortes</u>
<u>For being holier than thou</u>	<u>Bagels</u>
<u>For abrasiveness</u>	<u>Grits</u>
<u>For dropping in without notice</u>	<u>Popovers</u>
<u>For overeating</u>	<u>Stuffing</u>
<u>For impetuosity</u>	<u>Quick Bread</u>
<u>For raising your voice too often</u>	<u>Challah</u>
<u>For pride and egotism</u>	<u>Puff Pastry</u>
<u>For being overly smothering</u>	<u>Angel Food Cake</u>
<u>For laziness</u>	<u>Any Loaf Bread</u>
<u>For trashing the environment</u>	<u>Dumplings</u>



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Throughout Kehilat Chaverim's history, dating back to the group's inception in 1978, we have observed Tashlich. Over the years, we have met at various bodies of water to ritually cast away our sins. The service you hold in your hands was revised in 2017.