

## Tashlich

הַשִּׁיבֵנוּ יְהוָה אֱלֹהֵינוּ וְנָשׁוּבָה, חֲדָשׁ יָמֵינוּ כְּקֶדֶם  
*Hashiveynu Adonai Eleycha v'nashuva hadeysh  
yameinu k'kedim*

Turn us to you, Adonai, and we shall return. Renew  
our days as of old. *Lamentations 5:21*

**Reader 1:** Throwing bread into the water...is a reminder of the deep out of which the days of creation were formed. Thus, by going to the sea on Rosh Hashanah, we celebrate creation and are led to think of our own place in God's scheme of creation. When we contemplate these matters and repent from our sins, then they are truly thrown away, into the water, and we feel renewed on this Day of Judgement. *Moses Isserles*

**Reader 2:** 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.*

*Rabbi Rachel Barenblat*

**Reader 3:**

Let us cast away the sin of deception so that we will mislead no one in word or deed, or pretend to be what we are not.

*Let us cast away the sin of vain ambition that 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 that are already ours.*

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 will not think ourselves better than others and will remember that we are only human.*

**Reader 4:** Who, O God, is like you forgiving iniquity and pardoning the transgression of your people? You do not maintain anger forever but delight in loving kindness. Have compassion upon us, casting our sins into the depths of the waters.

**All:** *God, forgive us for all of our sins. Let us take this chance, this new year, to begin again.*

Return again, return again, return to the land of your soul. Return to who you are. Return to what you are. Return to where you are born and reborn again.

*Words by Shlomo Carlebach*

**Reader 5:**

Let us ask ourselves the hard questions for this is the time of truth. How much time did we waste in the year that is now gone?

*Was there real companionship within our family?  
Or was there a living together and a growing apart?*

How was it with our friends? Were we there when they needed us?

*The kind deed: Did we perform it or postpone it?*

*The unnecessary word: Did we speak it or hold it back?*

Did we live by false values? Did we deceive others?  
Did we deceive ourselves?

*Did we acquire only possessions, or did we acquire new insights as well?*

Did we mind only our own business, or did we feel the heartbreak of others?

*Did we live fully? If not, have we learned and vowed to change?*

“God will hurl all our sins into the depths of the sea (Micah 7:19)”

*Rabbi Jack Reimer*

*Adapted by Rabbi Kari Hofmeisler Tuling, PhD*

**Reader 6:** During this coming year, may you enjoy good health and happiness.

*May the Covid tests be plentiful and may they all be negative.*

May peace reign over our country and throughout the world.

*May our world become a little more just and may you march in the streets if needed.*

May be able to cheer on your team in person.

*May your children get vaccinated.*

May you have a kiss from your beloved, a smile from a child, a warm cozy house with the aroma of good food baking in the oven.

*May you be able to gather with loved ones near and far and hug one another once again.*

May you have wise governors and merciful judges, good friends and helpful neighbors.

*May your Zoom gatherings be meaningful and rare.*

May the sun shine on your face, but not too much.

*May you see a rainbow.*

May you learn some new Torah.

*May you enjoy peace of mind, and may all your dreams be sweet ones.*

May the world be a better place because you are in it, and may you find delight in life.

*May we meet on the streets, without masks, in the year to come.*

*Rabbi Tom Alpert, adapted*

## **Meditation**

We stand together this day to cast off our sins but these moments are mine. In the privacy of my heart, I acknowledge the wrongs I have done; pain I have given, intentionally or unintentionally; my thoughtless, careless, heartless actions, and my failure to do what is right.

Here, before this river, I remember where I fell short. As I cast my faults into the depths, I give myself a chance to change. It is hard to become the person I want to be; It is difficult to change my habits and patterns; but today, on the bank of this river, I will let myself feel possibility.

*Mishkan Hanefesh, adapted*