



KHN ROSH HASHANAH REFLECTIONS

TASHLICH

Take us back in love.
Heal our iniquities.
Cast all our sins into
the depths of the sea.

Micah 7:19

A Prayer for Tashlikh

By Rabbi Rachel Barenblat

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,

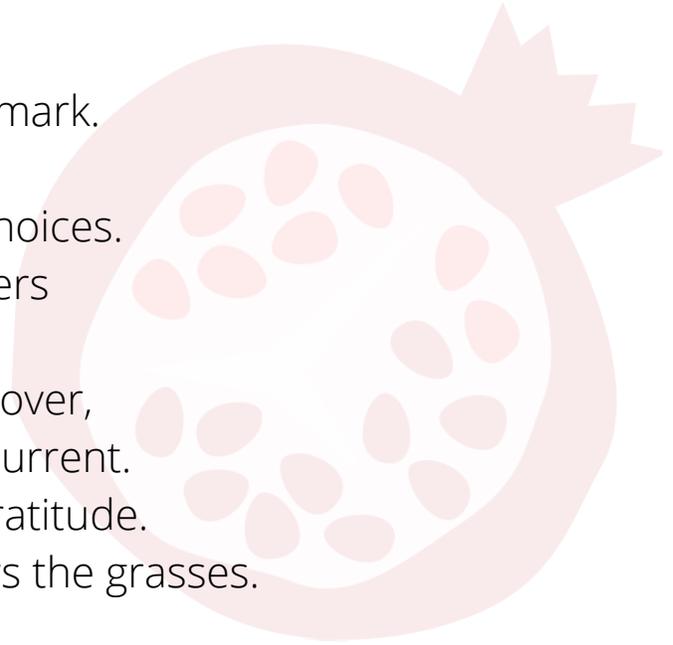
washed away like crumbs in the current.

Open my heart to blessing and gratitude.

Renew my soul as the dew renews the grasses.

And we say together:

Amen.



Cast Off

Keep

**Make Room For/
Reclaim**

Thoughts

Beliefs

Relationships

Work/Career

Body/Health

Hobbies

Service

Spirituality



At the Water's Edge: A Reading for Tashlikh

By Elizabeth Tragash

TASHLICH MEDITATION & PRIVATE REFLECTION

Think of a practice or attitude
that you wish to change.

In the world of action:

what is it that you do or carry?

In the world of emotion:

how does it make you feel?

In the world of knowledge:

can you plan to do otherwise?

Can you release it,
or a piece of it, this year?

In the world of being: imagine
the Divine or your own magic
within, helping you change.

Sum all of this up for yourself
in one word or concept.

Holding your bread in hand,
focus on that word...

And then throw it in the water
and watch it wash away.

Spend the year working on
your plan to change.

Let each sighting of moving
water be your reminder.

ADAPTED FROM AVI DOLGIN,
THE VELVETEEN RABBI'S MACHZOR

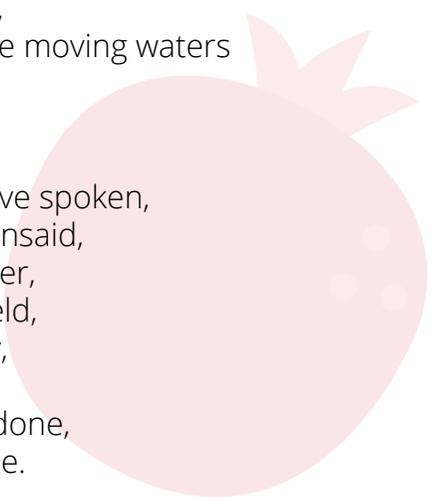
On this sacred day
when the old year slips away
we prepare to meet the year ahead,
we stand at the water's edge
our pockets lined with dust and bread,
symbols of our shortcomings and regrets.

Many are the regrets and sorrows
that weigh upon our souls,
let us cast them off into the moving waters
so we may begin anew.

Great is our regret
for the harsh words we have spoken,
the tender words we left unsaid,
for the anger we let smolder,
the compassion we withheld,
for our greed and jealousy,
our lack of generosity.
for all that we could have done,
all that we have left undone.

Many are the regrets and sorrows
that weigh upon our souls,
let us cast them into the moving waters
so we can strive to become
all that we were meant to be.
Great is our remorse
for the energy we spent fighting
instead of trying to make amends,
for the times we could have lent a hand
instead of keeping our hands by our sides,
for the times we looked away from those near and far
who need our help and caring,
when we turned away from the places in the world
in need of repairing.

Many are the regrets and sorrows
that weigh upon our hearts and souls,
let us cast them into the moving waters
so we can begin to build bridges
connecting us one to another.



THE RITUAL

GO TO THE WATER'S EDGE.

BRING SOMETHING ANIMAL FRIENDLY (OATS, PEBBLES, BITS OF LEAVES).

REFLECT ON YOUR LAST YEAR.

LET EACH THING YOU TOSS INTO THE WATER REPRESENT SOMETHING FROM THE PAST YEAR THAT YOU WANT TO CAST OFF.



L'SHANAH TOVAH TIKATEVU!

לשנה טובה תכתבו

Happy New Year to you!

