

TASHLICH

הִנֵּה מַה טוֹב וְמַה נְעִים שֶׁבֶת אַחִים גַּם יַחַד.

Hineih mah tov u'mah na-im shevet achim gam yachad.
How good it is, and how pleasant, when we dwell together in unity.

A Prayer By Rabbi Karen Kedar

Repentance,
Repentance,
A turning,
A returning,
To the path that
Leads you to your highest good.

A Prayer for Tashlich (Adapted from a prayer 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 baggage of my poor choices.
As I cast my regrets 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.
Amen.

Psalm 130

Out of the depths I call to You; Eternal One, hear my cry, heed my plea.
Be attentive to my prayers, to my sigh of supplication.
Who would endure, oh God, If You kept count of every sin?
But forgiveness is Yours: therefore we revere You.
I wait for God; my soul yearns. Hopefully I await God's word.
I wait for God more eagerly than watchers wait for dawn.
Put your hope in God, for God is generous with mercy.
Abundant is God's power to redeem; May God redeem the people Israel from all sin.



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A Social Justice Tashlich Prayer By Rakhel Silverman

Let us cast away the sin of indifference to injustice

Let us cast away the sins of times we did not reach out to help others

Let us cast away sins of being not being better allies because of our own privileges

Let us cast away the sins of the times we did not have the courage to speak up about injustice

Let us cast away the sins of times that we did not help others because we were happy with our own lives

Let us cast away the times we witnessed prejudice or discrimination but did nothing

Let us cast away the sin of ignoring those in need
Let us cast away the sins of not having time to be part of activism in our communities

Let us cast away the sins of not giving tzedakah

Let us cast away the sin of complacency in oppression

Tashlich Meditation Adapted From Avi Dolgin

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

In the world of action: what is it that you do?

In the world of emotion: how does it make you feel?

In the world of knowledge: can you plan to do otherwise?

In the world of being: imagine God within, helping you change.

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

Holding your bread or paper 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.

May this New Year find us whole again-living in balance and harmony.

May this New Year find us connected to our loved ones again- alive in the relationships that bring us joy and meaning.

May this New Year find us living out our promise again- restoring our world as God intended.

שנה טובה!
Happy New Year!