

## 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 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 our people everywhere.

Let us cast away the sin of *pride* and *arrogance*, so that we can worship God and serve God's purposes in humility and truth.



*Tashlich requires that you review your behavior over the last year before you can cast away your sins. Remember that everyone struggles with mistakes, sins, and accidents, so don't be afraid to be honest with yourself during this period of review. How can you improve in the new year?*

As you cast pieces of bread into the water, ask yourself:

### Looking Back

What do you really regret not doing last year?

Whom do you wish you had not hurt?

How might you make up for what you did?

### Looking Forward

What new goals have you set for yourself for the coming year?

What would you like to do differently in the coming year?

How will you enhance your life Jewishly in the coming year?

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# TASHLICH

"God will take us back in love  
God will cover up our iniquities  
God will hurl all our sins into  
the depths of the sea." - Micah 7:19



*Tashlich* means "casting off" referring to the intent to cast away our sins during the season of repentance. This meaningful custom is typically performed near a body of water as we cast bread crumbs into the water.

This year there will be opportunities to join in small, socially distant groups at Temple Sinai, or use this booklet to do *Tashlich* on your own anytime between Rosh Hashanah and Yom Kippur.

## Temple Sinai



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# Tashlich: How To

## Look for a natural body of water near you.

*Tashlich* involves casting off your sins into a body of water like a river, spring, lake, pond, or well. Most people prefer natural, flowing bodies of water because it provides the effect of your sins being swept away by the current.

- It's acceptable to perform *Tashlich* even if you can see the water only from a distance.
- If you can, find a body of water with fish living in it. Fish have a special symbolism for *Tashlich*. Just as fish can suddenly find themselves caught in nets, so too do we humans sometimes unintentionally find ourselves caught in bad habits or situations that lead us to act in ways we regret.

## When can I do *Tashlich*?

This year it is customary to do *Tashlich* on the Second Day of Rosh Hashanah (since the first day of Rosh Hashanah is Shabbat), but if you're unable to perform the ceremony on Rosh Hashanah itself, or if the area near the water is too crowded then to allow for social distancing, you can still do *Tashlich* any day during the Days of Awe until Yom Kippur.

## Can't leave home?

Use dissolvable paper. If you can't access a body of water, consider using running water from a faucet into a sink or bowl. Then use the dissolvable paper included in your Rosh Hashanah bag. You can tear off a piece of the paper, write down a mistake, regret, or sin from the past year, and dissolve it in the water to symbolize the clean slate with which we begin the new year.

- The dissolvable paper included in your holiday bag is biodegradable, but it should only be used at home, not outdoors.

## *Tashlich: To cast away our sins*

During this season of repentance, we are called upon to do *T'shuvah*, 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, symbolically to "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.

זָכְרֵנוּ לְחַיִּים מֶלֶךְ הַפֶּץ בְּחַיִּים. וְנִתְּבֵנוּ בְּסֵפֶר הַחַיִּים.  
לְמַעַן אֶלְהִים חַיִּים:

*Remember us for life, Sovereign who delights in life,  
and inscribe us in the Book of Life, for Your sake, God of Life.*

To everything there is a season,  
And there is an appointed time for every purpose under heaven.  
Now is the time for turning  
The leaves are beginning to turn, from green to red and orange  
The birds are beginning to turn  
And heading once more towards the South.  
The animals are beginning to turn, to storing their food for the winter.  
For leaves, birds, and animals, turning comes instinctively  
But for us turning does not come so easily.  
It takes an act of will for us to make a turn.  
It means breaking with old habits.  
It means admitting that we have been wrong: and this is never easy.  
It means losing face; It means starting over again;  
And this is always painful.  
It means saying: "I am sorry," It means admitting that we have an  
ability to change, and this is always embarrassing.  
These things are terribly hard to do. But unless we turn,  
We will be trapped forever, in yesterday's ways.  
Lord, help us turn.