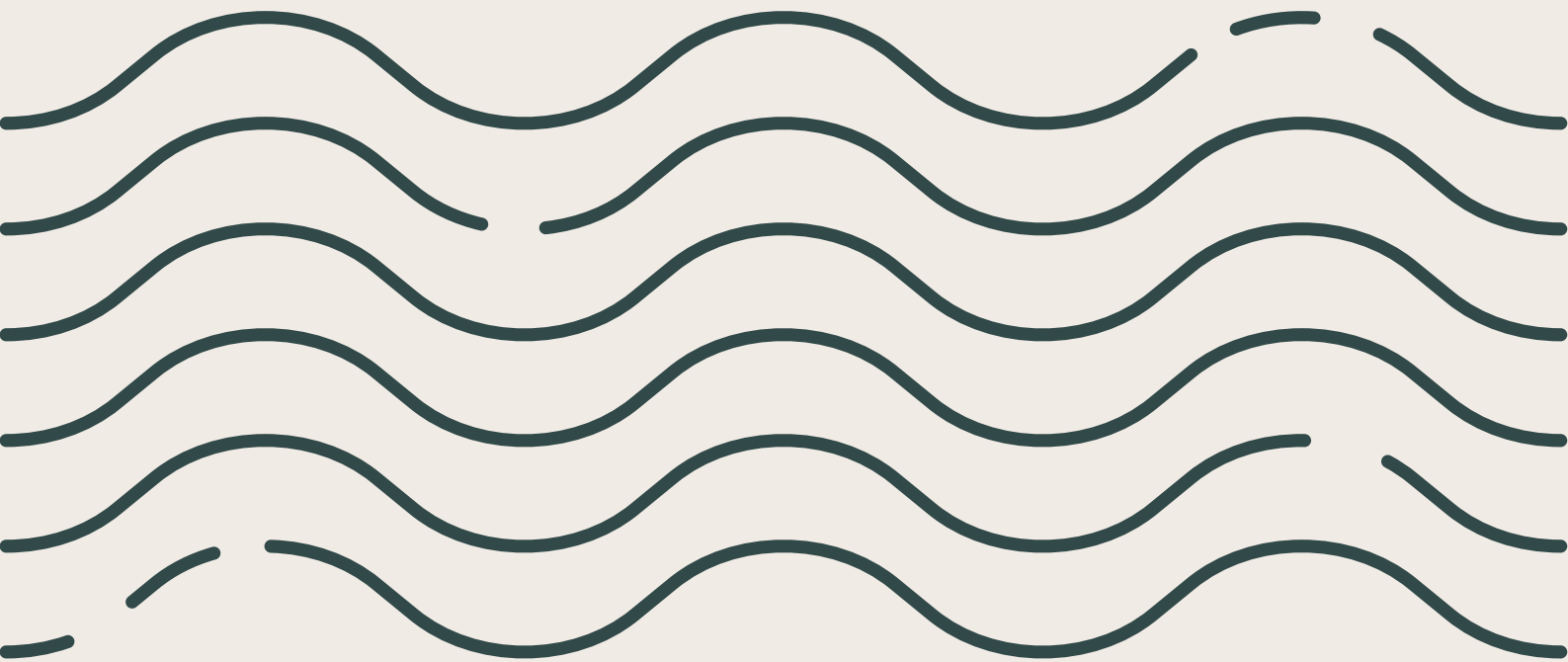


my JEWISH LEARNING

TASHLICH

Water Serenade, Releasing Our Crumbs



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WHAT IS TASHLICH?



Pronounced: TAHSH-likh (short i),

Origin: Hebrew, literally “cast away,”

Tashlich is a ceremony typically observed on the afternoon of the first day of Rosh Hashanah, in which sins are symbolically cast away into a natural body of water. The term and custom are derived from a verse in the Book of Micah 7:19.

On Rosh Hashanah, Jews traditionally proceed to a body of running water, preferably one containing fish, and symbolically cast off their sins. As the element of purification, water also represents the opportunity to cleanse the body and soul and take a new course in our lives.

The ritual can also take place during the Days of Awe, the days in between Rosh Hashanah and Yom Kippur.

HOW TO TASHLICH



- Intention Setting

Allow yourself to identify what it is you'd like to release. Is it a feeling? A behavior?

- Supplies Gathering

You'll need fresh or stale bread or bread crumbs. Alternatively, you could also use seeds or stones. Your source of water can be natural, or you can fill a sink, bucket, or kiddie pool.

- Release

You will hurl all our sins Into the depths of the sea.
Micah 7:19

V'tashlich
וְתַשְׁלִיךְ

bim'tzulot yam
בְּמַצְלוֹת יָם

kol chatotam
כָּל־חַטֹּאתֵם

LOOSEN

By Aly Halpert

Loosen, loosen baby
You don't have to carry
The weight of the world in your muscles and bones
Let go, let go, let go

Holy breath, and holy name
Will you ease, will you ease this pain?

 PLAY THE SONG HERE

RIVER

By Ibeyni

הַשְּׁלִיכוּ מֵעַלְיֶיכֶם אֶת־כָּל־פְּשָׁעֵיכֶם אֲשֶׁר פָּשַׁעְתֶּם בָּם וַעֲשׂוּ לָכֶם לֵב חָדָשׁ וְרוּחַ חֲדָשָׁה ... וְלָמָּה תִּמְתּוּ בַּיִת יִשְׂרָאֵל:

Cast away from yourself all the transgressions by which you have offended, and get yourselves a new heart and a new spirit [that you may not die, O House of Israel.] Ezekiel 18:31

Come to your river
I will come to your river
I will come to your river
Come to your river
(Wash my soul) / lev chadash
I will come to your river
(Wash my soul) / ruach hadashah
I will come to your river
Wash my soul again / cast my sins away

Carry away my dead leaves
Let me wash my soul with the help of
your waters
Sink my pains and complains
Let the river take them, river drown them
My ego and my blame
Let me wash my soul with the help of
your waters
Those all means are so ashamed
Let the river take them, river drown them

Come to your river / lev chadash
I will come to your river / ruach
hadashah
I will come to your river / cast my sins
away
(x2)

Come to your river
(Wash my soul)
I will come to your river
(Wash my soul)
I will come to your river
Wash my soul again

Carry away my old leaves
Let me wash my soul with the help
of your waters
Sink my pains and complains
Let the river take them, river drown
them
My ego and my blame
Let me wash my soul with the help
of your waters
Those all means so ashamed
Let the river take them, river drown
them

Come to your river
I will come to your river
I will come to your river
Come to your river
(Wash my soul)
I will come to your river
(Wash my soul)
I will come to your river
Wash my soul again

THE OFFERING

A TASHLICH PRAYER

By Rabbi Jill Hammer

I cast this gift to the water.
It is my past: blessing and regret.
It is my present: reflection and listening.
It is my future: intention and mystery.
It is what I did
and did not;
it is yes and no and silence.
It is what was done
and what arose from what was done
and what arises in this body remembering.
I let it all go. I own
neither the sting nor the sweetness.
I hold on to nothing.
The river has no past.
Each moment of rushing water
Is a new beginning.
Harm that has been:
heal in the rush of love and truth and time.
We who are lost:
let the current take us homeward.
May these waters churn what is broken
into what is whole.
May each separate droplet
reach the ocean that is becoming.
The journey awaits.

I have no power to refrain from it;
only to steer it when I can.
May the One who is
the great Crossroad
guide my turning.
Three times I declare:
It is finished.
It is born.
It is unending.
Three times I listen:
It is love.
It is the river.
It is before me.
May my offering go where
it is meant to go
and may the one who offers it
find the way.
Amen.

הַשִּׁיבֵנוּ ה' אֱלֹהֵינוּ (וְנָשׁוּבָה) [וְנָשׁוּבָה] חֲדָשׁ

יָמֵינוּ כְּקֶדֶם

Hashiveynu Adonai eylecha v'na-shuva

Chadysh yameynu k'kedem.

Turn us to You, O Lord, and we shall
return; renew us as in days of old.

Lamentations 5.21