



Tashlich Service

Tashlich is a ritual that is both symbolic and real—we hold bread crumbs in our hands and toss them into the water just as we imagine our “sins” filling those breadcrumbs and being tossed away.

What are those “sins”?

Times we have missed the mark, or allowed old habits to prevent us from becoming our best selves.

We use bread crumbs as a reminder—just as the breadcrumbs are bits of nourishment for a bird or an insect, we remind ourselves that sometimes the “sins” we are releasing aren’t “bad” per-se, just no longer useful for us.

We pray that as we release these sins, we are opening up space in our lives for more blessings, and ways of being in the world which are more in line with our highest potential.

1	<i>Mah Nora HaMakom Hazeh</i>	How awesome is this place!	מה-נורא המקום הזה
2	<i>Min hameitzar karati Yah; Anani bamerchav Yah</i>	Out of my straits, I called out to God; God answered me with open arms	מן-המצור קראתי יה ענני במרחב יה
3	<i>Pitkhu li sha'arei tzedek; Avo vam oday Yah</i>	Open for me the gates of righteousness; I will walk through them in gratitude of God	פתחו-לי שערי-צדק אבא-בם אוֹדָה יה
4	<i>Hashiveinu Adonai elecha V'nashuva, chadesh yameinu k'kedem</i>	Bring us back to You and to Your ways, Oh God, and we shall return, renew us as in days of old	השיבנו יהוה אליך ונשוב (ונשובה), חדש ימינו כקדם
5	<i>David Melech Yisrael Chai Chai v'kayam</i>	David, King of Israel lives forever	דוד מלך ישראל חי חי וקיים
6	<i>Hineh Mah tov umah na'im shevet achim gam yachad</i>	Behold, how good and how pleasant it is for brethren to dwell together in unity!	הנה מה טוב ומה נעים שבת אחים גם יחד
7	<i>Am Yisrael chai, od avinu chai</i>	The People of Israel are alive, our Father is still alive	עם ישראל חי עוד אבינו חי



Daily Prayer for forgiveness:

I hereby forgive any being who has hurt, angered or belittled me, any being who has done me any harm whatsoever, to my body, my possessions, my honor, or anything I perceive to be mine; whether by accident or intention, by speech or by deed, whether in this incarnation or any other. May it be Your will, Adonai my God, and God of my ancestors, that I continually walk upon the path of holiness and that I do not lapse into unconsciousness or indifference! In those places where I have, I call on Your great mercy to erase my blunders. May I receive the power to transmute my unconsciousness, my past thoughts, words and deeds, into radiant awareness and loving right action. Amen!

Translation by R'David Zaslow

String Theory

It is said that when each of us is created, there is a string that connects us directly to God. When we sin—whether by omission or error, through intentional or unintentional actions—the string breaks. But when we do teshuvah, the angel Gabriel comes down and makes a knot in the string—bringing us a little closer to God. That means that every year, when we sin and do teshuva, our string gets shorter and shorter and every Rosh Hashana brings us closer to God!

(One Minute Wisdom, by Anthony De Mello, edited by Rabbi Mark Novak & Renée Brachfeld.)

Tashlikh ritual: Sending forth energy to make space for blessing

(To be performed near a body of water)

1. Take a few moments to visualize those patterns, pains or struggles that you are ready to let go of. Ask yourself what is holding you back from being your best self? What do you need to release in order to move forward into a year of goodness, joy, and blessing?
2. Take in your hands a few pieces of bread, visualize those energies, patterns, and pains flowing into the bread in your hands.
3. Say out loud: Ribbono Shel Olam, Sweet Loving Life Force, here in my hands I hold all of the realities which I am ready to release. All of those patterns, ideas, feelings, binds, and agreements which have kept me small this year and prevented me from fully living out my purpose. I now release these to you, trusting in your love and compassion to transform them. As my hands open, my heart opens to your wisdom. I feel your light flowing into my heart. As my hands open, so too do yours, guiding me to the joyful work and blessings you have decreed for me in the year to come.
4. Toss the bread into the water!

