

## Tashlich On the Go – Cast Away the Crumbs of Life Prepared by Rabbi Corey Helfand

Friends, the ceremony of Tashlich, which means “cast-off,” is like a symbolic “self-clean”. On the afternoon of the second day of Rosh Hashanah (September 20), since the first day is Shabbat, safely gather on your own or with your family and friends at a body of water to empty your pockets and souls, “ve-tashlich,” and cast your sins and mistakes into the sea. As the Prophet Ezekiel teaches, “Cast away from yourself all your transgressions, ...create within yourselves a new heart and a new spirit.” To prepare for Tashlich this year, take the rice paper squares and before the holiday begins, and make a list of a few words or sentences, or for those who’d like, draw a picture or two of the sins/mistakes you’d like to get rid of. Bring the rice paper and bread with you to the water. Share your mistakes or areas where you want to grow and loud. Just as the rice paper or bread dissolve into the water, so too may your transgressions be removed from you in the year to come. Shanah Tovah Umetukah.

### A Prayer for Tashlich—Rabbi Rachel Barenblatt

Recite individually or together before beginning

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.*



### Here I am—Hineni by Rabbi Rami Shapiro

A little bit nervous, a bit self-conscious.

After all, who am I talking to? And what have I done?

Am I a sinner in search of grace or a saint seeking salvation?

Am I so evil or so good as to warrant this season of introspection?

And yet here it is, and here I am: this time of change and correction, this heart of confusion and contrition. Oh, if I could change!

If I could be so sure of myself that I no longer had to imagine the slights of others;

to be so loving of myself that I no longer had to ration my loving of others;

to be so bold with myself that I no longer had to fear the bravery of others.

Oh, if I could change there is so much I would change. Maybe I will, but it scares me so.

Maybe I won't and that should scare me more. But it doesn't.

So let me pray just this: Let no one be put to shame because of me.

Wouldn't that make this a wonderful year? Hineni—Here I am!

אבינו מלכנו חננו ונענו כי אין בנו מעשים צדקה וחסד והושיענו.

Avinu malkeinu, honeinu va'aneinu, kee ein banu ma'asim

Asei ee-manu tzedakah va-hesed ve'hoshee-einu

Avinu Malkeinu have mercy on us, answer us, for our deeds are insufficient;  
deal with us charitably and lovingly and redeem us.



### What kind of bread should you use?

For ordinary sins—White Bread	For being holier than thou—Bagels
For exotic sins—French Bread	For gambling—Fortune Cookies
For complex sins—Multi Grain	For being up-tight and irritable— High Fiber or Bran Muffins
For twisted sins—Pretzels	For hardening hearts—Jelly doughnuts
For tasteless sins—Rice Cakes	For recurring slip-ups—Banana Bread
For sins committed in haste—Matzah	For praying off-tune—Flat Bread
For arson—Toast	For excessive use of irony—Rye Bread
For silliness—Nut Bread	
For telling bad jokes—Corn Bread	

### Cast Away

As you recite these words from the Prophet Micah, cast your bread/rice paper into the water. Say aloud and enumerate the sins/mistakes that you want to let go of. True change begins when you not only reflect on your wrongdoings internally, but also outwardly.

Mi eil kamocha nosei avan v'oveir al peshas lisheirit nachalato. Lo hechezik la-ad apo ki chafeitz chesed hu. Yashuv y'rachameinu yichbosh avonoteinu v'tashlikh bimtzulot yam kol chatotam. Titein emet l'ya-akov chesed l'avraham asher nishbata la- avoteinu mimei kedem.	מי אל כמוך, נושא עון ועבר על פשע, לשאריית, נחלתו: לא תחזיק לעד אפו, כי חפץ חסד הוא. ישוב ירחמנו ויכבש עונותינו ומשליך במצלות ים כל חטאותם: תתן אמת ליצחק חסד לאברהם אשר נשבעת לאבותינו מימי קדם:
Who is like You, God, forgiving iniquity and remitting transgression; Who has not maintained God's wrath forever against the remnant of God's own people, Because God loves graciousness! God will take us back in love; God will cover up our iniquities, You will hurl all our sins into the depths of the sea. You will keep faith with Jacob, Loyalty to Abraham, as You promised on oath to our fathers in days gone by.	

### A Tashlikh Prayer by Rabbi Sidney Greenberg

- **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 the blessings which are already ours.
- **Let us cast away the sin of selfishness**, which keeps us from enriching our lives through wider concerns and great 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 sins of pride and arrogance**, so that we may worship God and serve His purposes in humility and truth.

Oseh Shalom bimromav hu ya'aseh shalom aleinu v'al kol yisrael, v'al kol yoshvei tevel, v'imru amen.	עשה שלום במרומו, הוא יעשה שלום עלינו ועל כל ישראל, ועל כל יושבי תבל ואמרו אמן.
May the one who makes peace in the heavens make peace for us, all of Israel, and all who inhabit the earth. Thank you God for allowing us to reach this day. Amen!	

