TASHLICH CEREMONY

for the High Holy Days

Today we come to this body of water to perform the *tashlich* ceremony, seeking symbolically to "cast away" our accumulated sins and transgressions so that we might renew ourselves from within as the year begins.

הִנֵּה מַה טּוֹב וּמַה נָּעִים שֶׁבֶת אַחִים גַּם יָחַד

Hinei mah tov u'mah na-im shevet achim gam ya-chad.

Behold how good and how pleasant it is for brothers and sisters to be together.

As we cast away our wrongs into the moving water, we look around at the wonder of nature and remember that we are all products of the same Creator.

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The Hebrew Prophet Micah taught: "Who is like You, Adonai? You forgive iniquity and pass over transgressions in your people. You do not retain anger forever, for You delight in kindness. You will again show us mercy and subdue our iniquities; You will cast all our sins into the depths of the sea. You will show kindness to Jacob and mercy to Abraham, as You did promise our ancestors of old."

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As we stand in awe of nature, we reflect:

We ask for a piece of sand and God gives us a beach.
We ask for a drop of water and God gives us an ocean.
We ask for time and God gives us the bond of everlasting life.
And it is so easy for us to fall in love with the gift and forget the Giver.

(Edward Farrell)

אָבִינוּ מַלְכֵּנוּ חָנֵּנוּ וַעֲנֵנוּ כִּי אֵין בָּנוּ מַעֲשִׂים
עֲשֵׂה עִמָּנוּ צְדָקָה וָחֶסֶד וְהוֹשִׁיעֵנוּ

Avinu Malkeinu cho-neynu va'aneynu ki eyn banu ma'asim
Asei imanu tz'dakah va'chesed v'hoshieynu.
Our Sovereign and Parent, be gracious and answer us, for we have little merit.
Treat us generously and with kindness and deliver us.

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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 people everywhere.*

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

(Rabbi Reuben Landman)

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We toss breadcrumbs into the water, and turn out our pockets as a symbol of unburdening ourselves to prepare for the return to our best selves in the new year.