

TASHLICH GUIDE 5783

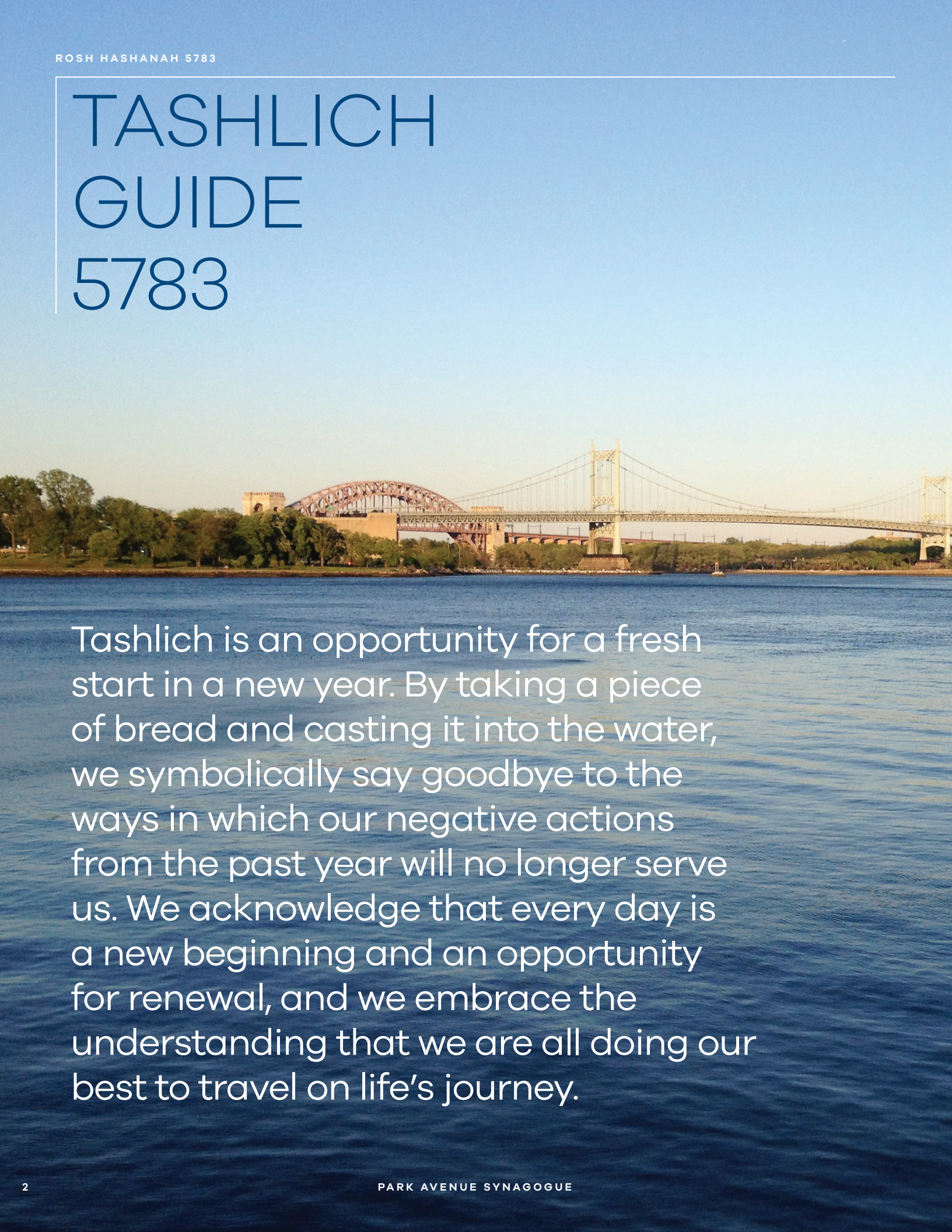
**"You will cast all
their sins into the
depths of the sea."**

—Micah 7:19



PARK AVENUE SYNAGOGUE

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Tashlich is an opportunity for a fresh start in a new year. By taking a piece of bread and casting it into the water, we symbolically say goodbye to the ways in which our negative actions from the past year will no longer serve us. We acknowledge that every day is a new beginning and an opportunity for renewal, and we embrace the understanding that we are all doing our best to travel on life's journey.

TEFILAT ZAKKAH

This prayer, often said before Kol Nidrei on Yom Kippur asks us to forgive those who have harmed us as we ask for forgiveness from others.

I forgive with complete forgiveness everyone who has sinned against me, whether my body or my possessions, or gossiped about me or even slandered against me. I forgive anyone who damaged my person or possessions, and for all sins between a person and their fellow except for money which I can claim in a court of law and except for someone who sins against me and said: "I will sin against them and they will forgive me". Except for these, I forgive with complete forgiveness and no person should be punished because of me. Just as I forgive everyone, so should You grant me favor in the eyes of everyone so that they completely forgive me.

MEDITATIONS BEFORE CASTING

When we cast our bread in the water, what will we see radiating off the spot where our sins connect with the surface?

As you go up to the water, separate your pieces of bread into two hands. In one hand, think of all of the actions you have performed this year that you wish you could undo, that you need to do teshuvah for, and cast those bread crumbs into the water. Now take the bread in your other hand and think about the positive actions you want to perform in the year to come. For each action throw a piece of bread into the water and watch the ripple effects of your good deeds chase after the bad.

As you stand at the water ask yourself:

What do I need to let go of?
What do I hope lets go of me?
How will I be renewed in this next year?

Cast your bread into the water, take a deep breath, and envision a fresh start

הַשִּׁיבֵנוּ יְהוָה אֵילָךְ וְנִשְׁוּבָה
חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

Hashivenu, Adonai elecha v'nashuva chadesh yamenu k'kedem
Turn us unto You, O Lord, and we shall be turned; renew our days as of old.

—Lamentations 5:21

RETURN AGAIN

Return again, return again,
Return to the land of your Soul.
Return again, return again,
Return to the land of your Soul.

Return to what you are, return to who you are
Return to where you are
Born and reborn again
Return again, return again,
Return to the land of your Soul.
Return again, return again,
Return to the land of your Soul.

—Shlomo Carlebach

A PRAYER FOR TASHLICH

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.

—Rabbi Rachel Barenblat