

## Tashlikh: To Cast Away Our Sins

הִנֵּה מַה־טוֹב וּמַה־נְּעִים וּשְׁבֵת אַחִים גַּם־יַחַד

*Hineh mah tov u'manayim, shevet ahim gam yahad.*

How good and pleasant it is for friends and family to be together in unity.

“You will cast (*tashlikh*) all your sins into the depths of the sea” (Micah 7:19). By performing the ceremony of *tashlikh*, we express our hope that God will forgive our failings and grant us renewal in the year to come.

Gathered by waters, we recite prayers asking for forgiveness. We throw bread crumbs or seeds into the water, a symbolic way of getting rid of our sins.

וּנְשֹׂאֲבֹתֵם מַיִם בְּשִׁשׁוֹן מִמַּעַיְנֵי הַיְשׁוּעָה

*Ushavtem mayim b'sason; mima-anei ha-y'shua.*

Joyfully shall you draw waters from the fountains of salvation.

As we throw pieces of bread or seeds into the water, we remember.

We remember the times we disappointed family, teachers, friends.

On this New Year, we say we are sorry.

We are sorry for the times we were angry, we hurt others, we broke promises.

At *Tashlikh* we do *teshuvah*, we turn.

We turn from past mistakes to start again.

הַשִּׁיבֵנוּ יְהוָה אֱלֹהֵינוּ וְנָשׁוּבָה חֲדָשׁ יָמֵינוּ כְּקֶדֶם

*Hashivenu Adonai elekha v'nashuvah; hadesh yamenu k'kedem.*

Turn us back to you, and we shall return. Renew our lives as we move forward.

At *Tashlikh* we forgive.

We forgive others and we forgive ourselves for sometimes not being all we can be.

At *Tashlikh* we offer a prayer.

We pray from the heart.

*Tashlikh* means to throw away. We throw away our sins.

As we prepare to throw bread crumbs or seeds into the water, let us take a moment to think about something we would really like to change about ourselves.

Please take a few moments to cast your seeds into the waters, removing the burdens that have been holding you back from becoming the person you want to be.

**RETURN AGAIN**

Return Again, Return Again  
Return to the land of your soul.  
Return to who you are,  
Return to what you are,  
Return to where you are born  
and reborn again.

(Rabbi Shlomo Carlebach)

לְשָׁנָה טוֹבָה תִּכְתְּבוּ

*L'shana tova tikatevu.*

May you be inscribed for good in the year ahead!