

*"Cast all our sins into the depths of the sea" (Micah 7:19)*

*"Cast away all the sins by which you have offended,  
and get yourselves a new heart and a new spirit..." (Ezekiel 18:31)*

## *Musings for Tashlich*

### Questions to Consider for the New Year

#### Looking Back

1. During the past year, what has made you really happy?
2. What do you really regret not doing last year?
3. What opportunities did you miss?
4. Whom do you wish you had not hurt?
5. How might you make up for what you did?
6. What was a Jewish high for you this past year?
7. What was a Jewish low for you this past year?

#### Looking Forward

1. What new goals have you set for yourself for the coming year?
2. How would you like to do things differently in the coming year?
3. How will you enhance your life Jewishly during the coming year?
4. Today is the Birthday of the World
5. What two wishes do you have for the world on its birthday?

#### Tashlich by Rena Gray Fein

I wish I hadn't done that  
I wish I hadn't said that  
I wish I hadn't thought that  
I wish I hadn't ...  
But I did.

And I'm still me, but it feels so wrong.  
It's stuck in my head like the tune of a song  
That really bad feeling seems to be here to stay.  
So I keep on wishing, but it won't go away.

This year, by the water,  
I'll whisper, "I'm sorry"  
And I'll clench my fist hard  
'round the crumbs in my pocket

Then I'll finally reach up and  
Let them all go  
And I'll catch my reflection –

Arms raised up high  
With the clouds right above  
Like a bird in the sky  
Looking free  
Feeling free  
Free to feel  
And also Free to move on  
Forgiven by One

#### A Prayer for Tashlikh by Rabbi Rachel Barenblat

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.



# Musings for Tashlich

## At the Water's Edge: A Reading for Tashlikh

By Elizabeth Tragash

On this sacred day  
when the old year slips away  
we prepare to meet the year ahead,  
we stand at the water's edge  
our pockets lined with dust and bread,  
symbols of our shortcomings and regrets.  
Many are the regrets and sorrows  
that weigh upon our souls,  
let us cast them off into the moving waters  
so we may begin anew.  
Great is our regret  
for the harsh words we have spoken,  
the tender words we left unsaid,  
for the anger we let smolder,  
the compassion we withheld,  
for our greed and jealousy,  
our lack of generosity.  
for all that we could have done,  
all that we have left undone.  
Many are the regrets and sorrows  
that weigh upon our souls,  
let us cast them into the moving waters  
so we can strive to become  
all that we were meant to be.  
Great is our remorse  
for the energy we spent fighting  
instead of trying to make amends,  
for the times we could have lent a hand  
instead of keeping our hands by our sides,  
for the times we looked away from those near and far  
who need our help and caring,  
when we turned away from the places in the world  
in need of repairing.  
Many are the regrets and sorrows  
that weigh upon our hearts and souls,  
let us cast them into the moving waters  
so we can begin to build bridges  
connecting us one to another.

## Tashlikh Tidbits

By Rabbi Richard Israel

*Some suggested tips for properly  
executing tashlikh (casting of sins into the waters. . .)*

- For ordinary sins, use – White bread
- For exotic sins – French or Italian bread
- For dark sins – Pumpernickel
- For complex sins – Multigrain bread
- For truly warped sins – Pretzels
- For sins of indecision – Waffles
- For sins committed in haste – Matzah
- For substance abuse – Poppy seed rolls
- For committing arson – Toast
- For being ill-tempered – Sourdough bread
- For silliness – Nut bread
- For not giving full value – Shortbread
- For political chauvinism – Yankee Doodles
- For excessive use of irony – Rye bread
- For continual bad jokes – Corn bread
- For hardening our hearts – Jelly doughnuts
- For excessive curiosity – Wonder Bread
- For speed-limit violations – Russian bread
- For usury – dough

