

Tashlich Casting Away Our Sins

“And you will cast all their sins into the depth of the sea.” - Micah 7

During this season of repentance, we are called upon to do *Teshuvah*, the work of turning to God in sincerity and in truth. Through prayer and study, reflection and ritual, we strive to begin the new year in a spirit of humility, self-scrutiny, and spiritual renewal.

In the holy space of the synagogue we use thoughts and words to prepare ourselves. Here, in the holy space of nature, we use our bodies and minds to do the same.

We come to the Mississippi River to perform the *Tashlich* ceremony, seeking symbolically to “cast away” our accumulated sins and transgressions of the past year, to send away our unworthy thoughts, so that we may purify our hearts and our souls, as the new year begins.

May we cast away from ourselves all our transgressions and create within ourselves a new heart and a new spirit.



Cast away from yourselves all your transgressions,
And create within yourselves a new heart and a new spirit.

Ezekiel 18:31

אָבִינוּ מַלְכֵנוּ חַנּוּן וְעַנּוּן כִּי אֵין בָּנוּ מַעֲשִׂים.

עֲשֵׂה עִמָּנוּ צְדָקָה וְחַסֵּד וְהוֹשִׁיעֵנוּ:

A-vi-nu Mal-kei-nu, (3x)

cho-nei-nu va-a-nei-nu, ki ein ba-nu ma-a-sim,

a-sei i-ma-nu tse-da-kah va-che-sed, (2x) ve-ho-shi-ei-nu.

*Avinu Malkein*u, graciously answer us, although we are without merits; Deal with us charitably and lovingly save us.

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 greater 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 sin of pride and arrogance, so that we can worship God and serve God's purposes in humility and truth.



Do not imagine that character is determined at birth. We have been given free will. Any person can become as righteous as Moses or as wicked as Jereboam. We ourselves decide whether to make ourselves learned or miserly. No one forces us, no one decides for us, no one drags us along one path or the other; we ourselves, by our own volition, choose our own way.

--Maimonides, 12th century

In my distress I cried out to Adonai;
God answered me and set me free.

Who is like you, O God, forgiving iniquity and pardoning the
transgression of the remnant of Your people!

You do not retain Your anger forever, for You delight in
loving kindness.

You will again have compassion upon us, subdue our iniquities,
and cast all our sins into the depths of the sea.

You will show faithfulness to Jacob and loving kindness to
Abraham, as You promised our ancestors from days of old.

They shall not hurt nor destroy in all My holy mountain;
For the earth shall be full of the love of Adonai
As the sea is full of the waters that cover it.

Psalms 118:5; Micah 7:18-20; Isaiah 11:9



הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנִשְׁוֵבָה חַדָּשׁ יָמֵינוּ כְּקִדְמוֹת:

*Ha-shi-vei-nu Adonai ei-le-cha v'na-shuva,
cha-deish ya-mei-nu k'ke-dem.*

Turn us to You, Adonai, and we shall return;
Renew us as in days of old.



I shook out my lap and said; “So God shake out...”

- Nehemiah 5:13

Just as the crumbs stick to our pockets or folds of our clothes,
so too does sin cleave to the remote parts of our self.

*(Individually we go to the river to throw bread into the water as a symbol of our
commitment to change. You may read the reflection on the next page).*

Reflection Upon Casting Our Sins into the Water

O God, be with me as I turn to You.
Release me from the burdens of the sins I have carried from last
year to this. I know what I must do to bring meaning to this act.
This year I will work harder to bring goodness to the world.
I will treat others with kindness and generosity.
I will think before I act. I will try harder to live up to my greatest
potential. While I accept that I am not perfect, I also know that I
can do better than I have done before.



All together after we return to the circle.

*Out of the depths I call to you,
Adonai, hear my voice;
let Your ears hear my beseeching voice.*

*If You, Adonai,
kept strict account of wrongs,
who could live on?*

*But with You there is forgiveness,
that You may be revered.
I look for the Eternal, my whole being hopes;
I wait for God's word.*

*My soul waits for the Eternal
more eagerly than guards for the dawn.
O Israel, put your hope in Adonai,
for with Adonai there is kindness.*

Psalm 130



Tekiah!!!



Mount Zion Temple - 1300 Summit Avenue, Saint Paul, MN 55105