

TASHLICH

Tashlich means casting off. Traditionally, on the afternoon of the first day of Rosh Hashanah, people have gone to a source of moving water (river, pond, lake, ocean) in order to “cast off” their sins. We do this symbolically by throwing small pieces of bread into the water.

The tradition comes from the Prophet Micah, who wrote: “You shall cast all your sins into the depths of the sea.” (7:19)

Like the years before, Rabbi Bennett will hold a short service in the afternoon of Rosh Hashanah at Mill Pond in Newington where congregants can participate in the tradition. The service will be on Saturday, September 19th, at 2:00 PM. In order to assure everyone's safety, those attending must wear a mask and maintain broader social distance between families.

For those who want to take part in the tradition, but either find the time/location to be inconvenient or wish to participate privately in a family/friend only setting, we have identified a number of local ponds and rivers (see below) for you to visit. This list is certainly not complete but will hopefully be helpful. You can also go to the ocean.

Rabbi Bennett has provided the prayer service for *Tashlich* and you can find it attached. Please bring it with you to the service at Mill Pond or use to recite wherever you may be.



WEST HARTFORD / BLOOMFIELD RESERVOIRS
RIVER PARK - HARTFORD AND EAST HARTFORD
BEACHLAND PARK - WEST HARTFORD
FERNRIDGE PARK - WEST HARTFORD
LAKE COMO - BURLINGTON/BRISTOL
BATTERSON PARK POND - NEW BRITAIN
PARK POND - SOUTHINGTON
EASTBURY POND - GLASTONBURY
MILL WOODS PARK - WETHERSFIELD
WADSWORTH FALLS - MIDDLETOWN
GAY CITY STATE PARK - HEBRON
GARDNER LAKE - SALEM



TASHLICH SERVICE FOR ROSH HASHANAH AFTERNOON

Tashlich is a remarkable ceremony – symbolic and concrete all at the same time. Through this ritual, we express not only our desire to be free from sin but our continuing hope that we will be forgiven for past misdeeds. On the afternoon of the first day of Rosh Hashanah it is customary to go to a flowing body of water and to recite prayers while "casting" our sins (represented by bread crumbs) into the water. As we read in Micah: "You will cast (*Tashlich*) all your sins into the depths of the sea" (7:19).

***Tashlich* / A Ritual for Casting-Away**

We come to this river seeking to cast away our mistakes, in the spirit of Ezekiel's words:

הַשְּׁלִיכוּ מֵעַלְיֶיכֶם, אֶת-כָּל-פְּשָׁעֵיכֶם אֲשֶׁר פָּשַׁעְתֶּם בָּם, וַעֲשׂוּ לָכֶם לֵב חָדָשׁ, וְרוּחַ חֲדָשָׁה.

"Cast away from yourselves all your transgressions, and create within yourselves a new heart and new spirit!" (Ezekiel 18:31)

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 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.

We read together

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 may purify our hearts and our souls, as the new year begins.

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 persists 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.

***Adonai, Adonai, Eyl rahum v'hanun,
ereh apa-yim v'rav hesed ve-emet.
No-tzeyr hesed la-alafim,
nosey avon va-fe-sha v'hata-a v'nakey.***

Adonai, Adonai,
Compassion and Tenderness,
Patience, Forbearance,
Kindness, Awareness,
Bearing love from age to age,
Lifting guilt and mistakes,
And making us free.

(Throw bread into the water, reflecting on what you want to release.)
(Please bring your own bread)