

Alternative Tashlich Services for COVID-19

What is Tashlich?

On the first day of Rosh Hashanah , Jews traditionally proceed to a fresh body of, preferably one containing life, and symbolically cast away their sins. This is typically done by placing bread in your pockets, then emptying out your pockets and tossing the bread into the water. At the Temple of Aaron we go to the Mississippi River, right behind the synagogue, and throw bird seed towards the river due to the proximity from land to river.

Traditional Service - Near a Body of Water

The Prayer can be found here:

<https://www.myjewishlearning.com/article/text-of-tashlich/>

Tashlich - Unable to Be Near Water

Individual Worksheet

What is preventing you from achieving your goals?

What are you in control of in your life? What are you not in control of?

When have you felt purified from something bad?

What do you really regret doing this past year?

What do you really regret not doing this past year?

What new goals have you set for yourself?

Tashlich

Family Worksheet

Name something from this past year for which you are really thankful.

Name something that you want the entire family to do, or do differently in the coming year.

What is preventing your family from doing this?

What do you really regret not doing this past year?

Name something that you are looking forward to in the coming year.

What do you need to do to make sure it works out?

Name something that you want to do better in the coming year.

Tefillah / Prayer

Avinu Malkeinu Chaneinu Va'aveinu Ki Ein Banu Ma'asim, Aseh Imanu Tzedakah Vachessed Vehoshi'einu.

Our Father our King, graciously answer us, although we are without merit; Deal with us charitably and lovingly save us.

Yashuv Yerachameinu, Yichbosh Avonoteinu. VeTashlich Bimtzulot Yam Kol Chatotam.

You will again have compassion upon us, subdue our iniquities, and cast all our sins into the depths of the sea. Micah 7:19

Water Ritual

Take a washing cup (like used on Shabbat) and fill it with water. Have a large bowl underneath you. Wash the hands of all those with you, allowing the water to fill the bowl. Place 3 small pieces of bread or breadcrumbs from your pocket and place it in the bowl. Recite the following:

Psalm 130-A Song of Ascent

Let us cast away the sins of deception, so that we will not mislead anyone in word or deed, and not 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 perish in foolish habits nor fail to acknowledge our will to change.

Let us cast away the sin of jealousy, 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 people everywhere.

Let us cast away the sins of pride and arrogance, so that we can worship God and serve His purposes in humility and truth.

We conclude the Service with the following quote by Rabbi Harold Kushner z'l from Echoes of Sinai.

“You are not a prisoner of your past; you are the architect of your future.”

