

DO-IT-YOURSELF TASHLICH

BACKGROUND of TASHLICH:

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. By performing *tashlich*, we signify our hope that God will overlook our failings during the past year and grant us favor in the year to come, as it is written in Micah 7:19, “God will take us back in love; God will cover up our iniquities, You will hurl all our sins into the depths of the sea.”

YOU WILL NEED:

1. Bread.
2. a body of fresh water, preferably one with fish

PREPARATION:

1. Reflect on your wrongdoings honestly
2. Say the attached readings, psalms, and prayers, or simply speak what is in your heart.
3. Take a piece of bread in your hand.
4. As you breathe, imagine the sins that are weighing on your spirit going into the bread.
5. Toss the bread into the water.
6. Repeat 4-6 until done.

TRADITIONAL PRAYER FOR TASHLICH

מִי אֵל כְּמוֹד: נִשְׂא עוֹן: וְעָבַר עַל פְּשָׁע: לְשֹׂאֲרֵיט נִחְלָתוֹ: לֹא הִחְזִיק לְעַד אָפוֹ: כִּי חָפֵץ חַסְדִּי הוּא: יָשׁוּב רַחֲמָנוּ:
יִכְבֹּשׁ עֲוֹנֵתֵינוּ: וְתִשְׁלִיךְ בְּמַצְלוֹת יָם כָּל־חַטָּאתָם: תִּתֵּן אֱמֶת לְיַעֲקֹב: חַסְדִּי לְאַבְרָהָם: אֲשֶׁר נִשְׁבַּעְתָּ לְאַבְתָּיִנוּ:
מִיָּמֵי קֶדֶם: מִן הַמַּצַּר קָרָאתִי יְהוָה עֲנֵנִי בְּמִרְחָב יְהוָה: ה' לִי לֹא אִירָא מָה יַעֲשֶׂה לִי אָדָם: ה' לִי בְּעֹזְרֵי וְאֲנִי אֶרְאֶה
בְּשׁוֹנְאֵי: טוֹב לַחֲסוֹת בְּה' מִבְּטֹחַ בְּאָדָם: טוֹב לַחֲסוֹת בְּה' מִבְּטֹחַ בְּגִדִּיכִים :

Who is an Almighty like You Forbearer of iniquity, and forgiver of transgression for the remnant of this heritage? God does not maintain wrath forever, desires kindness, and will again show us compassion. God will erase our iniquities; and cast all our sins into the depths of the sea. You will grant truth to the descendants of Jacob, Leah and Rachel and You will show, kindness to Avraham and Sarah's heirs, as You swore to our ancestors long ago. From the narrow places, I called to God; God answered me with the breadth of Divine relief. The Eternal is with me, I shall not fear, what can mankind do to me? The Eternal is with me, to help me, and I will see my enemies' defeat. It is better to take refuge in the Eternal than to trust in mortals. It is better to take refuge in Adonai than to trust in leaders.

SONG: PITCHU LI (*Psalms 118*)

פְּתַחוּ־לִי שַׁעֲרֵי־צֶדֶק אֲבֹא־בָם אוֹדֶה יְהוָה: *pitchu li sha'arei tzedek avo vam odeh Yah*

Open the gates of righteousness for me that I may enter them and praise YAH.

זֶה־הַשַּׁעַר לַיהוָה צְדִיקִים יָבֹאוּ בּוֹ: *ze hashba'ar l'Adonai tzadikim yavo'u vo*

This is the gateway to Adonai—the righteous shall enter through it.

MEDITATION BEFORE TASHLICH

On this Day of Judgement, I take account of my life and relationships during the last year. Of some things I am proud, of others disappointed or ashamed. I resolve myself to strengthen and sustain the many mitzvahs I have performed lovingly in relationships, honesty in business, engagement in the repair of the world. And I resolve myself to cast off the blemishes—those actions or words that I regret. Help me to preserve the good and to cast off the bad. Judge me for life in a year of goodness and blessing.

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 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 sins of pride and arrogance, so that we may worship God and serve his purpose in humility and truth. *(cast your bread/sins into the water)*

ISAIAH 11:9

They shall not hurt nor destroy In all My holy mountain; For the earth shall be full of the knowledge of the LORD, As the waters cover the sea.

PSALM 130

A song of ascents. Out of the depths I call You, Eternal God!
Adonai, listen to my cry; let Your ears be attentive to my plea for mercy.
If You keep account of sins, Adonai, who will survive?
Yours is the power to forgive so that You may be held in awe.
I look to the Eternal; I look to God; I await God's word.

AVINU MALKEINU

Avinu Malkeinu, hear our prayer.

Avinu Malkeinu, we have sinned before you.

Avinu Malkeinu, have mercy upon us and upon our children.

Avinu Malkeinu, inscribe us for blessing in the book of life.

Avinu Malkeinu, grant unto us a year of happiness. Avinu Malkeinu, Be gracious and answer us, for we have not done enough good deeds. Please love us, be generous with us, and help us.

אָבִינוּ מֶלְכֵנוּ חַנּוּן וְעֵנּוּן כִּי אֵין בָּנוּ מַעֲשִׂים עֲשֵׂה עִמָּנוּ
צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ:

LOCAL WALKS IN NATURE SUITABLE FOR TASHLICH

These High Holy Days, we invite you who are able to get out into nature and either listen to music that is sacred to you, or listen to a meditation or podcast on *teshuvah*, or practice *hitbodedut**, or perform *tashlich*. These are fairly easy walks, each with a body of water on the path, and the links below give you trail maps, and directions.

BUTTON BAY STATE PARK, 28 miles from Temple

<https://www.trailfinder.info/trails/trail/button-bay-state-park>.

KINGSLAND BAY STATE PARK, 22 MILES FROM TEMPLE

<https://www.trailfinder.info/trails/trail/kingsland-bay-state-park>

RED ROCKS PARK, 1.7 MILES FROM TEMPLE

<https://www.trailfinder.info/trails/trail/red-rocks-park>

MILLS RIVERSIDE PARK, 20 MILES FROM TEMPLE

<https://www.trailfinder.info/trails/trail/mills-riverside-trail>

INDIAN BROOK RESERVOIR, 10.7 MILES FROM TEMPLE

<https://www.trailfinder.info/trails/trail/indian-brook-park>

COLCHESTER POND, 11.3 MILES FROM TEMPLE

<https://www.trailfinder.info/trails/trail/colchester-pond>

GILBROOK NATURAL AREA, 5.3 MILES FROM TEMPLE

<https://www.trailfinder.info/trails/trail/gilbrook-natural-area>

SHELBURNE BAY PARK, 4.8 MILES FROM TEMPLE

<https://www.trailfinder.info/trails/trail/shelburne-bay-park>

COLCHESTER CAUSEWAY, 11.2 MILES FROM TEMPLE

<https://www.trailfinder.info/trails/trail/airport-park>

* *hitbodedut* means to go out alone into nature and pouring our your heart in words to God

PRAYERS FOR NATURE WALKS

BLESSINGS FOR SEEING NATURAL WONDERS

(on seeing the beauty of nature)

בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם עֹשֶׂה מַעֲשֵׂה בְּרָאשִׁית

Barukh atah Adonai eloheinu melekh ha'olam, oseh ma'aseh v'reshit.

Blessed are You, ETERNAL our God, Ruler of the world, Source of creation.

(on seeing a specimen of outstanding beauty)

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שִׂכַּח לֹו בְּעוֹלָמוֹ

Blessed are You, ETERNAL our God, Ruler of the Universe, who has such things in this world.

Baruch ata Adonai, Eloheinu melech ha-olam, she kacha loh b'olamoh.

(on seeing a rainbow)

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם זֹכֵר הַבְּרִית וְנֹאמֵן בְּבְרִיתוֹ
וְקַיֵּם בְּמַאֲמָרוֹ.

Blessed are You, LORD, our God, King of the Universe, who remembers the covenant, and is faithful to God's covenant, and keeps God's promise.

Baruch ata Adonai, Eloheinu melech ha-olam, zocher habrit v'ne'eman biv'reetoh v'kayam b'ma'amarav.

REB NECHMAN'S PRAYER

Grant me the ability to be alone; may it be my custom to go outdoors each day among the trees and grass - among all growing things and there may I be alone, and enter into prayer, to talk with the One to whom I belong. May I express there everything in my heart, and may all the foliage of the field - all grasses, trees, and plants - awake at my coming, to send the powers of their life into the words of my prayer so that my prayer and speech are made whole through the life and spirit of all growing things, which are made as one by their transcendent Source. May I then pour out the words of my heart before your Presence like water, Eternal One, and lift up my hands to You in worship, on my behalf, and that of my children!

ALL THINGS PRAY Micah Josef Berdishevski

It is not we alone who pray: all things pray. All things pour forth their souls. The heavens pray, the earth prays, every creature and every living thing prays. In all life, there is longing. Creation itself is but a long; a prayer to the Almighty. What are the clouds, the rising and the setting of the sun, the soft radiance of the moon, and the gentleness of the night? What are the flashes of the human mind and the storms or the human heart? They are all prayers - the outpouring of boundless longing for God.