



תשליך *Tashlich*

הִנֵּה מַה-טוֹב וּמַה-נְּעִים שָׁבֶת אַחִים גַּם-יַחַד.
Hi-nei ma tov u-ma na-im, she-vet a-chim gam ya-chad.

How good it is, and how pleasant, when we dwell together in unity.



Forever, God, Your word stands firm in the heavens.
May Your word forgive me.

יָשׁוּב יִרְחַמֵּנוּ יִכָּבֵּשׁ עֲוֹנוֹתֵינוּ
וְתִשְׁלֹךְ בְּמַצְלוֹת יָם כָּל-חַטֹּאתֵם:
Ya-shuv y'ra-cha-mei-nu yich-bosh a-vo-no-tei-nu, v'tash-lich bim-tzu-lot yam kol-cha-to-tam.

God, You will take us back in love; You will cover up our iniquities, You will cast our sins into the depths of the sea. (*Micah 7:19*)



Forever, God, Your word stands firm in the heavens.
May Your word comfort me.

אָבִינוּ מַלְכֵנוּ, חַנּוּן וְעֻנּוּן, כִּי
אֵין בָּנוּ מַעֲשִׂים, עֲשֵׂה עִמָּנוּ
צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ.
A-vi-nu mal-kei-nu, cho-nei-nu va'a-nei-nu ki ein ba-nu ma'a-sim, a-seh i-ma-nu tz'da-kah va-che-sed v'ho-shi-ei-nu.

Avinu Malkeinu, be gracious and answer us, for we have little merit.
Treat us generously and with kindness, and be our help.

Forever, God, Your word stands firm in the heavens.

May Your word restore me.

*Ha-shi-vei-nu A-do-nai ei-le-cha
v'na-shu-vah cha-deish
ya-mei-nu k'ke-dem.*

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה,
חַדֵּשׁ יָמֵינוּ בְּקֶדֶם.

Help us to return to You, O God; then truly shall we return.

Renew our days as in the past.

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 water renews.

For this year, and the years to come. *(adapted from Rabbi Rachel Barenblat)*



Forever, God, Your word stands firm in the heavens.

May Your word forgive me, and bring peace to me.

*O-seh sha-lom bim-ro-mav, hu
ya-a-seh sha-lom a-lei-nu,
v-al kol Yis-ra-eil, v-al kol
yosh-vei tei-veil v'im-ru a-men.*

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא
יַעֲשֵׂה שָׁלוֹם עָלֵינוּ, וְעַל כָּל
יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תֵבֵל
וְאָמְרוּ אָמֵן.

May the One who causes peace in the high heavens, bring peace to
us and to all Israel, and all who inhabit the earth and let us say: Amen.

תְּקִיעַה גְּדוּלָה
T'kiyah G'dolah