

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

Ezekiel 18:31

# Tashlich

הִנֵּה מַה־טוֹב וּמַה־נְּעִים שֶׁבֵּת אַחִים גַּם־יַחַד:

*Hineih mah tov u'mah na-im shevet achim gam yachad.*

How wonderful it is for brothers and sisters to join together in harmony!

## Psalm 130

שִׁיר הַמַּעְלוֹת מִמַּעַמְקִים קָרָאתִיךָ יְהוָה: אֲדַנִּי שְׁמַעָה בְּקוֹלִי תִהְיֶינָה אָזְנוֹךָ  
קִשְׁבוֹת לְקוֹל תַּחֲנוּנָי: אִם־עֲוֹנוֹת תִּשְׁמַר־יָהּ אֲדַנִּי מִי יַעֲמֹד: כִּי־עַמְּךָ הִסְלִיחָה  
לְמַעַן תִּתְּנָה: קוֹיִתִּי יְהוָה קוֹיִתָּה נַפְשִׁי וְלֹדְבָרוֹ הוֹחֵלְתִּי: נַפְשִׁי לְאֲדֹנָי מִשְׁמָרִים  
לְבַקֵּר שְׁמָרִים לְבַקֵּר: יַחַל יִשְׂרָאֵל אֶל־יְהוָה כִּי־עַם־יְהוָה הִחֲסֹד וְהַרְבֵּה עַמּוֹ  
פְּדוֹת: וְהוּא יִפְדֶּה אֶת־יִשְׂרָאֵל מִכָּל עֲוֹנוֹתָיו:

From out of the depths I call to you, Adonai.

*God, hear my voice. May Your ears listen closely to the voice of my plea.*

If You recorded all of our sins, how could we endure?

*Yet forgiveness comes from You; we are in awe.*

I dream of Adonai; I wait for God's words of forgiveness.

*My soul longs for Adonai more than the watchman longs for the dawn.*

Israel longs for Adonai, for God is always loving and ever redeeming.

*God, take these sins from our depths, so that we may rise up.*

## Micah 7:19

...וְתִשְׁלִיךְ בְּמַצְלוֹת יָם כָּל־חַטָּאתָם:

*Who is like You, Adonai? You forgive iniquity and redeem transgressions for your people.*

*You do not retain anger, for You delight in kindness and show us mercy*

*You will cast all your sins into the depths of the sea, as you promised our ancestors of old.*

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 reaching out in love to other human beings.

Let us cast away the sin of **indifference**, so that we may be sensitive to the suffering of others and responsive to the needs of people everywhere.

Let us cast away the sin of **arrogance**, so that we may serve God in humility and truth.

### WE CAST OUR SINS INTO THE DEPTHS

*On this Day of Judgment, I take account of my life during the past year. Of some things I am proud, of others disappointed or ashamed. I resolve to strengthen and sustain the many mitzvot I have performed: love in relationships, honesty in business, engagement in repairing the world. And I resolve to cast off those actions or words that I regret. God, help me to keep preserving what is good and to keep casting off what is bad. May this be a year of goodness and blessing.*

**עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.**

*Oseh shalom bim'romav, hu ya-aseh shalom aleinu v'al-kol-Yisrael, v'imru: Amen.*

May the Holy One of Blessing who creates harmony in the heavens above bring peace to us, to all Israel and to all humanity. Amen.

Having cast out jealousy, *let us reach toward generosity.*

Having cast out anger, *let us reach toward forgiveness.*

Having cast out suspicion, *let us reach toward openness.*

Having cast out cynicism, *let us reach toward faith.*

Having cast out despair, *let us reach toward hope.*

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