

# תשליך Tashlich

Below are some suggested readings and reflections which you can use for your tashlich ceremony this year. You are welcome to use the whole sheet, or to only use the parts that are meaningful to you.



Tashlich, which means “you will cast away,” is the ancient custom of throwing crumbs, or dirt from our pockets, into a stream of running water. When we observe tashlich, we symbolically cast off the ways we’ve strayed from our goals, and the ways we’ve hurt ourselves and others.

When we cast away our wrongdoings, we can’t actually throw them away, as though they no longer existed. When we hurt someone we cannot undo the hurt. Instead we set an intention to transform the energy of our wrongdoings in order to renew our commitment in the struggle for justice. Today, we reflect on our personal and collective wrongdoings in order to turn away from fear, violence, and hate, and towards justice, compassion, and love.

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## Questions for Reflection

- ◆ Water, though life-giving, also has a capacity for destruction. What qualities in myself have a similar capacity for both nourishment and destruction?  
*How can I embrace the positive while restraining the negative?*
- ◆ How have I wronged myself this year?  
*What are the patterns I am casting off? How can I be healthier this year?*
- ◆ How have I wronged people close to me this year?  
*How can I best show up for others in the year to come? How can I support my friends and family?*
- ◆ How have I been complicit in wrongs committed in my name this year?  
*What can I do in the new year to resist the temptation to be complicit in injustice? How can I support my community?*

Take a few minutes to collect twigs, pebbles, pine needles, and dirt to cast into the water.

## Clean Dirt: A Tashlich Meditation

I hold this dirt in the palm of my hand,  
And I see how small and insignificant it is.  
And instead of shouting  
I hold my mouth to the dirt  
And whisper to the dead twigs:  
“Okay these are my sins.  
This is what I did.  
These were my mistakes.  
This is who I hurt.”  
Not so big or entertaining  
Not funny  
Not great  
Not dramatic,  
But small and quiet.  
Just normal stuff,  
The debris of me.

So together,  
Let us gather the leftovers  
Of this last year’s life  
And cup them in the palms of our hand  
And whisper to the dead twigs,  
Nothing funny  
Nothing great  
Nothing dramatic,  
But small and quiet:  
“this is what we did  
These were our mistakes.  
This is who we hurt.”  
And let us drop this into the moving water,  
The debris of us.  
Clean dirt.  
Making mulch for our next year’s growth.  
- Adapted from “Clean Dirt,” by Trisha Arlin

As you cast the dirt and pebbles into the water, read the following:

We cast away silence and complicity, and lift up our voices and our comradeship.  
We cast away fear, and take on courage.