



# Tashlich

Let's Cast Away our Sins



**HaLev: Families Growing Together**  
a project of the Adath Jeshurun community

**For more family-friendly events and programming this new  
year at Adath visit [www.adathjeshurun.org/youth](http://www.adathjeshurun.org/youth)**



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During this season of *t'shuvah*, we look into the mirror and examine ourselves. We say we can change into who we want to be, who we can be.

Together we come to this body of water to perform the *tashlich* ceremony, seeking symbolically to "cast away" our sins so that we may purify our hearts and our souls, and begin the new year with a fresh, clean slate.

### BLESSING

(BEFORE CASTING OUT YOUR "SINS")

May you cast out the sins of Your people Israel into a place where they will not be remembered, nor counted, nor ever again be minded.

אַתָּה חוֹנֵן לְאָדָם דַּעַת, וּמְלַמֵּד לְאִנּוֹשׁ בִּינָה.  
חֲנֻנוּ מֵאִתְּךָ דַּעַת בִּינָה וְהַשְׁכֵּל.  
בָּרוּךְ אַתָּה ה' חוֹנֵן וְדַעַת.

Ata chonen le-adam daat, oomelamed le-enosh binah.  
Chonenu me-eetcha deyah, binah ve'haskel.  
Baruch ata Adonai chonen ha'daat.



As we reflect on our actions this past year, toss a piece of bread into the lake for each of your mistakes. Let the current in the water wash away our poor choices so we begin the year anew.

### In the past year, have you.....

- Told a fib?
- Not listened to your parents or your teachers?
- Talked back to an adult?
- Not said please or thank you?
- Wished you had something that your friend owned?
- Said a bad word?
- Forgotten to brush your teeth?
- Not been nice to a friend?
- Taken something that doesn't belong to you?
- Refused to get ready to go?
- Hurt your brother or sister?
- Been stubborn or had a tantrum?
- Not cleaned up when you've been asked?

Adonai, help us to preserve what is good and cast off the bad. Let us resolve to do good deeds that help repair the world and to be kind and honest in our relationships, so that we may begin a truly new year.