

What it *Tashlich* and why do we do it?

Tashlich is a way to unburden yourself of any mistakes you may have made over the past year. It is a chance to cast away (English for *tashlich*) your past negative actions and start the year off fresh!

A Prayer for *Tashlich*

*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 weight 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 blessings and gratitude.
Renew my soul as the dew renews the grasses.*

And let us say together:

Amen.

Modified from:

<http://velveteenrabbi.blogs.com/blog/2012/09/a-prayer-for-tashlich.html>

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What kind of bread should I use for each kind of wrongdoing? Take a look at the chart below for a little *Tashlich* humor:

Ordinary wrongdoing	White bread
Complex wrongdoing	Multi-grain bread
Wrongdoings committed in haste	Matzah
For ill-temperedness	Sourdough
For telling bad jokes/puns	Corn bread
For dropping in without notice	Popovers
For raising your voice too often	Challah
For having too much chutzpah	Fresh bread

<http://badpets.net/Humor/Religion/JewishBread.html>



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