

Temple Beth Shalom



I lift my eyes to the mountains. Where will my help come from?

Tashlich ~ תשליך

♪ Pure Heart ♪

Yoel Sykes & Daphna Rosenberg
Based on Psalm 51:12

Create a pure heart in me, Great Spirit,
Create a pure heart in me.
And renew a true soul within me,
And renew a true soul within.



In *Tashlich*, we enact a physical ritual of atonement, symbolically scattering our sins. We often let the living water wash away our sins. Today, we cast them toward the expanse of the sky.

Rabbi Meir said: What is different about *tekhelet* from all other colors that it was chosen for the *mitzva* of *tzitzit*? It is because *tekhelet* is like the sea, and the sea is like the sky, and the sky is like God's heavenly throne, as it is written: "And they saw the God of Israel; and under God's feet was a pavement of sapphire, like the pure sky (Exodus 24:10)"

We have gathered to cast away the stale crumbs and the pocket lint of the old year.
We have gathered to find the hope of a new year in the pure sky.
We prepare to cast off the unwanted parts of ourselves as we lift our eyes to the
mountains in search of our help.



Esah Enai

- David Appelman, Julia Bordenaro, Wendy
Goldberg, & Dan Nichols
Based on Psalm 121:1-2

אַשָּׁא עֵינַי אֶל-הַהָרִים מֵאֵין יְבֵא עֲזְרִי

Esa einai el heharim.

Esa einai el heharim.

*Mei-ayin yavo, yavo ezri? Mei-ayin
yavo, yavo ezri?*

*Mei-ayin yavo, yavo ezri? Mei-ayin
yavo, yavo ezri?*

Where will my help come from?
Where will my help come from?

My help will come from God, maker of
heaven and earth.

My help will come from God, maker of
heaven and earth.

My Rock

- Pat Mora

Summer's ending.

I sit on my desert rock, listen
to the world's hum.

Crows and ravens caw,
finches and sparrows chirp. A dog barks.

Can I face
the halls of judgements?

A breeze strokes my face,
brings me back to spiders
and lizards busy at their chores,
private conversations -
sights and sounds I savor.

This earth, my home.

High on the vast blue canvas,
clouds curl, float.

Taking a deep breath, I gather myself.
I bring what I am.

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 great sharing and from reaching out in love to other human beings. Let us cast away the sin of indifference, so that we may be sensitive to the sufferings of others and responsive to the needs of people everywhere. Let us cast away the sin of pride and arrogance, so that we can worship God and serve God's purpose in humility and truth.

We now take some time for private reflection and personal *Tashlich*. Please find a comfortable place to scatter your birdseed, and return when you hear the call of the shofar.

You may wish to make use of the following meditation by Rabbi Janet Madden:

I. Look to the heavens and say:

מִן-הַמֵּיצָר, קָרָאתִי יְהוָה, עֲנֵנִי בְמִרְחֹב יְהוָה. לֹא אִירָא, מִה-יַעֲשֶׂה לִּי אָדָם
Min hameitzar, karati ya, annani vamerchav ya. Adonai li, lo ira, mah ya'aseh li adam.
(Psalm 118:5-6)

From my narrow place, I cried out to God, God answered me from the expanse.
God is with me, I shall not fear. What could humanity do to me?

I am here, present to all the ways in which I know that I've missed the mark. I am here
because I want to begin again.

As I cast this seed heavenward and watch it fall to earth,
may all the mistakes I've made, the unkind things I've said and thought, the
wrongs I've done be cast away. May my misdeeds of the last year be food for thought,
reminding me of my mistakes as I commit to do better and to be better in this new year.

II. Toss the birdseed into the air.

III. Spend a few moments in quiet reflection of what you are casting away and the
changes that you want to make. As birds come to eat, say:

שֶׁתִּמְלֵא כָּל מִשְׁאָלוֹת לִבֵּנוּ לְטוֹבָה
Shetimale kol mishalot libeinu l'tovah
You will fulfill the wishes of our hearts for goodness

As these symbols of my transgressions are transformed to nourishment, so may my heart
and spirit be nourished through the opportunities for goodness that this new year brings.
May my good deeds pour forth like water, like a handful of birdseed. May I do good and
seek goodness.

The shofar is sounded.

תְּקִיעַה שְׂבָרִים-תְּרוּעָה תְּקִיעַה
תְּקִיעַה שְׂבָרִים תְּקִיעַה
תְּקִיעַה תְּרוּעָה תְּקִיעַה

T'kiah Sh'varim-T'ruah T'kiah

T'kiah Sh'varim T'kiah

T'kiah T'ruah T'kiah

 Hashiveinu 

Lamentations 5:21

הַשִּׁיבֵנוּ יְהוָה אֱלֹהֵינוּ וְנָשׁוּבָה חַדֵּשׁ יָמֵינוּ כְּקֶדֶם:

Hashiveinu, Hashiveinu, Adonai eilecha,

V'nashuva, v'nashuva.

Chadesh, chadesh, yameinu k'kedem

Turn us back to You, O Eternal One, and we shall return.; Renew our days as of old!

Repentance, prayer, and good deeds have the power to change the character of our lives.

Let us resolve to repent, to pray, and to do good deeds so that we may truly begin a new year.

תְּקִיעַה גְּדוּלָּה! *T'kiah g'dolah*

לְשָׁנָה טוֹבָה תִּכְתֵּבוּ – וְתִחַתֶּמוּ!

*L'shanah tovah tikateivu —
v'teichateimu!*

**May you be inscribed — and sealed
— for a good year!**