



Temple Beth El
of City Island
Your Shul by the Sea

Tashlich

We are all loved
By unending love
We'll be reborn in love
We'll do what's right in love
Please heal the world in love
For the whole world needs
Your light of love.

And so, Source of All,
We return to You.
Teach us how to fulfill:
Show us what to do.
Fill our hearts, lift our souls
With love every day
Inspire every life:
Help us find the way.
As You guide us onward
So we say...

The Offering: A Tashlich Prayer

(R. Jill Hammer, rev'd R. David Markus)

I will cast this gift to the water:
My past – blessing and regret.
My present – reflection and listening.
My future – intention and mystery.
It is what I did, and did not;
It is yes, and no, and silence.

It is what was done, and what arose
from what was done, and what arises
in this body remembering.

I will let it go, own neither sting nor
sweetness, hold onto Nothing –
For the sea has no past.
Each moment of waving water is
A new beginning.

Harm that was: heal with the rush of
Love and truth and time.
We who are lost: let the current
Take us homeward.
What is broken: may the waters churn
It into what becomes whole.

Each separate droplet forms the sea
That is becoming a journey awaiting.
I relinquish my inner lie that I have
Power to refrain from it, or even to
Steer it to my will. It is not mine.

May the One, the great Crossroad,
Guide my turning.

Three times I declare:
It is finished.
It is born.
It is unending.

Three times I listen:
It is love.
It is before me.
It is the water.

May my offering go
Where it is meant to go.
May the one who offers it
Find the way.

אָבִינוּ מִלְכָּנוּ
חֲנִינוּ וְעֲנִנוּ
כִּי אֵין בָּנוּ מַעֲשִׂים.
עֲשֵׂה עִמָּנוּ
צְדָקָה וְחֶסֶד
וְהוֹשִׁיעֵנוּ:

*Avinu Malkeinu
chaneinu va'aneinu
ki ein banu ma'asim.
Aseih imanu
tzedakah va-chesed
v'hoshi'einu.*

*Avinu Malkeinu,
grace us and answer us
though we're without deeds.
Do with us
justice and loving kindness,
and save us.*

Micah 7:18-20

מי-אל כְּמוֹדֶךָ נְשֵׂא עֲוֹן וְעֲבֵר עַל-פְּשָׁע
לְשֹׂאֲרֵית נַחֲלָתוֹ ל'א-הַחֲזִיק לְעַד אֲפֹ
כִי-חָפֵץ חֶסֶד הוּא: יָשׁוּב יְרַחֲמֵנוּ יִכְבֹּשׁ
עֲוֹנֹתֵינוּ:

Who is like You, YHVH! – You who pardon iniquity, overlooking the transgression of Your people? God does not stay angry forever, for God delights in compassion. Let holy compassion return to us – for us, in us, and through us – for all iniquities:

וְתִשְׁלִיךְ בְּמַצְלוֹת יָם כָּל-חַטָּאתָם: תִּתֵּן
אֱמֶת לְיַעֲקֹב חֶסֶד לְאַבְרָהָם אֲשֶׁר-
נִשְׁבַּעְתָּ לְאַבְתֵּינוּ מִיַּמֵּי קֶדֶם:

"You will cast into the depths of the sea all sins, every missing of the mark. Become as living truth for the Children of Jacob, and as loving kindness for the Children of Abraham – the divine promised that You made to our ancestors in days of old."

Here I am again – again as before, and again as never before,
Aching to let go of what I still clutch, and what still clutches me.

*In love, I ask for release – for myself and for others –
from ways that no longer serve the flow of love in the world.*

תְּקִיעָה

TEKIAH

Help me lay down the baggage of outdated patterns that have controlled me.
Help me lay down the baggage of my poor choices and others' poor choices.

*In love, I ask for release – for myself and for others –
from ways that no longer serve the flow of love in the world.*

תְּקִיעָה

TEKIAH

Hope amidst this broken world risks of disappointment and pain.
Help me cast away my inner restraints to hope and actions to heal the world.

*In love, I ask for release – for myself and for others –
from ways that no longer serve the flow of love in the world.*

תְּקִיעָה גְדוּלָה

TEKIAH GEDOLAH