

Opening Song

God prepare me
To be a sanctuary
Pure and holy,
Tried and true.
And with thanksgiving
I'll be a living sanctuary for you.

God prepare me
To be a sanctuary
Pure and holy,
Tried and true.
And with thanksgiving
I'll be a living sanctuary for you.

Ve-asu li mikdash Ve-shachanti be-tocham

What is Tashlich?

Tashlich means to "cast." The Tashlich service is held beside a flowing body of water where we symbolically cast our sins (using pebbles or seeds) into water symbolizing Teshuvah (repentance).

The earliest reference to Tashlich is the book of the Prophet Nechemiah (8:1): "All the Jews gathered as one in the street that is in front of the gate of water."

On Being Masked

A Prayer for Masked Tashlich

With devotion to the preservation of life, as I stand today physically masked, let me be spiritually unmasked.

May I have the courage to see my wrongdoings, And the will to draw nearer to holiness,

That no mask, no disguise, no veil, separates me from my loved ones, from my own truest self, and from You. God. Source of All.

On Returning



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 baggage 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 blessing and gratitude.

Renew my soul as the dew renews the grasses.

Return Again

Return again, return again, return to the land of your soul.

Return again, return again, return to the land of your soul.

Return to who you are, return to what you are,

Return to where you are born and reborn again.

Return to who you are, return to what you are,

Return to where you are born and reborn again.

Casting Off of Pebbles/Seeds

We come to this river seeking to cast away our mistakes.

In the spirit of the prophet Ezekiel's words:

"Cast away from yourselves all your transgressions, and create within you a new heart and a new spirit."

(Now, throw your pebbles or seeds into the water, reflecting on which misdeeds you want to release and be free from in the coming year.)

Closing Song

L'Shanah Tovah Tikateivu L'Shanah Tovah Tikateivu

Shana Tovah.

May you be written in the Book of Life for a good and sweet New Year!



530 Raleigh Avenue, Norfolk, VA 23507 ohefsholom.org | (757) 625-4295