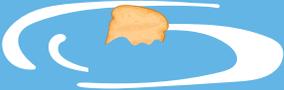


# What are you letting go of this year?

Negative Self-Talk



Self-Harm



Self-Doubt



Unfair Expectations



Self-Hate



TASHLICH IS AN EXPRESSION OF REPENTANCE,  
ACCEPTANCE, AND FORGIVENESS FOR HOW  
WE MISTREATED OTHERS. BUT WE MUST ALSO  
FORGIVE OURSELVES FOR THE WAYS WE  
MISTREATED OURSELVES.



## Traditional Tashlich Prayer

מִי־אֵל כְּמוֹךָ. נִשְׂא עוֹן וְעִבֵר עַל־פְּשַׁע לְשֹׂאֲרֵי־תְּנִיחָה  
לְאֵי־חֲזִיק לְעַד אֲפֹ כִי־חִפֵּץ חֶסֶד הוּא: יָשׁוּב יְרַחֲמֵנו  
יִכְבֹּשׂ עֲוֹנֹתֵינוּ וְתִשְׁלֵךְ בַּמַּצְלוֹת יָם כָּל־חַטָּאוֹתֵם: תִּתֵּן  
אֵמֶת לִיעֲקֹב חֶסֶד לְאַבְרָהָם אֲשֶׁר־נִשְׁבַּעְתָּ לְאַבְתֵּינוּ  
מִיָּמֵי קֶדֶם.

מִן־הַמַּצַּר קָרָאתִי יְיָ עֲנֵנִי בְּמִרְחַב יְיָ: יְהוָה לִי לֹא  
אִירָא מִה־יַעֲשֶׂה לִי אָדָם: יְהוָה לִי בְּעֲזָרִי וְאֲנִי אֶרְאֶה  
בְּשִׁנְאֵי: טוֹב לְחַסוֹת בִּיהוָה מִבֶּטֶחַ בְּאָדָם: טוֹב לְחַסוֹת  
בִּיהוָה מִבֶּטֶחַ בְּנַדִּיבִים.

Who, oh God, is like You? Forgiving iniquity and pardoning the transgression of the remnant of Your people? You do not maintain anger forever but You delight in lovingkindness. You will again have compassion upon us, subduing our sins, casting all our sins into the depths of the sea. You will show faithfulness to Jacob and enduring love to Abraham, as You promised our ancestors from days of old. (Micah 7:18-19)

In distress I called on God; God answered me and brought me relief. God is on my side, I have no fear; what can humankind do to me? With God on my side as my helper, I will see the downfall of my foes. It is better to take refuge in God than to trust in mortals; it is better to take refuge in God than to trust in the great.



## Traditional Tashlich Prayer

רָנְנוּ צְדִיקִים בַּיהוָה. לִישְׁרִים נְאוֹה תְהִלָּה: הוֹדוּ לַיהוָה  
בְּכִנּוֹר. בְּנֶבֶל עֲשׂוֹר זְמַרְוִלוֹ: שִׁירֵוִלוֹ שִׁיר חֲדָשׁ. הִיטִיבוּ  
נֶגֶן בְּתְרוּעָה: כִּי־יִשֶׁר דְּבַר־יְהוָה. וְכָל־מַעֲשָׂהוּ בְּאִמּוֹנָה:  
אֲהַב צְדָקָה וּמִשְׁפָּט. חֶסֶד יְהוָה מְלֵאָה הָאָרֶץ: בְּדַבַּר  
יְהוָה שָׁמַיִם נַעֲשׂוּ. וּבְרוּחַ פִּיּוֹ כָל־צַבָּאִם: כָּנִס כְּנֹד מִי  
הַיָּם. נָתַן בְּאוֹצְרוֹת תְּהוֹמוֹת: יִירָאוּ מִיְהוָה כָּל־הָאָרֶץ.  
מִמֶּנּוּ יִגְוֹרוּ כָּל־יֹשְׁבֵי תֵבֶל: כִּי הוּא אָמַר וַיְהִי. הוֹאֲצֵהוּ  
וַיַּעֲמַד: יְהוָה הִפִּיר עֲצַת־גּוֹיִם. הִנִּיא מַחְשְׁבוֹת עַמִּים:  
עֲצַת יְהוָה לְעוֹלָם תַּעֲמַד. מַחְשְׁבוֹת לְבוֹ לְדָר וָדָר:

Joyfully exult in Adonoy, [you] righteous ones, for the upright, praise is fitting. Thank Adonoy with the harp, with the ten-stringed lyre sing to Them. Sing Them a new song, play skillfully with jubilation. For upright is the word of Adonoy, and all Their deeds [are done] with faithfulness. They love righteousness and justice, the kindness of Adonoy fills the earth. By the word of God, the heavens were made, and by the breath of Their mouth, all their hosts. They gather like a mound the waters of the sea, They place in vaults the deep waters. Fear Adonoy, all the earth, of Them, be frightened all dwellers of the inhabited world. For They spoke and it became; They commanded and it stood. Adonoy annuls the counsel of nations, They disrupt the intention of peoples. The counsel of Adonoy will stand forever, the thoughts of Their heart throughout all generations.



## Traditional Tashlich Prayer

אֲשֶׁרִי הֶגְוִי אֲשֶׁר־יְהוָה אֱלֹהֵיוּ. הָעַם בָּחַר לַנְּחֻלָּה לּוֹ:  
מִשְׁמַיִם הִבִּיט יְהוָה. רָאָה אֶת־כָּל־בְּנֵי הָאָדָם:  
מִמְּכוֹן־שִׁבְתוֹ הַשְּׁגִיחַ. אֶל כָּל־יֹשְׁבֵי הָאָרֶץ: הַיֵּצֵר יַחַד  
לָבָם. הַמְבִין אֶל־כָּל־מַעֲשֵׂיהֶם: אִין הַמֶּלֶךְ נוֹשֵׁעַ  
בְּרַב־חַיִל. גְּבוּר לֹא־יִנְצֵל בְּרַב־כֹּחַ: שֶׁקֶר הַסּוֹס  
לְתַשׁוּעָה. וּבְרַב חֵילוֹ לֹא יִמְלֹט: הִנֵּה עֵין יְהוָה  
אֶל־יִרְאָיו. לְמִיחָלִים לְחַסְדּוֹ: לְהַצִּיל מִמּוֹת נַפְשָׁם.  
וּלְחַיּוֹתָם בְּרַעַב: נַפְשָׁנוּ חִכְתָּה לַיהוָה. עֲזָרְנוּ וּמַגְנָנוּ  
הוּא: כִּי־בוֹ יִשְׁמַח לְבָנוּ. כִּי בְשֵׁם קִדְשׁוֹ בְּטַחְנוּ:  
יְהִי־חַסְדְּךָ יְהוָה עָלֵינוּ. כַּאֲשֶׁר יַחַלְנוּ לָךְ

Fortunate is the nation for whom Adonoy is their God, the people They chose as Their heritage. From the heavens, Adonoy looks [down], They see all humankind. From Their dwelling place, They watch intently all the inhabitants of the earth. They form their hearts all together; They perceive all their doings. A ruler is not saved by a great army; a mighty person is not rescued with [their] great strength. A horse is deceptive [assurance] for deliverance, and with its great strength it provides no escape. Behold, the eye of Adonoy is on those who fear Them, on those who wait for Their kindness. To rescue their soul from death, and to keep them alive during famine. Our soul yearned for Adonoy, our help and our shield are They. For in Them our heart will rejoice, for in Their Holy Name we trust. May your kindness, Adonoy, be upon us, as we have waited for You.



# Traditional Tashlich Prayer

לֹא יִרְעוּ וְלֹא יִשְׁחִיתוּ בְּכֹל הַר קְדָשִׁי, כִּי מְלֵאָה הָאָרֶץ  
יְדָעָה אֶת יְהוָה כַּמַּיִם לַיָּם מְכַסִּים:

**They shall neither injure nor destroy in all of My sacred mount,  
for the earth shall be filled with knowledge of Hashem, as  
water covers the sea.**

