

LAB/SHUL



TASHLICH

2020/5781

תשליך

Welcome to the annual Jewish ritual opportunity to shed the past in the form of breadcrumbs into a body of water, getting a clean start for the new year, (and sometimes feeding fish). This ancient embodied rite begins on Rosh Hashanah and can extend into the first two weeks of the new year.

Ready to shed? You can try out the virtual and/or physical version of Tashlich, adapted for 2020. Just follow these DIY prompts and start the year a little lighter. Or a lot.

1 MAP: Choose your destination: If you feel safe to go outdoors, pick a body of water you can walk or drive to. Wear a mask. Use these prompts as you head to the water, then review them as you toss one crumb at a time and let it go. Keeping indoors? Find a favorite digital image of water and follow the prompts. It's the intention that matters (you can do this with a friend or more - or try the contemplative solo experience).

2 BYOB: leftover crumbs from the holiday Challah are usual favorites. Anything goes. Get some ready in your pocket, or your mind.

3 FOCUS: Take a moment to focus on your intention: Why are you taking the time to do this today? What would make this ritual feel meaningful and worthwhile?

4 DELETE: Pause on your first street corner or a minute into this practice. Think about one behavior you'd like to delete from your daily life. You can also delete ONE photo or a contact from your phone for whatever reason feels right to you.

5 EXHALE: Pause to breathe in slowly, and take a bit longer to exhale. Release.

6 LET GO: Say goodbye to one self-defeating feeling or one text chain. With gratitude. bye.

7 DISCARD: Make a mental note or write down: What's one unhealthy habit you're ready to discard? (Maybe one way to be more environmentally-conscious? Anti-racist?)

8 APP OUT: Delete an app that's no longer serving you.

9 REGRET: As many in our world rise up to undo systemic racism, take a moment now to recognize one area in your life where you kept silent instead of speaking up - either in person or online.

10 UNPLUG: As you complete this ritual, thank your device, unplug completely, and take some time to quietly reflect on this ritual, this moment, this life. Repeat as needed.

THE OFFERING: A TASHLICH PRAYER by Rabbi Jill Hammer

I cast this gift to the water.
It is my past: blessing and regret.
It is my present: reflection and listening.
It is 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 let it all go. I own
neither the sting nor the sweetness.
I hold on to nothing.
The river has no past.
Each moment of rushing water
is a new beginning

Harm that has been:
heal in the rush of love and truth and time.
We who are lost:
let the current take us homeward.
May these waters churn what is broken
into what is whole.
May each separate droplet
reach the ocean that is becoming.
The journey awaits.
I have no power to refrain from it;
only to steer it when I can.
May the One who is
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 the river.
It is before me.
May my offering go where it is meant to go
and may the one who offers it
find the way.
Amen.

Lab/Shul is an everybody-friendly, artist-driven, God-optional, experimental community for sacred Jewish gatherings based in NYC and reaching the world. Learn more and keep in touch - www.labshul.org