



LAB/SHUL

TASHLICH*

תַּזְשִׁילִיךְ

*THE RIVER RELEASE RITUAL

HIGH HOLY DAYS OF AWE

2024 / 5785 ימים נוראים

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.

~ Rabbi Jill Hammer

BE HERE: EVERPRESENCE FACE TO FACE FOREVER/NOW

שׁוּיִתִּי הוּיָה לַנִּגְדִּי תָמִיד جَعَلْتُ الرَّبَّ أَمَامِي دَائِمًا

SOME INVITATIONS FOR **TASHLICH**, THE **RIVER RELEASE RITUAL** DURING THE JEWISH HIGH HOLY DAYS



- **FREE UP SPACE:** Delete at least one photo/video from your phone. Even a favorite one... Let it go.
- **DETOX:** Remove a txt chain or exit a Whatsapp group that does not bring you joy and perhaps feels toxic. Its ok.
- **DELETE:** At least one app no longer serves you. Bye.
- **FACE TO FACE:** Put down the phone. Ask: how have I harmed this year?
Who do I need to call or text, what can we fix by saying sorry face to face?