

Tashlich Information Sheet

What is Tashlich?

Tashlich is a ceremony where we symbolically cast away our sins. Traditionally, we do this by tossing bread into the water. Casting away our sins is meant to help us start the New Year with a clean slate; we think of the wrongs we have done, and throw them away with the intention of doing better this coming year.

When is Tashlich?

Tashlich is most often performed on the afternoon of the first day of Rosh Hashanah. Since the first day of Rosh Hashanah falls on Shabbat this year, some Jews may choose to do *Tashlich* on the second day. However, *Tashlich* can be done any day from Rosh Hashanah through the seventh day of Sukkot (this year, that means anytime before sunset on Friday, October 9).

Who can do Tashlich?

Anyone! This is actually great to do with kids too. Here's a helpful resource from PJ Library: <https://pjlibrary.org/beyond-books/pjblog/august-2018/explaining-tashlich-to-kids>.

What do I need for Tashlich?

1. Water of some sort: a river, a pond, a kiddie pool, water from a hose, whatever you'd like. Traditionally, running water has been used because it further symbolizes the sin being washed away after it is cast off.
2. Something (safe) to throw into the water: Although we used to use bread, tossing bread into the water is actually not good for the animals (especially ducks and other birds) that tend to live by or in bodies of water; they can't actually digest it well! Oats or corn are better options. For more information, please see: www.thespruce.com/what-to-feed-ducks-386584, <https://blog.education.nationalgeographic.org/2017/03/27/stop-feeding-ducks-bread/>, or www.thespruce.com/is-feeding-ducks-bread-bad-386564

Alternatively, there is Reverse Tashlich, where we take sins (trash) out of the water, instead of throwing sin (bread) in. For more information, or to sign up to clean, please visit: www.repairthesea.org/reverse-tashlich

The ISJL's Rachel Glazer just wrote a blog post about Reverse Tashlich, which you can read here: www.myjewishlearning.com/southern-and-jewish/reverse-tashlich/

3. Honest desire to turn over a new leaf: Just like asking forgiveness from people, asking for forgiveness for our sins only works when we have true intention to change. If we know we've done wrong, but plan to continue that behavior, then we're not really repenting for our sin.