

Tashlich for Yitro - Gevurah

Rabbi Deborah Newbrun

1. Opening:

Tashlich is a ritual associated with Rosh Hashanah day. It means to “cast off” and in that ritual we let go of that which we do not want to carry forward into the New Year.

Today, here, with all of us together, our Tashlich ceremony marks our hope that as we continue to work on our middah of gevurah, we have the opportunity to cast off that which we don’t want to carry forward into our work next summer.

We have the dual wish that the ocean (known in ritual language as Mayyim Chiyim-Living Waters) which is a source of so much life, empowers us for success and we seek to grow this middah.

With readings, prayers and songs, we prepare to cast off that which we are ready to let the ocean absorb.

2. We invite you to join in as we begin together...

May I Be Empty: By Batya Levine

May I be empty and open to receive the light,
May I be empty and open to receive

May I be full and open to receive the light
May I be full and open to receive

3. Find your Group:

Get with others who share your predominant gevurah challenge coming to Tashlich at this moment by holding up the number of fingers associated with the topic: Those who want to let go of the following (I’ll repeat the numbers twice...):

1. **self-control**
2. **discipline**
3. **boundaries**
4. **discernment**
5. **courage**

Discuss what you want to cast off and how you do it... for example...

Courage: As a people pleaser, I often lack the courage to say what I know to be true or helpful because I don’t want to upset anyone and I want to instill more courage to speak honestly and with care but not to avoid what I need to say.

TOGETHER: (We read)

Today we come to this lake to perform the Tashlich ceremony, seeking symbolically to “cast away” our impediments to our gevurah so that we may find strength in our hearts and our souls to embody the gevurah we seek.

1. READ: (In preparation to choose our stones) Deb(10 min)

20 year olds:

Let us cast away deception, so that ...(a few 20 year olds fill in the blank)

30 year olds:

Let us cast away vanity, so that...(a few 30 year olds fill in the blank)

40 year olds:

Let us cast away stubbornness, so that (a few 40 year olds fill in the blank)

60 year olds:

Let us cast away envy, so that (a few 60 year olds fill in the blank)

20 year olds:

Let us cast away anger, so that...

30 year olds:

Let us cast away pride and arrogance, so that

40 year olds:

Let us cast away shame so that...

60 year olds:

Let us cast away blame so that..

Together Participants read:

Avinu Malkeinu, Avinu Malkeinu, she-ma ko-lei-nu. Eternal One, hear our prayer.

Give us strength to forgive and have compassion for when we haven't measured up to our own expectations of ourselves. Help us find the ways to mend any damages we've done so we can step into our gevurah again.

Advisors:

Shekhinah, M'kor Chayeinu, Wellspring of Life, help us to make our lives a blessing.

Eternal One, grant us a lifetime of happiness.

Shekhinah, M'kor Chayeinu, Wellspring of Life, Be gracious and answer us.

All Sing:

Avinu Malkeinu Chanenu va'aneinu (2x) ke ein banu ma'asim. Aseh imanu tzdakah vachessed - Aseh imanu tzdakah vachessed, v'hoshi'enu. (repeat)

Ruler of the Universe, be merciful to us and answer us, our deeds aren't always on point, deal with us justly and kindly and return us to our best selves.

3. Read these three readings silently and choose a line that moves you, and as the reader reads join the lines that move you: Wendy (5 min)

Psalm 130 Out of the depths I call to You; Lord, hear my cry, heed my plea. Be attentive to my prayers, to my sigh of supplication.	Micah 7:18-20 Who is a God like You, forgiving iniquity and pardoning the transgression of Your people? You do not maintain anger forever but You delight in loving-kindness. You will again have compassion upon us, subduing our pain, casting all our grief into the depths of the sea.
Abraham Joshua Heschel “Prayer is meaningless unless it is subversive, unless it seeks to overthrow and to ruin the pyramids of callousness, hatred, opportunism, falsehood. The liturgical movement must become a revolutionary movement, seeking to overthrow the forces that continue to destroy the promise, the hope, and the vision.”	Makzor This is the season of hope Like a mist rising at sunset, Like dew descending at dawn, Our hopes beautify and nourish everything they touch. Our hopes make us partner in creation, pursuers of peace, people who aspire to a world of justice.

4. The tashlich act itself. Pick some stones, hold them, imbue them with meaning and cast them into the pond. Take some minutes by the water on your own

5.Sing:

Oseh shalom bimromav

Hu ya’aseh shalom aleinu

V’al kol V’al kol Yisrael

V’imru, amen.

Ya’aseh shalom, ya’aseh shalom

(May the One who makes peace in high places, make peace for us, for all Israel, and all the world and let us say, amen.)

POEM

long live our avoidance of the quadrillion probabilities of our non-existence

i am not who i was

i am not going to be who i was going to be

you changed all that

you are not who you were

you are not going to be who you were going to be

i changed all that

what is, is.... and cannot at the same time, not be.

what was, was...and cannot,

not have been. so you see my love

we are us

we are us now and we shall never have been

not us

who are we going to be?

we are going to be who we never would have been

without each other.

--Joseph Pintauro