

Psalm 33

Sing forth, O you righteous, to the LORD; it is fit that the upright acclaim Him.

Praise the LORD with the lyre; with the ten-stringed harp sing to Him; sing Him a new song; play sweetly with shouts of joy.

For the word of the LORD is right; His every deed is faithful.

He loves what is right and just; the earth is full of the LORD's faithful care.

By the word of the LORD the heavens were made, by the breath of His mouth, all their host.

He heaps up the ocean waters like a mound, stores the deep in vaults.

Let all the earth fear the LORD; let all the inhabitants of the world dread Him.

For He spoke, and it was; He commanded, and it endured.

The LORD frustrates the plans of nations, brings to naught the designs of peoples.

What the LORD plans endures forever, what He designs, for ages on end.

Happy the nation whose God is the LORD, the people He has chosen to be His own.

The LORD looks down from heaven; He sees all mankind.

From His dwelling-place He gazes on all the inhabitants of the earth— He who fashions the hearts of them all, who discerns all their doings.

Kings are not delivered by a large force; warriors are not saved by great strength; horses are a false hope for deliverance; for all their great power they provide no escape.

Truly the eye of the LORD is on those who fear Him, who wait for His faithful care to save them from death, to sustain them in famine.

We set our hope on the LORD, He is our help and shield; in Him our hearts rejoice, for in His holy name we trust.

May we enjoy, O LORD, Your faithful care, as we have put our hope in You.



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Tashlich is a remarkable ceremony – symbolic of the grace God shows us when we come to him in repentance. Through this ritual, we acknowledge our sin and symbolically recreate God's promise to forgive us and remember our sin no more. On the afternoon of the first day of Rosh Hashanah – or on the second day, if the first day is a Shabbat – it is customary to go to a flowing body of water and to recite prayers while “casting” our sins (represented by bread crumbs) into the water. As we read in Micah 7:19 - “You will cast (*Tashlich*) all your sins into the depths of the sea.”

By performing Tashlich, we signify our trust that God will honor his promise to deal lovingly with us when we turn to him in repentance. We know that his faithfulness and steadfast love extend to a thousand generations of those that love him and keep his commands (*Deut 7:9*). Even though we may break our portion of the covenant, there is always forgiveness to be found when we seek it.

The preferred “order” for the bodies of water is (1) the sea, (2) a river, (3) a lake, spring, or fountain. If there is no such water within walking distance; in the case of inclement weather; or if one did not perform the ceremony of Rosh Hashanah for any reason, then Tashlich may be performed at any time up to Yom Kippur.

Today we come to this body of water to perform the Tashlich ceremony, seeking symbolically to “cast away” our sins and transgressions so that God may purify our hearts and our souls as the new year begins.

Avinu Malkeinu

Avinu Malkeinu, we have sinned before you.

Our Father, our King, we have no king except you.

Avinu Malkeinu, deal with us kindly for the sake of your name.

Our Father, our King, renew a year of good for us.

Avinu Malkeinu, annul every evil decree against us.

Our Father, our King, exalt the majesty of your Messiah.

Avinu Malkeinu, forgive and pardon our sins,

Our Father, our King, blot out our transgressions, and remove our sins from your sight.

Avinu Malkeinu, may we return to you in perfect repentance.

Our Father, our King, bring glory to Israel, your people.

Avinu Malkeinu, provide us with your abundant blessings.

Our Father, our King, grant our prayers for your sake, if not for ours.

Avinu Malkeinu, be gracious unto us and answer us, for we are unworthy; deal with us in compassion and faithful love and deliver us.

אָבִינוּ מֶלְכֵנוּ חַנּוּן וְעֲנֻן כִּי אֵין בָּנוּ מַעֲשִׂים יְשִׁים עֲמָנוּ צְדָקָה וְחַסֵּד וְהוֹשִׁיעֵנוּ

Avinu Malkeinu, chaneinu va'aneinu (2x) ki ein banu ma'asim.

Asay imanu tzkadah vachessed

Asay imanu tzedakah vachessed, vhoshi-einu, (repeat)

Psalm 130

Out of the depths I call You, O LORD.

O Lord, listen to my cry; let Your ears be attentive to my plea for mercy.

If You, keep account of sins, O LORD, Lord, who will survive? Yours is the power to forgive, so that You may be held in awe.

I look to the LORD; I look to Him; I await His word.

I am more eager for the Lord than watchmen for the morning, watchmen for the morning.

O Israel, wait for the LORD; for with the LORD is steadfast love and great power to redeem.

It is He who will redeem Israel from all their iniquities.

Micah 7:18-20

מִי־אֵל כְּמוֹךָ יְשׁוּעָה וְעֲבָר עַל־פְּשָׁע לְשֹׂאֲרֵית נְחֻלָּתוֹ לֹא־הִחְזִיק לְעַד אֲפֹ
כִי־חִפְּץ חַסֵּד הוּא: יְשׁוּב יִרְחַמֵּנוּ יִכְבֹּשׂ עֲוֹנוֹתֵינוּ וְתִשְׁלִיךְ בַּמַּצְלוֹת יָם כָּל־חַטָּאוֹתֵם:
תִּתֵּן אֱמֶת לְיַעֲקֹב חַסֵּד לְאַבְרָהָם אֲשֶׁר־נִשְׁבַּעְתָּ לְאַבְתְּרָנוּ מִיְמֵי קְדָם:

Who is a God like You, forgiving iniquity and remitting transgression; who has not maintained His wrath forever against the remnant of His own people, because He loves graciousness! He will take us back in love; He will cover up our iniquities, You will hurl all our sins into the depths of the sea. You will keep faith with Jacob, loyalty to Abraham, as You promised on oath to our fathers in days gone by.

Psalm 118:5-9

In distress I called on the LORD; the Lord answered me and brought me relief.

The LORD is on my side, I have no fear; what can man do to me?

With the LORD on my side as my helper, I will see the downfall of my foes.

It is better to take refuge in the LORD than to trust in mortals; it is better to take refuge in the LORD than to trust in the great.