

Release and Renew

A Tashlich Reflection

Each Rosh Hashanah, we are given the opportunity to start fresh. With the ritual of *tashlich*—during which Jews traditionally “cast off” our misdeeds by releasing breadcrumbs or pebbles into flowing water—we unburden ourselves from the loads that have weighed on us for the past year, and set positive intentions for the year ahead.

Since last New Year, we each have carried immense weight, from challenges in our own lives to struggles around the world. With Rosh Hashanah upon us, we share a collective hope for renewal—so that we may dream together of a sweeter, brighter future. As you close the chapter on this past year and turn a new leaf for the Jewish year 5782, we invite you to join us in setting a tashlich intention:

As I release this bread or stone into the water, may my own burdens be released, and may I welcome in the flow of health, joy and peace.

Questions for reflection:

Which burdens from the past year do you wish to cast off?

As you set down this load, what do you hope to make space for in your life?

What makes you feel renewed and rejuvenated?

What are your dreams and aspirations for the year ahead?

May this be a year of equity, justice and renewal for each of us, and for all of humanity.

For additional social justice rituals for Jewish holidays, visit ajws.org/holidays.

