**KBI 5781:**

An
EXTRAORDINARY COMMUNITY in an
EXTRAORDINARY YEAR with
EXTRAORDINARY POSSIBILITIES

✡ Kehillat Beth Israel

#KBIisExtraordinary

# DIY Personal Tashlikh

*Introduction:*
While we will be doing Tashlikh both on Sunday September 20th at Westboro Beach and Wednesday, September 23rd at Mooney's Bay (Rain Date Sept. 24) with physical distancing, some people may be prefer performing this ritual in their own way and at their own time.  Here is a way to recreate this meaningful ritual on your own.

*Supplies:*
Water (in a bowl, a fountain, a stream, or anywhere else convenient for you)
Dissolvable Paper (A small sheet will be in your holiday mailing, but it is also available on Amazon)
A pen

*Program:*
**Step 1:** Take some time (ideally before Rosh Hashannah) to reflect on one aspect of your life that you want to toss away.  It can be a hurtful memory you carry with you, a meaningful change that you'd like to make, or a mistake you find yourself repeating.
**Step 2:** Write down whatever it is that you wish to toss away for this year on a piece of dissolvable paper.
**Step 3:** Recite the following lines from the Book of Micah 7:18-19:

*Who is a God like you,*
   *who pardons sin and forgives the transgression*
   *of the remnant of his inheritance?*
*You do not stay angry forever*
   *but delight to show mercy.*
 *You will again have compassion on us;*
   *you will tread our sins underfoot*
   *and hurl all our iniquities into the depths of the sea.*

**Step 4:** Toss the paper into the water.
**Step 5:** As it dissolves, take a moment to reflect on why you wrote down what you did and what you intend to do to change in a meaningful way to bring it to fruition.
**Step 6:** Conclude with the following lines from Isaiah 54:9-10:

*"To me this is like the days of Noah,*
   *when I swore that the waters of Noah would never again cover the earth.*
*So now I have sworn not to be angry with you,*
   *never to rebuke you again.*
*Though the mountains be shaken*
   *and the hills be removed,*
*yet my unfailing love for you will not be shaken*
   *nor my covenant of peace be removed,"*
   *says the LORD, who has taken you back in love.*