

TASHLICH

REFLECT & RENEW

During the High Holidays, Jewish tradition provides us with opportunities to take stock of who we are, how we got here, what went wrong and what we can repair for a healthier future. One of these traditions is Tashlich, the symbolic act of casting away our regrets and missed moments of connection and refocus on how we want to be in the upcoming year. Go for it - create a clean slate for the year ahead.

TO GET YOU STARTED:

- 1.** Find an outdoor space that inspires you: the beach, your favorite hiking place, a rooftop, etc. This can be done on your own, or with family or friends at a social distance.
- 2.** Read an inspirational quote or poem. We've included one on the back.
- 3.** Throw seeds into the ocean, earth or wind. With each piece, cast away thoughts or behaviors you'd like to leave behind in the coming New Year.
- 4.** Have a happy New Year! Shanah Tovah!

FIND YOUR INSPIRATION

The birds they sang
At the break of day
Start again
I heard them say
Don't dwell on what
Has passed away
Or what is yet to be
Yeah the wars they will
Be fought again
The holy dove
She will be caught again
Bought and sold
And bought again
The dove is never free...

You can add up the parts
You won't have the sum
You can strike up the march
There is no drum
Every heart, every heart to love will come
But like a refugee...

Ring the bells that still can ring
Forget your perfect offering
There is a crack in everything
That's how the light gets in

"ANTHEM"

BY LEONARD COHEN