We gather beside these flowing waters to cast away our sins, bad habits, negativity, grievances, regrets and sorrows. Would that our sins and burdens could be drawn out by magnets, surgery, sauna or centrifuge. On this day we envision ourselves as having completed teshuva and beginning anew, our sins and burdens released and washed away.

Thus spoke the Prophet Ezeqiel:

Cast away from yourselves all of your wicked deeds and create for yourselves a new heart and new spirit; why should you perish, O House of Israel? For I do not desire the sinner’s death, says Adonai Elo•him; Repent, and live!
Guardian of Israel

Shomer Yisrael, shemor she’erit Yisrael
Ve-al yovad Yisrael ha-omrim shema’ Yisrael:
Shomer goy ehad, shemor she’erit ‘am ehad
Ve-al yovad goy ehad hameyahadim shimkha
Adonai Elo-henu Adonai Ehad:
Shomer goy qadosh, shemor she’erit ‘am qadosh
Ve-al yovad goy qadosh meshallshim beshalosh qedushot leQadosh:

Guardian of Israel, guard the remnant of Israel; and preserve the People Israel, who proclaim: Shema Yisrael.
Guardian of a unique people, guard the remnant of that people; and preserve that people who affirm: Adonai is our God, Adonai alone.
Guardian of a holy people, guard the remnant of that holy people; and preserve that holy people who chant in praise of the Holy One: “Qadosh Qadosh Qadosh.”
The Thirteen Attributes

The Lord!  the Lord!  a God compassionate and gracious, slow to anger, abounding in kindness and faithfulness, extending kindness to the thousandth generation, forgiving iniquity, transgression and sin; remitting punishment....

One Thing I Ask  (Psalm 27:4)

One thing I ask of the Lord, only that do I seek:  to live in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to frequent the Lord’s temple.
In Distress I Called

Min ham·me·tsar qa·ra·ti Yah; ‘a·na·ni vam·mer·hav Yah.

In distress I called on Yah; Yah answered and relieved me.

Open the Gates

Pit·hu-li sha`arei-tse·deq a·vo-vam o·de-Yah.

Ze hash·sha·`ar Ladonai tsad·di·qim ya·vo’u vo.

Open the gates of victory [righteousness] for me, that I may enter them and praise Yah. This is the gateway to Adonai – the victorious [righteous] shall enter through it.
**Down by the Riverside** (Isaiah 2:4)

I'm gonna lay down my sword and shield 
Down by the riverside 
Down by the riverside 
Down by the riverside 

I'm gonna **lay** down my **sword** and shield 
Down by the riverside 
Ain’t gonna study, study war no more

Lo yisa goy el-goy **herev**
ve-lo yil·medu `od mil·hama.
Lo yisa goy el-goy **herev**
Lo yisa goy el-goy **herev**
ve-lo yil·medu `od mil·hama
Lo yisa goy el-goy **herev:**

I'm gonna **cast** off my **sins** today 
Down by the riverside....

I'm gonna **start** my life **new** again 
Down by the riverside....
Joyfully You Shall Draw (Isaiah 12:3)

Ushe·avtem ma·yim be-sason mimma`yenei ha-yeshu`a.

Joyfully shall you draw water
From the fountains of triumph.

Avinu Malkenu

A·vi·nu mal·ke·nu hon·ne·nu va·`ane·nu ki en banu ma`asim;
`asei `im·ma·nu tseda·qa va·he·sed vehoshi`enu.

Avinu Malkeu, have mercy on us and answer us, for our deeds are insufficient; deal with us charitably and lovingly, and redeem us.
Thus spoke the Prophet Jonah:

In my trouble I called to Adonai, and Adonai answered me;
From the belly of Sheol I cried out, and You heard my voice.

_You cast me into the depths, into the heart of the sea, the floods engulfed me;_
_All Your breakers and billows swept over me._

I thought I was driven away, out of Your sight:
Would I ever gaze again upon Your holy Temple?

_The waters closed in over me, the deep engulfed me._
_Weeds twined around my head._

I sank to the base of the mountains; the bars of the earth closed upon me forever.
Yet You brought my life up from the pit, O Adonai my God!

_When my life was ebbing away, I called Adonai to mind;_
_And my prayer came before You, into Your holy Temple._
At the word tashlikh below we cast off our burdens

As Micah prophesized:

מִי־אֵ֣כָּ֗ל נֹשֵׂ֤וֹךְ עָוֹֽן֙ אֶלֹ֔הִים אֱמֶֽת֙ לְיַעֲקֹ֔ב לְאַבְרָהָ֖ם אֲשֶׁר־נִשְׁבַּ֥ם לַאֲבֹתֵ֖י עַמּ֑י׃
יָשׁוּב יְהוָ֖ה יָשָׁ֑א חַטֹּאתֵ֖י יִשְׂרָאֵ֑ל מִשְׁאֵרִ֖י שַׁעֲנוֹתֵ֑י בְּצֹלַֽהְם׃

Is there any divinity save You who forgives the sins and pardons the transgressions of the remnant, Your people? You do not maintain anger forever, for You delight in love. You will return to us compassionately, overcoming the consequences of our sin, hurling our sins into the depths of the sea. You will keep faith with Jacob, showing enduring love to Abraham, as You promised our ancestors in day of old.

הֲשִׁיבֵ֨נוּ ה׳נוּ אֵלֶ֙ה יִכְבֹּ֔עֲוֹנֵ֖ת שַׁעֲנוֹתֵ֑י יִשְׂרָאֵ֖ל שׁוּבֵ֥נוּ הָאָֽם לְיַעֲקֹ֣ב לְאַבְרָהָ֑ם אֲשֶׁר־נִשְׁבַּ֖ם לַאֲבֹתֵ֖י עַמּ֑י׃

Hashi-venu Adonai elekha venashe'ua; had-desh yame'nu keqadem.

Take us back, O Adonai, to Yourself, and let us come back; Renew our days as of old.

The minha and maariv services at the synagogue follow Tashlikh.