

Rosh Hashanah, the Jewish New Year, is the perfect time for all of us, Jewish or not, to think about the past year and how we want to live going forward.

JewBelong's three Digital Rituals will help you take stock of where you're hitting the mark, and where you still have some work to do.



**Shanah Tovah!
Happy New Year!**

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Digital Rituals!



Apology

One of the most powerful parts of Rosh Hashanah is starting the new year with a clean slate, which means making amends with the people in our lives. It's not as hard as it sounds.

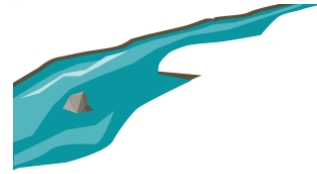
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Tombstone

What do I want written on my tombstone? How can I live that way now? Now is the perfect time to take stock and consider whether we're spending time on things that matter.

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Cast Your Sins

Tashlich is the gesture of repentance, when we cast what no longer serves us into a moving body of water. Think about what you don't want to carry anymore and let it go!

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Apology

One of the most powerful parts of Rosh Hashanah is starting the new year with a clean slate. First, we need to make amends with our loved ones (and the people in our lives we don't love quite as much). It's also important to clean up messes we didn't even know we made. Keep going, we'll walk you through it. It's not as hard as it sounds.

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Ashamnu Prayer

The ancient prayer, Ashamnu (translated: "we have trespassed" or "we are guilty"), is traditionally read aloud on Rosh Hashanah and Yom Kippur. People often lightly hit their chest as each line is read, a physical reminder of what we're atoning for. If you can't think of what you're sorry for, you might find ideas here...

We have behaved arrogantly,
We have betrayed ourselves and our families,
We have acted out of contempt,
We have been dishonest,
We have erred out of ignorance,
We have forgotten who we are,
We have gossiped,
We have been hypocritical,
We have been insensitive,
We have justified bad decisions,
We have killed our impulse to do good,
We have looked the other way,
We have been mean,
We have been neglectful,
We have acted out of fear instead of love,
We have pushed too much,
We have been quiet when we should have spoken up,
We have been rageful,
We have stolen,
We tried to teach when we should have tried to learn,

We have been untrue,
We have behaved violently,
We have withheld that which could have been given freely,
We have held others to unrealistic expectations,
We have yielded instead of moving forward,
We have zoomed too narrowly into challenges,
Prayer Courtesy of CustomAndCraft.org

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How would you like to start your apology?



[I know we're still fighting about...](#)



[I'm sorry I have not been there for you during...](#)



[I know I've been dishonest about...](#)

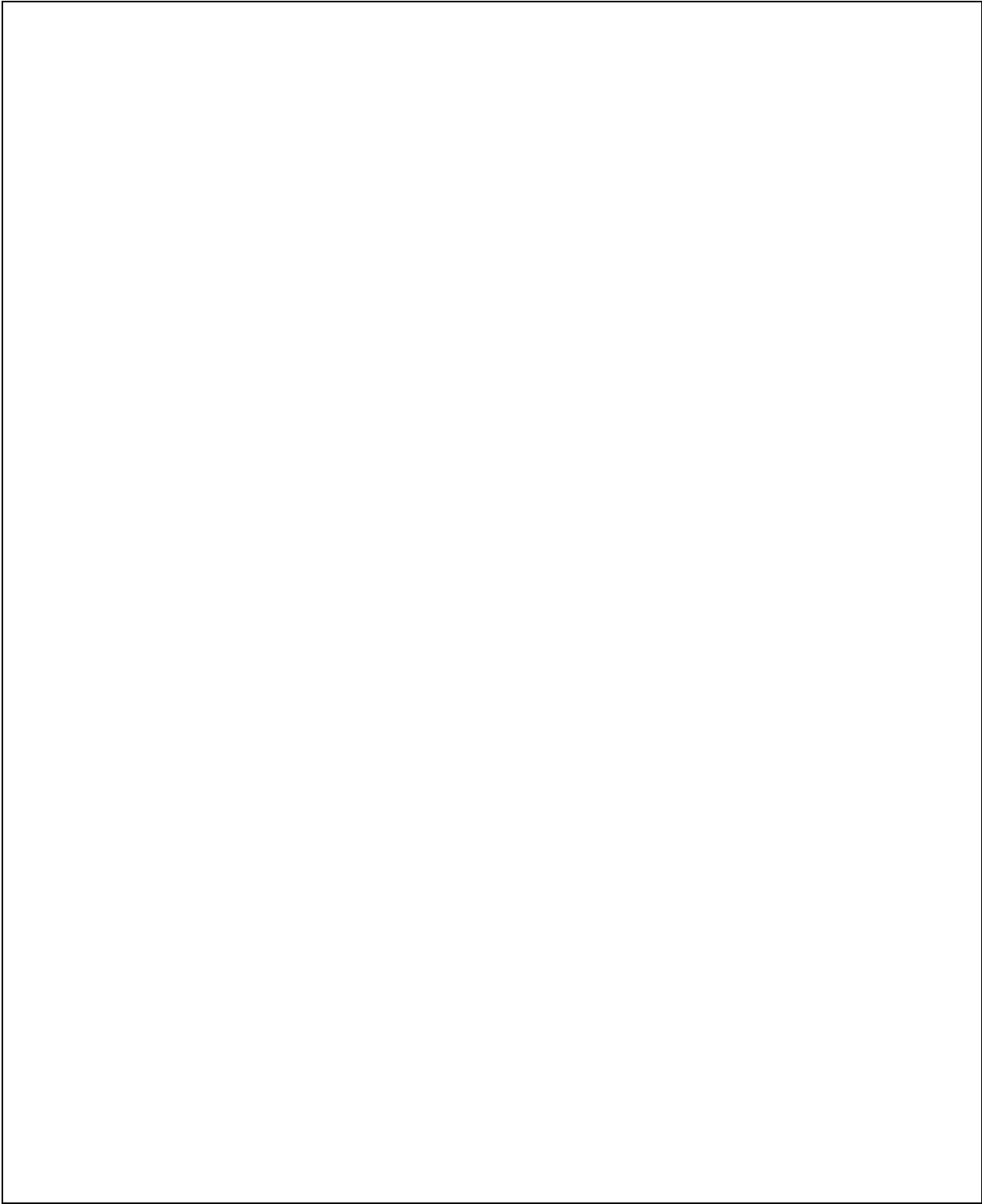


[Please forgive me for...](#)

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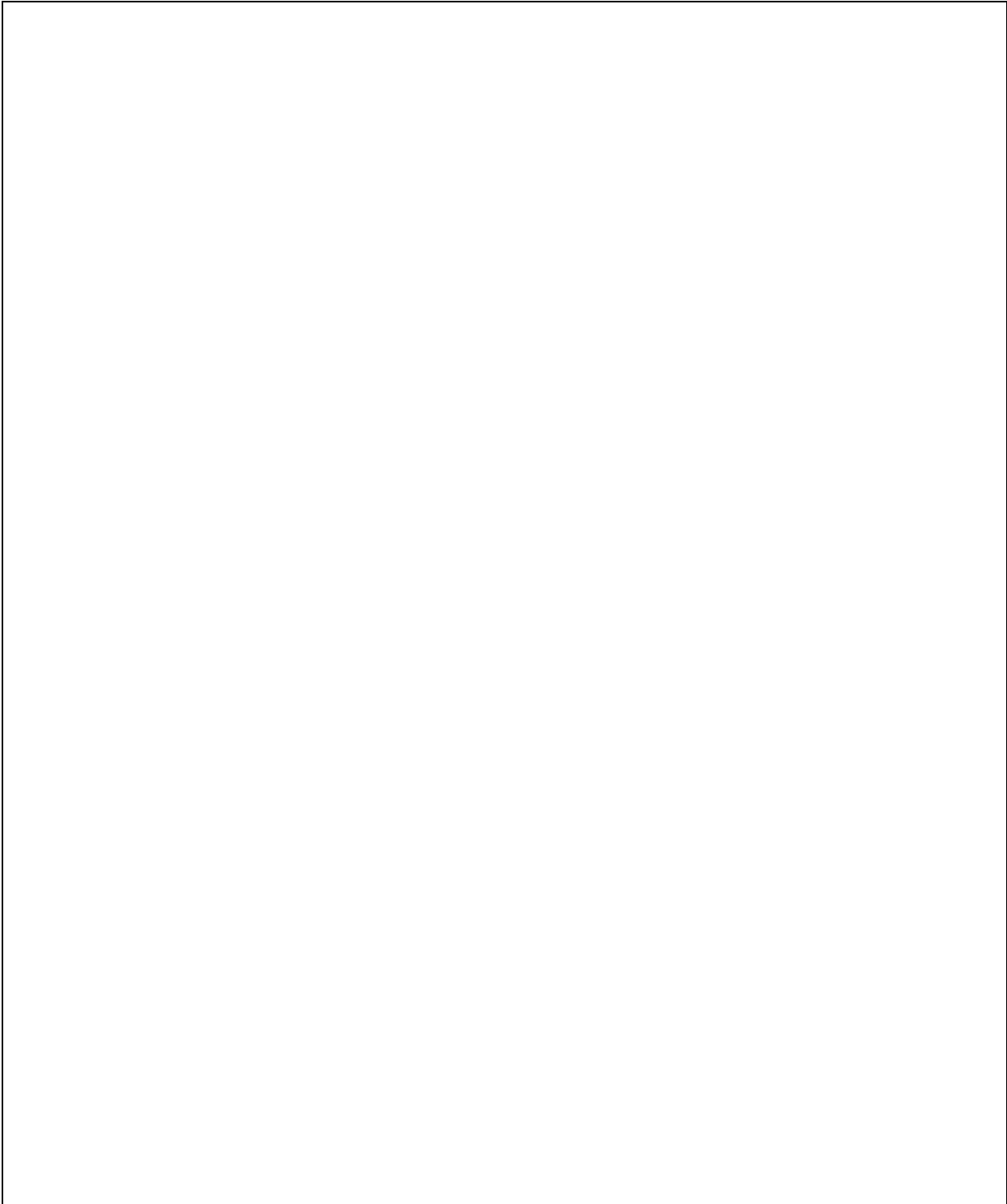
I know we're still fighting about...



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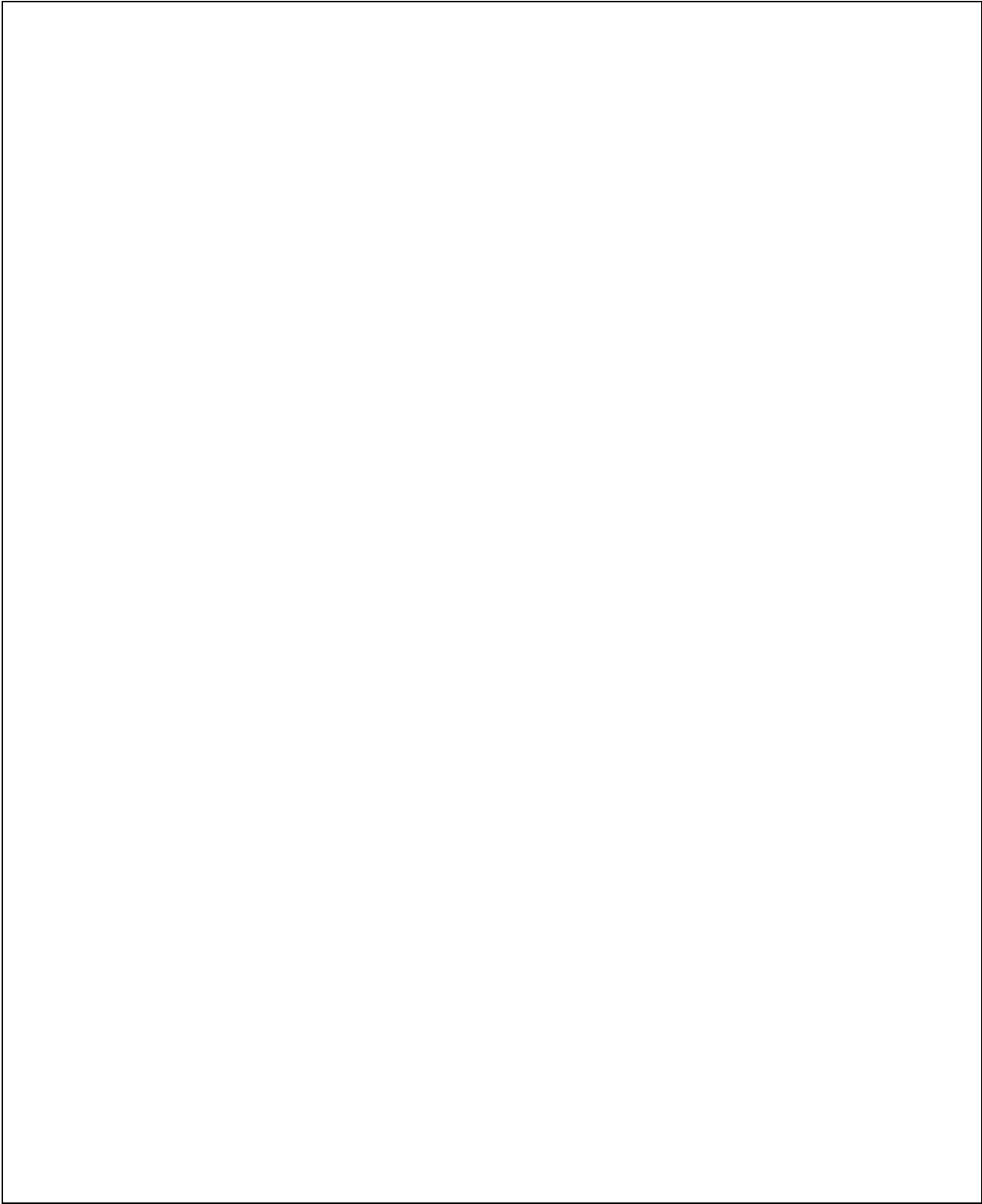
I'm sorry I have not been there for you during...



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I know I've been dishonest about...

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

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Please forgive me for...

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Tombstone

What do I want written on my tombstone? How can I live that way now? It's easy to focus on the minutiae of day-to-day life. Rosh Hashanah is the perfect time to take stock and consider whether we're spending time on things that matter, and if not, commit to making adjustments. Try not to overthink it and just get started. All your work is private, unless you choose to share it, and we'll send it back to you next year so you can see how you did!

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A couple examples to get you thinking...

He always took time to listen.

He pet every puppy.

She gave the best hugs.

Don't bother me, I'm sleeping!

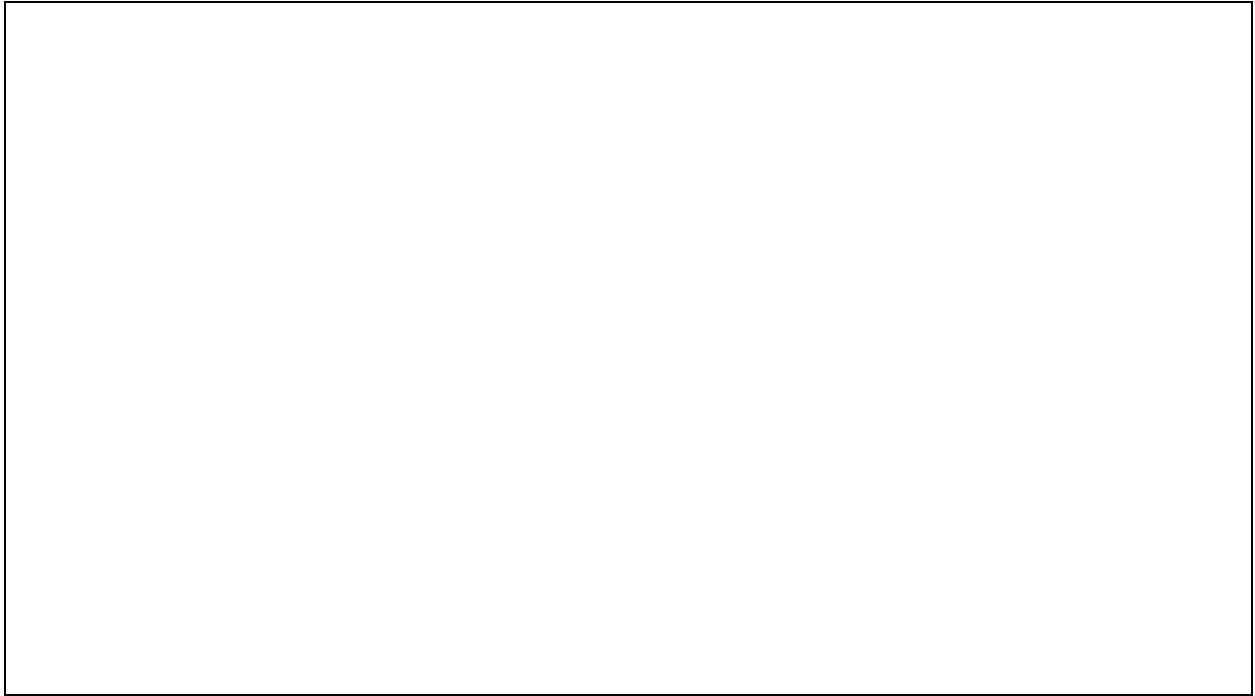
The trouble is you think you have time.

Those we love don't go away, they walk beside us every day.

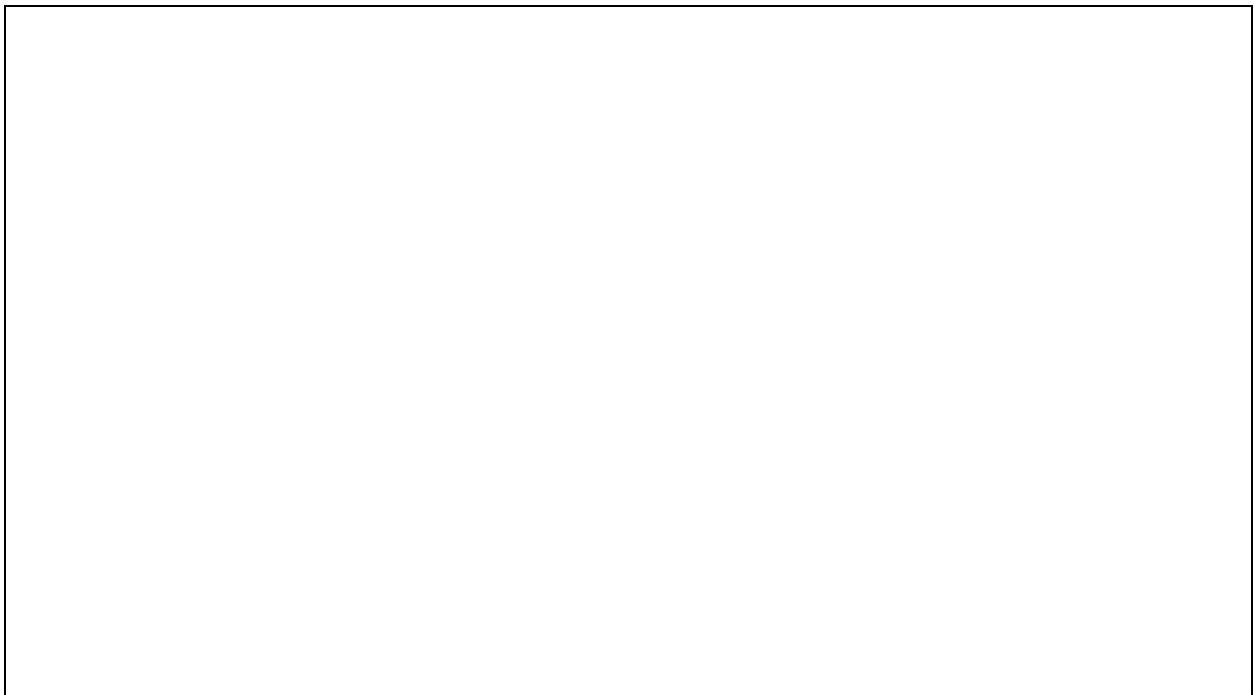
Don't judge my choices if you don't understand my reasons.

Be as you wish to be seen.

Here's what I want written on my tombstone:

A large, empty rectangular box with a thin black border, intended for the user to write their desired tombstone inscription.

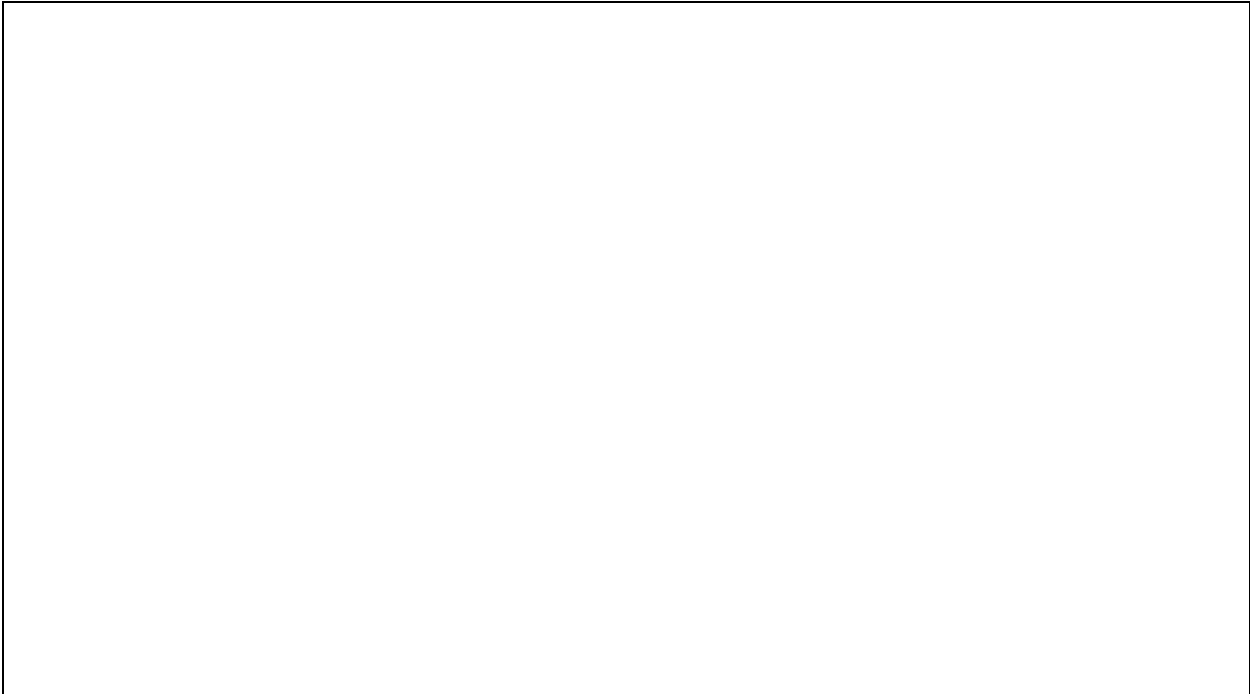
Here's what I need to do to start living my life that way now:

A large, empty rectangular box with a thin black border, intended for the user to list actions they need to take to live their desired life now.

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Nice work! Here's what it will say on your tombstone:



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Cast Your Sins

Tashlich is the gesture of repentance, a Rosh Hashanah tradition when we cast what no longer serves us into a moving body of water. We all have negative baggage weighing us down. Guilt, stubbornness, anger, fear, lack of motivation, competitiveness...

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What I want to toss...

lying

jealousy

gossiping

being too shy

losing my temper

external validation

needing to be right

judging myself and others

being afraid to try new things

always finding fault in my body

always finding fault in my partner's body

“forgetting” to call my parents

not treating my body with respect

believe that those new boots (or you fill in the blank)

are the secret to my happiness

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Of course it's symbolic...

The act of thinking about the traits that we don't need any more and then getting rid of them can be powerful. No, it's not magic, but Tashlich is a powerful gesture that makes space in our hearts and minds for good, positive energy, allowing us to go into the new year with a clean slate and peace in our lives.

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Prayer For Tashlich

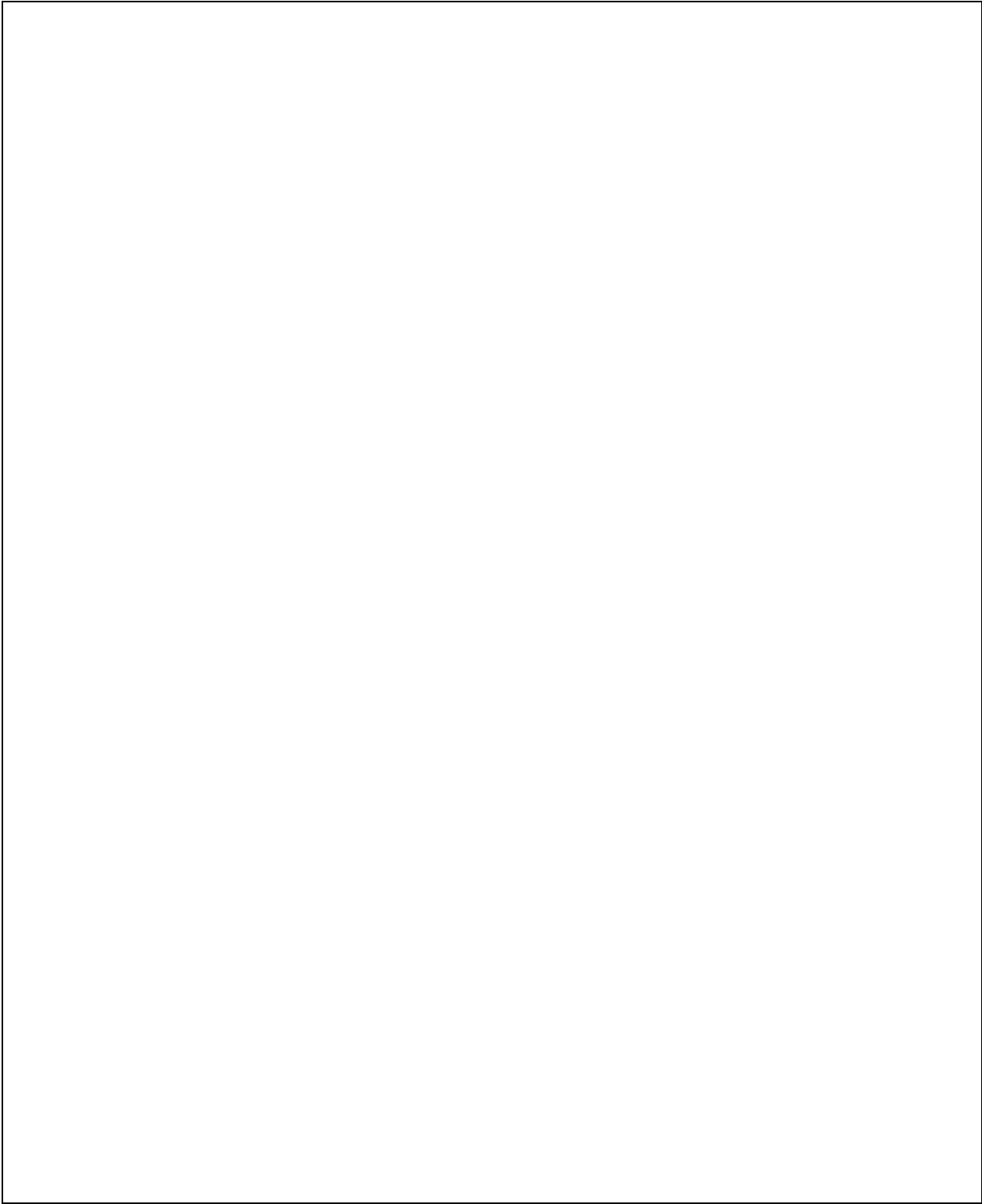
I'm ready to let go of my mistakes. Help me release myself from the ways I've missed the mark, lift my troubles off my shoulders. Help me to know that last year is over, washed away like crumbs in a current. Open my heart to blessing and gratitude. Renew my soul as the dew renews the grasses. Amen.

- adapted from Rabbi Rachel Barenblat

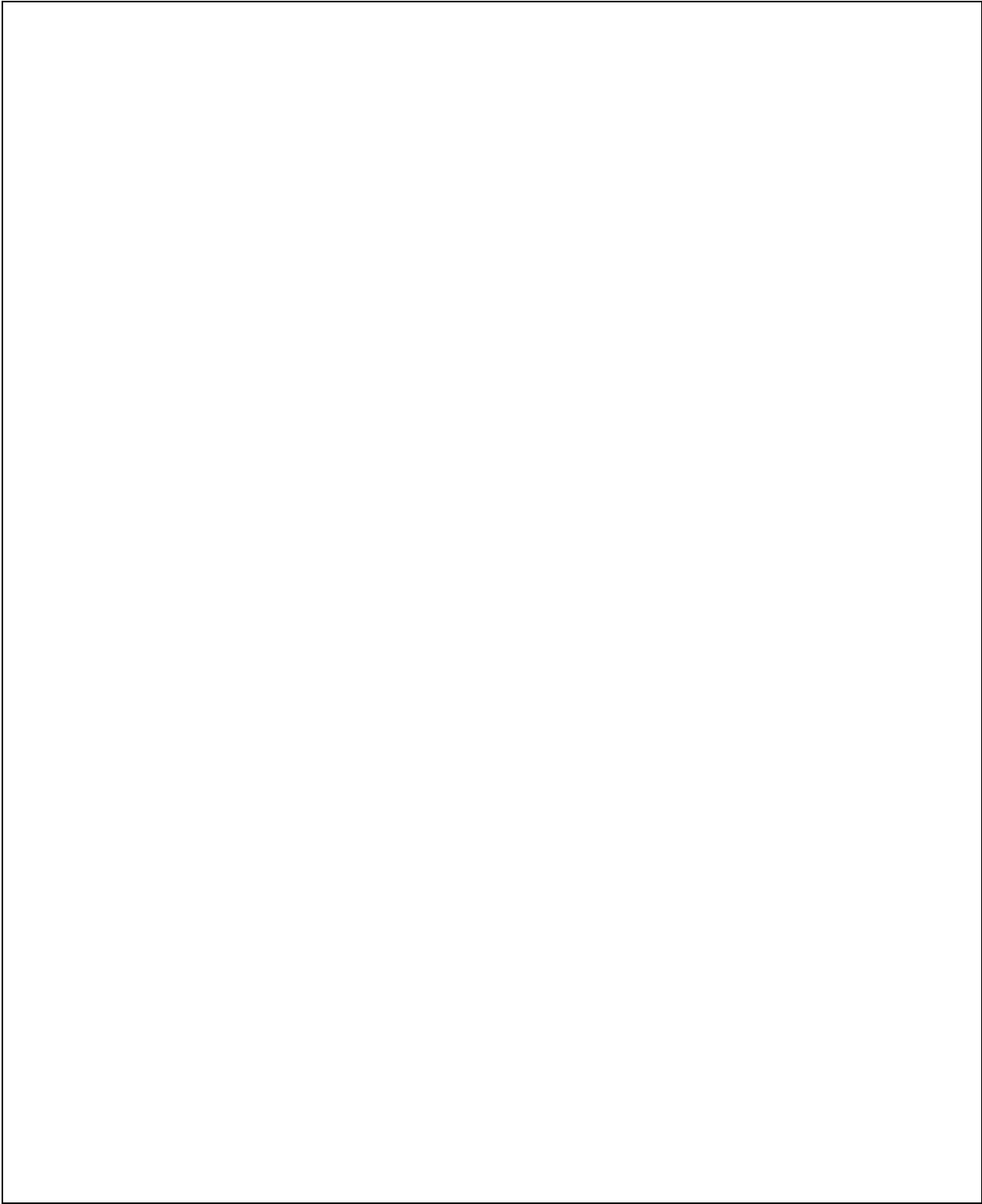
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What do you carry that you want to let go of?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

Well done. You've just cast off...



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