

Rochester Tehillim Group

This list was updated on November 1, 2009

To get a more current list, to make changes to our list, or to be assigned a Perek of Tehillim to recite daily please visit:

<http://www.frontiernet.net/~cholim/>

Upon completion of Tehillim, recite the following:

יהי רצון מלפניך ה' אלקי ואלקי אבותי שתשלח מהרה רפואה שלמה
מן השמים רפואת הנפש ורפואת הגוף

On Shabbos add:

(שבת היא מלועק ורפואה קרובה לבא)

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On Yom Tov add:

(יום טוב היא מלועק ורפואה קרובה לבא)

להחולים

(Recite the names of the cholim listed at this point)

בתוך שאר חולי ישראל

If you would like to print this list without the kotel in the background, please visit our website for a "graphic" version.

Tell us which you prefer!

Thank you.

MEN

Avraham Moshe ben Miriam Toba

Gilad Hillel ben Racha Mirel

Assaf ben Shoshana

Shmuel Yeruchum ben Leah

Yehuda Tzvi Hersh ben Susha

Yaacov ben Mutas Yahu

Yoel Zev ben Mirel Rissa Chava

(Japanese prisoner)

Yaakov Yosef ben Raizel

(Japanese prisoner)

Yosef ben Itta Rivka (Japanese prisoner)

Dovid ben Baila

Tinok ben Shira Leah

Mordechai Tzemach ben Mazal Tov

(HaRav Mordechai Eliyahu, former Israel Chief Sefardic Rabbi)

Avrohom ben Devorah (Rav Kanarek)

Yosef Zvi ben Rochel Pessel (Joey Azar)

Daniel Reuven ben Sara

Moshe Yonatan ben Sara

Yerachmiel Gavriel ben Rochel

Gilad ben Aviva (((Gilad Shalit)))

Levi Yitzchak ben Sora Soscha (Bostonner Rebbe)

Yehonatan ben Malka

Yissachar Dov ben Nechama

Eliezer Leib ben Naomi

Ariel ben Devorah

Mendel Beryl ben Fayga

Aryeh Leib ben Liza

Moshe Baruch ben Fraida Raizel

Y'chezkel ben Evelyn

Elisha Natan ben Shoshana Adina

Avraham Mordechai ben Alta Chaya

Chaim ben Rachel

Yosef ben Chaya Lebe

WOMEN

Shifra bas Mindel Frayd

Sarah Leah bas Maya Elanit

Shoshana Chaya Perel bas Alta Esther

Rachel bas Sarah

Channah Malka bas Shoshanna

Shoshanah Rochel bas Leah

Chana Malka bas Shoshana

Yehudit bas Chana

Ruchama Chava Baila bas Chaya

Golda bas Chana

Sheindel Gitel bas Eidah Adinah

Hilella bas Mirella

Naama Bracha bas Devorah

Esther Rivka bas Chana Miriam

Devorah bas Zelda Malka

Esther Basha bas Malka Faiga

Aliza Malka Breindel bas Yehudis Bracha

Chaya Duba bas Breindel

Amelia bas Emma

Chana bas Loolee

Shana Hendel bas Esther

Yospie bas Chana Itka

Simcha Leah Chaya bas Rivka

Rochel bas Reva / Rivka

Fayga bas Reva / Rivka

Ruth bas Dora / Dvorah

Aliza bas Shoshana Adina

Please note:

Names that have reached the end of the cycle date will automatically be deleted, unless you ask that they remain on the list shortly before the expiration date.

Thank you!!

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<http://www.frontiernet.net/~cholim/>