

I have consulted with Rabbi Y. Shusterman who said that all the following options were OK and acceptable. The priority is to say Tehillim but not to become overwhelmed, so pick one or all of the options.

1. Read all the names before beginning your assigned chapters.
2. Once a week read all the names, keep in mind that all those names apply for the whole week whenever you are reciting your assigned chapters.
3. You do not have to say all the names everyday, It would be a good idea to look at all the names at least once per month when you receive it, and after that say I need a refuah shleimah for the names on the list.
4. When you receive an updated list, please discard all previous lists.
5. You may say Tehilim after dark for Refuah Shleima.
6. The same Kapitol can be said for various things.
7. **New names highlighted.**
8. \*\* Name added on to origina name.l

## Cholim

Aaron Alek Ben Feiga  
 Adam Ben Sharon  
 Akiva Ben Rose  
 Alexander Ben Sofia  
 Alter Aharon Shmuel Ben Ettl  
 Alter Dov Yehuda Halevi Ben Gila Esther  
 Amos Camus Ben Yehudit Turkiyeh  
 Amram Ben Miriam  
 Ariel Leib Ben Nechama  
 Ariel Yisroel Meir Ben Svetlana  
 Aryeh Ben Chana  
 Aryeh Benyomin Dovid Ben Leah  
 Aryeh Leib Ben Chana Nissel  
 Aryeh Leib Halevi Ben Batya  
 Asa Mordechai Ben Chana  
 Avichai Ben Margolit  
 Aviel Ben Doris Devorah  
 Avigdor Ben Yachne  
 Avrohom Ben Tova  
 Avrohom Chaim Ben Hinda Yehudis  
 Avrohom Daniel Mordechai Ben Miriam Sarah  
 Avrohom Dov Ben Sara  
 Avrohom Dovid Ben Gitel  
 Avrohom Mordechai Ben Rivkah Rochel  
 Avrohom Moshe Ben Miriam Toba  
 Avrohom Reuven Ben Eta  
 Avrohom Yoel Ben Chaya Bina  
**Baruch Ben Hannah**  
 Bentzion Ben Rivkah  
 Binyomin Zev Ben Tzivia Hinda  
 Boris Ben Elaine  
 Boruch Ben Tzipa Faiga  
 Chabib Chaim Ben Simcha  
**Chaim Aaron Ben Leah**  
 Chaim Ben Julia  
 Chaim Ben Yehudis  
 Chaim Dovid Ben Leah  
 Chaim Eliezer Ben Leeba Yehudis  
 Chaim Eliezer Lipman Ben Devorah Leah\*\*  
 Chaim Lior Ben Meira  
 Chaim Meyer Ben Chava Elisheva  
 Chaim Shaul Ben Malka Tzipporah  
 Chaim Yaakov Ben Chasya Miriam  
**Chaim Yaakov Yisroel Ben Leah**  
 Chaim Yisroel Yosef Ben Yente  
**Chaim Yitzchok Ben Tzipporah**  
 Chanan Ben Gail  
 Chizkiyahu Chaim Reuven Ben Sara  
 Sadie  
 Dani Ben Rina

Daniel Ben Gohar  
 Daniel Lazar Ben Tina Leah  
 David Ben Leah  
 Dean Ben Svetlana  
 Dovid Halevi Ben Leah  
 Efraim Leib Ben Chava  
 Eitan Gavriel Ben Shulamis Aviva  
 Eli Ben Rivka  
 Eliezer Ben Leah  
 Eliezer Yaakov Ben Rochel  
 Eliezer Zev Ben Moshe Yakov  
 Elisha Eliyohu Ben Leah  
 Eliyohu Ben Tova  
 Eliyohu Ben Zehava  
 Eliyohu Tzion Ben Brucha  
 Elyair Yedidiah Ben Michal  
 Ephraim Ben Rochel  
 Ephraim Menashe Ben Bella  
 Ephraim Zev Ben Faige  
 Gavriel Asher Ben Chaviva  
 Gershon Yitzchok Ben Mattel Tzirel  
 Gilad Ben Aviva  
 Guy Ben Rina  
 Hershel Ben Lieba  
 Hershel Ben Slava  
 Hirsch Yosef Ben Chana  
 Howard Edward Millman Ben Mildred  
 Ido Ben Ilana  
 John Stephan Ben Dorothy Iris  
 Kalman Reuven Ben Raizel  
 Leibel Ben Blanche Sara  
 Leon Ben Estherl  
 Markiel Ben Frecha  
 Meir Ben Basha Rivka  
 Meir Dovid Ben Etel  
 Menachem Ben Devorah  
 Menachem Mendel Ben Farzani Rochel  
 Menachem Mendel Ben Penina  
 Menachem Mendel Ben Sara  
 Menachem Mendel Halevi Ben Ita  
 Menachem Mendel Hillel Ben Rivka  
 Menashe Ben Shulamit  
 Menashe Chaim Ben Rochel  
 Michael Ben Batya  
 Michael Ben Shifra  
**Michael Yitzchok Meir Ben Nasha Sara**  
 Mihail Ben Genya  
 Mordechai Ben Clare  
 Mordechai Ben Rivkah  
 Mordechai Ben Simcha Chaya  
 Mordechai Gershon Ben Malya Rochel  
 Mordechai Meyer Hakohen Ben Rochel  
 Tzilka  
 Mordechai Tuvya Ben Chava Gittel

Moshe Ben Frayda  
 Moshe Ben Lifsa  
 Moshe Ben Liora  
 Moshe Ben Malka  
 Moshe Ben Nechama Dina  
 Moshe Yechiel Ben Basia  
 Moshe Yehudah Ben Sheva Rochel  
 Nachman Shimshon Ben Breindel  
 Nesaniel Yosef Ben Simcha Sima  
 Nissim Mordechai Ben Rochel Sara  
 Nochum Ben Ettl  
 Nochum Ben Malka  
 Nochum Tzion Ben Chabiba  
 Omer Aryeh Ben Rivkah  
 Pinchas Dovid Ben Esther  
 Pinchus Ben Luba  
 Pinchus Chai Ben Sara Rochel  
 Rachamim Rafael Ben Sharefay  
 Raymond Shlomo Yerachmiel Ben Silvia  
 Refael Chaim Simcha Benyomin Ben Devorah Aliza  
 Refael Moshe Yitzchok Ben Esther  
 Refoel Aryeh Ben Batsheva\*\*  
 Reuven Avraham Ben Ettl  
 Reuven Tzvi Ben Adat Aidel  
 Roeen Ben Shulamit  
 Ron Ben Batya  
 Sagi Chai Ben Gavriella  
 Salim Ben Rochel Leah  
 Schneur Zalman Ben Gitel Leah  
 Shaul Halevi Ben Chaya  
 Shelaim Tzvi Ben Chaya Gittel  
 Shloma Ben Fayga  
 Shlomo Ben Beila  
 Shlomo Ben Esther  
 Shlomo Leib Ben Rus  
 Shlomo Matisyahu Ben Kayla  
 Shmuel Ben Chaya Lieba  
 Shmuel Ben Oodya  
 Shmuel Hirsh Ben Basya Rochel  
 Shmuel Menachem Mendel Ben Shulamis  
**Shmuel Nochum Ben Sara Raizel**  
 Shneur Zalman Ben Frumit  
 Sholom Elisha Ben Shoshana  
 Sholom Mordechai Halevi Ben Rivkah  
 Simcha Halevi Ben Sara  
**Tinok Ben Ilana**  
 Tinok Ben Shalva Devorah  
 Tinok Ben Yehudis  
 Tuvia Ben Rivka Miriam  
 Tzvi Ben Pasul  
 Tzvi Ben Penina  
 Vladimir Ben Sofia Sheina

**Yaakov Ben Chana**

Yaakov Ben Esther  
 Yaakov Ben Golda  
**Yaakov Ben Miriam**  
 Yaakov Dovid Ben Shterna  
 Yaakov Emanuel Ben Sara Sossa  
 Yaakov Gedaliah Ben Fayge  
 Yaakov Moshe Ben Chava Rivkah  
 Yaakov Moshe Ben Chaya Lieba  
 Yaakov Yosef Ben Raizel  
 Yechiel Dov Ben Raizel  
 Yehoshua Ben Chana  
 Yehoshua Ben Sara  
 Yehoshua Simcha Lev Ben Bracha  
 Yehuda Reuven Ben Ge'ulah  
 Yehudah Ben Chaya Devorah  
 Yekutiel Nochum Ben Venya Sarah  
 Yekutiel Yehuda Nachman Ben Sara  
**Yisroel Dov Ben Sharona Rus**  
 Yisroel Meir Ben Tova  
 Yisroel Menachem Ben Chava Gittel  
 Yisroel Moshe Ben Leiba Sheindel

Yisroel Zalman Ben Pessa Rochel  
 Yitzchok Ben Etel  
 Yitzchok Ben Tzinor  
 Yitzchok Halevi Ben Enta  
 Yitzchok Issac Ben Chana  
 Yochai Sholom Ben Miriam Sara Negina  
 Yoel Moshe Ben Hadassah  
 Yoel Zev Ben Mirel Reesa Chava  
**Yonatan Ben Aimee**  
 Yonatan Ben Malka  
 Yosef Aaron Ben Freida  
 Yosef Ben Chana  
 Yosef Ben Itta Rivkah  
 Yosef Ben Levana  
 Yosef Ben Rivka  
 Yosef Moshe Ben Tova Basha  
 Yosef Simcha Halevi Ben Esther  
 Yotam Ben Dorit  
 Zachery Ben Yael  
 Ze'ev Ben Ilana  
 Zecharia Ben Sara  
 Zechariah Shlomo Ben Miriam

Zev Dov Ben Feiga  
 Zev Yosef Halevi Ben Devorah Leah

**CHOLOS**

Ada Bas Rachel  
 Ada Menucha Bas Doba Beyrl  
 Adina Bas Ilana  
 Adina Esther Aidel Bas Chaya Fayga  
 Aidel Chaya Bas Gitel  
 Alta Chana Bas Esther  
 Arianna Pearl Bas Hadassah Yocheved  
 Ariella Chaya Rivka Bas Devorah Esther  
 Ashma Dina Bas Selma Beth  
 Avigayel Rus Bas Sara Etal  
 Avigayil Bas Yosefa  
 Aviva Bas Sema  
 Baila Bas Tova  
 Barbara Bas Ina  
 Basha Bas Hadassah  
 Basya Bas Chaya Rivkah  
 Batya Bas Parry  
 Batya Bas Shoshana  
 Batya Leah Bas Sara  
**Batya Shira Bas Chasida**  
 Batya Yehudis Bas Sara  
 Bella Bas Sarah  
 Benyamina Shimona Bas Penina Gitel  
 Beyrl Leah Bas Chaya Sarah  
**Bracha Ariella Bas Hinda Leah**  
 Bracha Bas Chana  
 Bracha Bas Sara  
 Bracha Henna Bas Sara Rivka  
 Bracha Rena Bas Feiga  
 Bracha Shira Bas Ronit  
 Breina Sara Bas Leah  
 Breindel Chana Bas Roiza  
 Bronya Bas Sosel  
 Bullisa Bas Rivka  
 Carol Ann Gore Bas Phylis  
 Chai Sarah Rochel Bas Pechka

Chana Bas Baila  
 Chana Bas Fruma Ita  
 Chana Chaya Bas Yenta Baila  
 Chana Miriam Bas Tova  
 Chana Pessel Bas Raizel  
 Chana Ruchama Bas Tzipporah Feiga  
 Chana Toba Bas Rivkah Blima  
 Charna Esther Elka Bas Miriam Bracha  
 Charna Matlah Bas Chaya Hindel  
 Chasya Bas Chaya Sara  
**Chava Bas Dina**  
 Chava Bas Faiga  
 Chava Bas Mira Bracha  
 Chava Bas Rivka  
 Chava Shlomit Bas Bracha  
 Chaya Avigayil Ilana Bas Sara Raizel  
 Chaya Bas Kallah  
 Chaya Bas Nechama  
 Chaya Etta Bas Fayga Tzipporah  
 Chaya Feigel Bas Baila Frumet  
 Chaya Gittel Bas Chava  
 Chaya Leah Bas Chana Esther  
 Chaya Leah Bas Malka  
 Chaya Luba Bas Rus\*\*  
 Chaya Meira Mindel Bas Chava Golda\*\*  
 Chaya Mushka Bas Gila Elka  
 Chaya Mushka Bas Malka  
 Chaya Mushka Bas Sara Shoshana  
 Chaya Sara Bas Rochel  
 Chaya Zlata Bas Devorah  
 CHOLOS  
 Clara Orah Bas Naomi  
 Dafna Bas Penina  
 Daniella Chaya Bas Michelle  
 Devorah Bas Jamileh  
**Devorah Bas Miriam**

Devorah Chana Bas Rivkah  
 Devorah Miriam Bas Masha  
 Devorah Miriam Bas Pasha  
 Devorah Miriam Bas Sara  
 Dina Bas Chaya Pasha  
 Dorit Bas Chaya Bracha  
 Edna Bas Miriam  
 Elana Leah Bas Shaindel Rachel  
 Elizabeth Bas Azucenna  
 Elizabeth Bracha Aliza Bas Ehteram  
 Esther Bas Ada  
 Esther Bas Dora  
 Esther Bas Latifeh  
 Esther Bas Morvat  
 Esther Bas Rivka Chana  
 Esther Bas Sara  
 Esther Bas Shoshana  
 Esther Feiga Tehilla Bas Dina Gitel  
 Esther Rochel Bas Blima Chana  
 Esther Zisel Bas Malka  
 Estrella Bas Miriam  
 Etal Bas Basha  
 Ettel Bas Chana  
 Fagela Bas Elaine  
 Faige Rochel Bas Pesya  
 Faygale Bas Esther  
 Feiga Bas Yenta  
 Feiga Bas Yetta Rivka  
**Feiga Lieba Bas Mindel**  
 Feigel Bas Chana Rochel  
 Flor Bas Nejat  
 Freija Bas Estrella  
 Gabriella Rochel Bas Shoshana  
 Gita Rivka Bas Chaya Risa  
 Gitel Feiga Bas Baila Bluma  
 Gitel Mindel Bas Devorah

Gittel Bas Devorah  
 Gittel Bas Esther Zissel  
 Golda Bas Chaya Leah  
 Golda Leah Bas Chaya  
 Guta Rivka Bas Chaya Risa  
 Hadassah Shifra Bas Tanya Aviv  
 Hadassah Sima Bas Bassia Meira  
 Hinda Bas Ida  
 Hinda Bas Rochel  
 Idit Noa Bas Tanya Aviv  
 Juna Devorah Bas Leah  
 Keren Esther Bas Malka  
 Leah (Liza) Bas Fanya  
 Leah Bas Keshvar  
 Leah Bas Machli  
**Leah Bas Rochel Golda**  
 Leah Bas Sara  
 Leah Bas Zlata Yehudis  
 Leslie Bas Sara(Marjorie)  
 Libby Gittel Bas Anna  
 Lieba Bas Meta  
 Lillian Bas Herta  
 Lydia Bas Estelle  
**Malihe Chaya Rochel Bas Tooriya**  
 Malka Bas Esther Baila  
 Malka Bas Rivka  
 Malka Bas Rochel  
 Malka Bas Segal Chana  
 Malka Bas Yehudis  
 Malka Yaakova Bas Raizel  
 Marcia Bas Sara  
 Massauda Bas Batkiyah  
 Matilda Chaya Bas Chana  
 Maya Bas Sarit  
 Maya Miriam Bas Mira  
 Maytal Bas Yaffa  
 Mazal Bas Vered  
 Meital Ashreit Bas Aura Levana  
 Menucha Bas Bluma  
 Mesodah Sarit Bas Persyada Beda  
 Messaouda Bas Simcha  
 Mindel Bas Dina  
 Mindel Bas Raizel  
 Mindel Bas Yenta  
 Miriam Bas Feigeleh  
 Miriam Bas Rochel  
 Miriam Bas Sara  
 Miriam Bas Sara Baila  
 Miriam Bas Shoshana  
 Miriam Bas Sonya Eta  
 Miriam Bas Tuba  
**Miriam Chaya Bas Rochel**  
 Miriam Nacha Bas Devorah  
 Miriam Rivka Bas Gittele  
 Nama Bas Wuiiri  
 Nazzi Bas Mahin  
 Necha Yidis Bas Ruta  
 Nechama Bas Aviva  
 Nechama Bas Esther Gittel  
 Nechama Bas Jean  
 Nechama Bas Rochel  
 Nechama Bracha Bas Yachiella  
 Nessa Hencha Bas Sara Esther  
 Noa Maya Bas Devorah Rochel  
 Ora Bas Sara  
 Ora Chaja Bas Rochel  
 Ora Meital Bas Baila  
 Oriella Rachel Bas Leanna Israella  
 Patricia Bas Doris

Pearl Peggy Bas Mazeltov  
 Perel Bas Bella  
 Perla Lina Dvoira Bas Zilya  
 Persyada Beda Bas Rivka  
 Pesya Bas Hinda Bracha  
**Rachel Bas Dina**  
**Rachel Bas Zelda**  
 Rafaella Bella Tova Bas Solika  
 Raizel Bas Chaya Aidel  
 Raizel Bas Tauba  
 Rechil Bas Chana Roiza  
 Rena Bas Zachi  
 Rifka Bas Sheindel  
 Rifka Chaya Bas Massouda Daniella  
 Rifka Sara Bas Bracha  
 Rivka Bas Charna  
**Rivka Bas Czarna**  
 Rivka Bas Esther  
 Rivka Bas Pesha  
 Rivka Bas Shifra Nicha  
 Rivka Rochel Bas Etta  
 Rochel Adira Chana Bas Adira Chana  
 Rochel Bas Raizel  
 Rochel Bas Shoshana  
 Rochel Bas Tova  
 Rochel Bas Varda Faiga Bluma  
 Rochel Leah Bas Chana  
 Rochel Leah Bas Pauline  
 Rochel Leah Bas Yechiel  
 Rochel Tova Bas Yehudis Esther  
 Ruchama Aliza Sarah Chana Bas Esther  
 Lieba  
 Ruchama Chava Baila Bas Chaya  
 Ruchama Sheindel Bas Henya Gitel Miriam  
 Rus Bas Chana  
 Sara Badona Bas Tzipporah  
 Sara Bas Chana  
 Sara Bas Esther  
 Sara Bas Feiga  
 Sara Bas Golda  
 Sara Bas Minna  
 Sara Bas Miriam  
 Sara Bas Rivkah  
 Sara Leah Bas Henya  
 Sara Malia Bas Chaya Fayga  
 Sara Miriam Bas Tamar  
 Sara Rivka Bas Raquel  
 Sara Yocheved Bas Chana Masha  
**Shailee Bracha Bas Esther**  
 Shaina Bracha Bas Tzomeret  
 Shaina Ahuva Bas Baila  
 Shaina Devorah Bas Tamar  
 Shanee Vered Bas Leah  
 Shanna Devorah Bas Chana Etta  
 Shayna Bas Renee  
 Sheina Rochel Bas Rasha Feiga  
 Sheindel Bas Raizel  
 Sheindel Faiga Bas Baila Eeta  
 Sheindel Sossa Bas Raizel  
 Shenach Sharon Bas Bunyah  
 Shifra Bas Mindel Freida  
 Shifra Bas Shulamit  
 Shlima Bas Chaya Raizel  
 Shoshana Baila Bas Zlata Zelda  
 Shoshana Bas Chaika  
 Shoshana Bas Muriel  
 Shterna Sara Bas Chava  
 Shulamis Bas Rochel  
 Shusha Miriam Bas Raizel

Sigal Bas Nira  
 Sima Raizel Bas Hesha Machla  
 Simcha Bas Sofia  
 Simi Bas Zahara  
 Sonia Bas Miriam  
**Tali Chaya Bas Nurit**  
 Talia Michal Bas Chaya  
 Talya Devorah Bas Naomi  
 Tamar Bas Rivkah Yocheved  
 Tanya Toiviya Bas Golda  
 Tikva Bas Rachel  
 Tikvah Bas Roohanzig  
 Tova Rochel Bas Chaya  
 Tzilya Bas Sara Rivka  
 Tzipporah Bas Shoshana  
 Tziveyah Bas Nechama  
 Tziviva Bas Esther  
 Tziviva Feiga Bas Devorah  
 Tziviva Rus Bas Esther  
 Vered Simcha Bas Sara  
 Yael Bas Neli  
**Yael Emunah Bas Sara Danya**  
 Yaffa Bas Mahim Miriam  
 Yaffa Bas Rana  
 Yehosefa Nechama Basya Bas Leah Frayda  
 Yehudis Amy Bas Rivka  
 Yehudis Bas Leah  
 Yehudis Bracha Bas Raizel  
 Yehudis Lieba Bas Kreindel Leah  
 Yehudis Michla Bas Sheindel  
 Yehudit Fayla Bas Shaynaleh  
 Yocheved Bas Adel  
 Yocheved Chana Bas Bina  
 Yocheved Yenta Bas Rochel  
 Yosefa Bas Rochel  
 Zania Bas Baila Rivkah  
 Zilya Bas Sora Rivka  
 Zlata Bas Devorah  
 Zlata Bas Miriam