

## Tehillim List Guidelines

**B'nai Israel** maintains a communal *Tehillim* list, a beautiful way to include each other and loved ones in our prayers while bringing merit, comfort, and restored good health to those who are not well. Below, please see some common questions and answers. **Rabbi Haber** is available for consultation if further clarity is needed:

### How many lists are there?

We maintain a long *Tehillim* list, graciously updated and circulated via email by **Mrs. Diana Ruchelman**, which also appears in the weekly **B'nai Israel Handout**. A shorter *mi Shebeirach* List is revised each month and read in *shul* on Monday, Thursday, and *Shabbos*. In addition, many individuals keep personal lists of names not on the communal lists.

### Why is the *Mi Shebeirach* list at Shul shorter?

The list is read aloud, which takes time, so we must keep the list current. Contact **Rabbi Loiterman** or **Rabbi Haber** to add names to this list.

### Who belongs on the *Tehillim* list?

One who suffers from a debilitating illness which could improve or worsen or illness requiring hospitalization. Community lists should be limited to community members or those personally known to community members. Keep other names on your personal *Tehillim* lists.

### Who does not belong on the *Tehillim* List?

Putting a name on the list labels the person a *choleh*. Halachically, a *choleh* fits the above guidelines of debilitating condition or acute risk. Classifying someone who is not a *choleh* this way attracts the *ayin hara* and should be avoided. For this reason, individuals suffering conditions such as common cold, flu or headache, or even a minor heart condition should not be on the list. It is still appropriate to pray for these people: Keep their names on private lists without designation as *choleh*.

### Who should be removed from the List?

Someone no longer debilitated or already at his or her expected level of recovery and no longer at acute risk. Continue to mention such individuals in personal *Tehillim* lists.

If, G-d forbid, someone passes away, inform Mrs. Ruchelman or the rabbis mentioned above; a current and relevant list is more likely to be used frequently.

The person who submits a name is responsible for its removal at the proper time.

### How should a person's name be listed?

List a *choleh* by Hebrew name and his or her mother's Hebrew name. If the Hebrew name is not known, use the English name; if the mother's name is not known at all, the name "Sarah" should be used. List an unnamed child as *tinok* (m) or *tinokkes* (f). Titles such as "Rabbi" or "Rebbetzin" should never appear on a *cholim* list, even for very great people.

Keep in mind that many illnesses are private knowledge; some individuals/families prefer not to place a name on the community list. Submit names only if you know the family's preferences. We can certainly mention these names on our personal lists.

### How should we use the *Tehillim* List?

Prayers for *cholim* may be added to our daily *Shemonah Esrei* (page 104 in the **Artscroll Siddur**). In addition, *Tehillim* (Psalms) can be said at any time and followed by the prayer found in most books of *Tehillim*. Many people have a practice of reciting *Tehillim* daily according to the monthly division or a regimen of their own. In addition, people sometimes gather in groups to say *Tehillim* for those on the list. It has been suggested that those who submit names to the list make a point of using the list in their prayers as well. We are taught that, in the merit of praying for others, our own prayers are answered.

May all our prayers be answered, and may we merit to see the day when there is no more suffering and our prayers consist solely of thanksgiving and praise to *Hashem*.