

The names in the darker highlights are the 6 soldiers who were injured in the Flotilla. If anyone has any information on their Matzav, please let me know.
The names in the lighter highlights (They are actually 2 different colors) are the names that have been updated since the last list on Rosh Chodesh Tamuz.

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 Tehillim after dark for Refuah Shleima.
6. The same Kapitol can be said for various things.

CHOLIM

Aaron Alek Ben Feiga	Eliyohu Tzion Ben Brucha	Reuven Tzvi Ben Adat Aidel
Adam Ben Sharon	Elyair Yedidiah Ben Michal	Roee Ben Shulamit
Akiva Ben Rose	Ephraim Ben Nechama	Ron Ben Batya
Alexander Ben Sofia	Ephraim Ben Rochel	Schneur Zalman Ben Dabrusha
Alter Aharon Shmuel Ben Ettel	Ephraim Zev Ben Faige	Shlomo Ben Beila
Amos Camus Ben Yehudit Turkiyeh	Gavriel Asher Ben Chaviva	Shloma Ben Fayga
Amram Ben Miriam	Gershon Yitzchok Ben Mattel Tzirel	Shlomo Ben Esther
Ariel Leib Ben Nechama	Gilad Ben Aviva	Shlomo Leib Ben Rus
Ariel Yisroel Meir Ben Svetlana	Guy Ben Rina	Shlomo Matsiyahu Ben Kayla
Aryeh Ben Chana	Hershel Ben Lieba	Shmuel Ben Oodya
Aryeh Benyomin Dovid Ben Leah	Hirsch Yosef Ben Chana	Shmuel Pinchus Ben Orna
Asa Mordechai Ben Chana	Ido Ben Ilana	Shneur Zalman Ben Frumit
Avichai Ben Margolit	John Stephan Ben Dorothy Iris	Sholom Elisha Ben Shoshana
Aviel Ben Doris Devorah	Kalman Reuven Ben Raizel	Sholom Mordechai Halevi Ben Rivkah
Avigdor Ben Yachne	Levi Yitzchok Ben Cyrel	Tinok Ben Nechama Dina
Avrohom Ben Tova	Markiel Ben Frecha	Tinok Ben Yehudis
Avrohom Chaim Ben Hinda Yehudis	Meir Ben Basha Rivka	Tiran Ben Tziona
Avrohom Daniel Mordechai Ben Miriam Sarah	Menachem Ben Devorah	Tzvi Ben Pasul
Avrohom Dov Ben Sara	Menachem Mendel Ben Bella	Tzvi Ben Penina
Avrohom Dovid Ben Gitel	Menachem Mendel Ben Farzani Rochel	Tuvia Ben Rivka Miriam
Avrohom Mordechai Ben Rivkah Rochel	Menachem Mendel Ben Penina	Vladimir Ben Sofia Sheina
Avrohom Moshe Ben Miriam Toba	Menachem Mendel Ben Sara	Yaackov Ben Esther
Avrohom Reuven Ben Eta	Menachem Mendel Hillel Ben Rivka	Yaakov Ben Golda
Avrohom Yoel Ben Chaya Bina	Menashe Ben Shulamit	Yaakov Ben Shulamis
Bentzion Ben Rivkah	Menashe Chaim Ben Rochel	Yaakov Dovid Ben Shterna
Binyomin Halevi Ben Zelda	Michoel Ben Batya	Yaakov Emanuel Ben Sara Sossa
Binyomin Zev Ben Tzivia Hinda	Michoel Ben Shifra	Yaakov Moshe Ben Chava Rivkah
Boris Ben Elaine	Mihail Ben Genya	Yaakov Moshe Ben Chaya Lieba
Boruch Ben Tzipa Faiga	Mordechai Ben Clare	Yaakov Yosef Ben Raizel
Chabib Chaim Ben Simcha	Mordechai Ben Simcha Chaya	Yechezkel Shraga Ben Miriam
Chaim Ben Julia	Mordechai Gershon Ben Malya Rochel	Yechiel Dov Ben Raizel
Chaim Dovid Ben Leah	Mordechai Lazer Ben Mindel	Yehoshua Ben Sara
Chaim Eliezer Lipman Ben Devorah Leah**	Mordechai Meir HaKohen Ben Rochel Tzilka	Yehoshua Simcha Lev Ben Bracha
Chaim Lior Ben Meira	Mordechai Tuvya Ben Chava Gittel	Yehudah Ben Chaya Devorah
Chaim Meyer Ben Chava Elisheva	Moshe Ben Lifsa	Yehuda Reuven Ben Ge'ulah
Chaim Shaul Ben Malka Tzipporah	Moshe Ben Malka	Yekutiel Yehuda Nachman Ben Sara
Chaim Yaakov Ben Chasya Miriam	Moshe Ben Nechama Dina	Yekutiel Nochum Ben Henya Sarah
Chaim Yehudah Leib Ben Hinda Esther	Moshe Yehudah Ben Sheva Rochel	Yisroel Ben Chelye
Chaim Yisroel Yosef Ben Yente	Nachman Shimshon Ben Breindel	Yisroel Meir Ben Tova
Chanan Ben Gail	Nochum Ben Malka	Yisroel Menachem Ben Chava Gittel
Chizkiyahu Chaim Reuven Ben Sara Sadie	Nissim Mordechai Ben Rochel Sara	Yitzchok Ben Etel
Dani Ben Rina	Nochum Tzion Ben Chabiba	Yitzchok Ben Tzinor
Daniel Ben Gohar	Omer Aryeh Ben Rivkah	Yitzchok Issac Chizkiyohu Ben Chaya
Daniel Lazer Ben Tina Leah	Peter Ben Alice	Yochai Sholom Ben Miriam Sara Negina
David Ben Leah	Pinchus Ben Luba	Yoel Zev Ben Mirel Reesa Chava
Dean Ben Svetlana	Pinchas Dovid Ben Esther	Yonatan Ben Malka
Dovid Halevi Ben Leah	Pinchus Chai Ben Sara Rochel	Yonatan Moshe Ben Devorah Tova
Efraim Leib Ben Chava	Rachamim Rafael Ben Sharefay	Yonatan Yehudah Ben Aviva
Eli Ben Rivka	Rachmiel Yosef Rachamim Ben Mariasha Rochel	Yoram Ben Carmela
Eliezer Ben Leah	Raymond Shlomo Yerachmiel Ben Silvia	Yorem Ben Schula
Eliezer Ben Rivkah	Refael Chaim Simcha Benyomin Ben Devorah Aliza	Yosef Aaron Ben Freida
Eliezer Yaakov Ben Rochel	Refael Moshe Yitzchok Ben Esther	Yosef Ben Chana
Elisha Eliyohu Ben Leah	Refoel Aryeh Ben Batsheva**	Yosef Ben Itta Rivkah
Eliyohu Ben Tova	Refoel Yaakov Ben Faiga	Yosef Ben K'mara Levana
Eliyohu Ben Zehava	Reuven Avraham Ben Ettel	Yosef Ben Levana
Yosef Ben Rivka		

Yosef Moshe Ben Tova Basha		
Yosef Shmuel Moshe Ben Tova Hinda		
Yosef Simcha Halevi Ben Esther		
Yotam Ben Dorit		
Zachery Ben Yael		
Zecharia Ben Sara		
Zechariah Shlomo Ben Miriam		
Ze'ev Ben Ilana		
Zev Yosef Halevi Ben Devorah Leah		

CHOLOS

Ada Bas Rachel	Chaya Zlata Bas Devorah	Leah Bas Sara
Ada Menucha Bas Doba Beyrl	Clara Orah Bas Naomi	Leah Bas Zehava
Adelle Ruchel Bas Ehtel	Dafna Bas Penina	Leah Bas Zlata Yehudis
Adina Bas Ilana	Devorah Bas Jamileh	Leiba Yehudis Bas Taanah
Adina Esther Aidel Bas Chaya Fayga	Devorah Chana Bas Rivkah	Leslie Bas Sara(Marjorie)
Aidel Chaya Bas Gitel	Devorah Miriam Bas Masha	Libby Gittel Bas Anna
Alta Chana Bas Esther	Devorah Miriam Bas Pesha	Lillian Bas Herta
Arianna Pearl Bas Hadassah Yocheved	Devorah Miriam Bas Sara	Malka Bas Esther Baila
Ariella Chaya Rivka Bas Devorah Esther	Dina Bas Chaya Pesha	Malka Bas Rivka
Arisa Nirel Bas Sara	Dorit Bas Chaya Bracha	Malka Bas Rochel
Ashma Dina Bas Selma Beth	Edna Bas Miriam	Malka Bas Yehudis
Avigayel Rus Bas Sara Etal	Elana Leah Bas Shaindel Rachel	Malka Yaakova Bas Raizel
Avigayil Bas Yosefa	Elizabeth Bas Azucenna	Marcia Bas Sara (Seymour)
Aviva Bas Sema	Elizabeth Bracha Aliza Bas Ehteram	Massauda Bas Batkiyah
Barbara Bas Ina	Esther Bas Ada	Maya Bas Sarit
Baila Bas Tova	Esther Bas Dora	Maya Miriam Bas Mira
Basha Bas Hadassah	Esther Bas Latifeh	Maytal Bas Yaffa
Basya Bas Chaya Rivkah	Esther Bas Morvat	Mazal Bas Vered
Batya Bas Parry	Esther Bas Rivka Chana	Meital Ashreit Bas Aura Levana
Batya Bas Shoshana	Esther Bas Sara	Menucha Bas Bluma
Batya Yehudis Bas Sara	Esther Feiga Tehilla Bas Dina Gittel	Mesodah Sarit Bas Perisiadah Badah
Bella Bas Sarah	Esther Rochel Bas Blima Chana	Messaouda Bas Simcha
Benyamina Shimona Bas Penina Gitel	Esther Zisel Bas Malka	Mindel Bas Raizel
Beyrl Leah Bas Chaya Sarah	Estrella Bas Miriam	Mindel Bas Yente
Bracha Bas Chana	Etal Bas Basha	Miriam Bas Rochel
Bracha Bas Sara	Faige Rochel Bas Pesya	Miriam Bas Sara Baila
Bracha Henna Bas Sara Rivka	Fagela Bas Elaine	Miriam Bas Shoshana
Breina Sara Bas Leah	Faygale Bas Esther	Miriam Bas Sonya Eta
Breindel Chana Bas Roiza	Feiga Bas Yenta	Miriam Bas Tuba
Bronya Bas Sosel	Feiga Bas Yetta Rivka	Miriam Nacha Bas Devorah
Chai Sarah Rochel Bas Pechka	Flor Bas Nejat	Miriam Rivka Bas Gittle
Chana Chaya Bas Yenta Baila	Freija Bas Estrella	Nama Bas Wuuiiri
Chana Miriam Bas Tova	Gabriella Rochel Bas Shoshana	Nazzi Bas Mahin
Chana Toba Bas Rivkah Blima	Gita Rivka Bas Chaya Risa	Necha Yidis Bas Ruta
Chana Pessel Bas Raizel	Gitel Feiga Bas Baila Bluma	Nechama Bas Aviva
Chana Esther Elka Bas Miriam Bracha	Gitel Mindel Bas Devorah	Nechama Bas Rochel
Chasya Bas Chaya Sara	Gittel Bas Devorah	Nechama Bas Toiba
Chava Bas Faiga	Gittel Bas Esther Zisse	Nechama Basya Bas Leah Frayda
Chava Bas Mira Bracha	Golda Bas Chaya Leah	Nechama Bracha Bas Yachiella
Chava Shlomit Bas Bracha	Golda Leah Bas Chaya	Nessa Hencha Bas Sara Esther
Chaya Avigayil Ilana Bas Sarah Raizel	Guta Fruma Bas Feiga Gruna	Noa Maya Bas Devorah Roche
Chaya Bas Kallah	Hadassah Shifra Bas Tanya Aviv	Ora Chaja Bas Rochel
Chaya Bas Nechama	Henna Elka Bas Chaya Mera	Ora Meital Bas Baila
Chaya Ettia Bas Fayga Tzipporah	Hinda Bas Ida	Oriella Rochel Bas Leanna Israella
Chaya Faigel Bas Baila Frumet	Hinda Bas Rochel	Patricia Bas Doris
Chaya Gitel Bas Chava	Idit Noa Bas Tanya Aviv	Pearl Peggy Bas Mazeltov
Chaya Leah Bas Chana Esther	Juna Devorah Bas Leah	Perel Bas Bella
Chaya Leah Bas Malka	Keren Esther Bas Malka	Pesya Bas Hinda Bracha
Chaya Leah Bas Yenta	Leah (Liza) Bas Fanya	Rafaella Bella Tova Bas Solika
Chaya Luba Bas Rus**	Leah Bas Keshvar	Raizel Bas Chaya Aidel
Chaya Meira Mindel Bas Chava Golda**	Leah Bas Machli	Raizel Bas Tauba

Rechel Bas Chana Roiza	Vered Simcha Bas Sara	
Rena Bas Zachi	Yaffa Bas Mahim Miriam	
Rifka Bas Sheindel	Yaffa Bas Rana	
Rifka Chaya Bas Massouda Daniella	Yaffa Bas Shaina	
Rifka Sara Bas Bracha	Yehudis Bas Leah	
Rivka Bas Charna	Yehudis Bracha Bas Raizel	
Rivka Bas Esther	Yehudit Fayla Bas Shaynaleh	
Rivka Bas Pesha	Yocheved Chana Bas Bina	
Rivka Bas Shifra Nicha	Yocheved Yenta Bas Rochel	
Rivka Bas Yael	Yosefa Bas Rochel	
Rivka Rochel Bas Etta	Zdania Bas Baila Rivkah	
Rochel Adira Chana Bas Adira Chana	Zlata Bas Devorah	
Rochel Bas Latifeh	Zlata Bas Miriam	
Rochel Bas Raizel		
Rochel Bas Shoshana		
Rochel Bas Tova		
Rochel Bas Varda Faiga Bluma		
Rochel Leah Bas Pauline		
Rochel Tova Bas Yehudis Esther		
Ruchama Aliza Sarah Chana Bas Esther Lieba		
Ruchama Chava Baila Bas Chaya		
Sara Badona Bas Chippr(Tzipporah)		
Sara Bas Chana		
Sara Bas Esther		
Sara Bas Feiga		
Sara Bas Golda		
Sara Bas Minna		
Sara Bas Miriam		
Sara Bas Rivkah		
Sara Fradel Bas Raizel Pesha		
Sara Leah Bas Henya		
Sara Leah Bas Maya Ilanit		
Sara Malia Bas Chaya Fayga		
Sara Miriam Bas Tamar		
Sara Rivka Bas Raquel		
Sara Yocheved Bas Chana Masha		
Shaina Bracha Bas Tzomeret		
Shaina Ahuva Bas Baila		
Shaina Devorah Bas Tamar		
Shanee Vered Bas Leah		
Sheina Rochel Bas Rasha Feiga		
Sheindel Bas Raizel		
Sheindel Faiga Bas Baila Eeta		
Shenach Sharon Bas Bunyah		
Shifra Bas Mindel Freida		
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		
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		
Tzivia Bas Esther		
Tzivia Feiga Bas Devorah		
Tzivia Rus Bas Esther		
Vered Chaya Bas Aviva		