

ANEINU-TEHILLIM GROUPS AROUND THE WORLD

Combining the Yearning of an Individual and the Power of a Tzibur

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“עֲנֵנוּ בַיּוֹם קִרְאֵנוּ” ---Answer us Hashem! There is no catalyst for achdus -- unity -- as powerful as a common enemy. In Shushan, Hamen posed a danger to every man, woman and child. Today, who does not know of a husband, a mother or a young child who has been stricken with a deadly disease or to our sorrow has been taken from us.

ANEINU, an International Tehillim organization, was started ten years ago when one woman was galvanized by tragic news into positive action. Upon hearing that her dear friend's daughter was diagnosed with a frightening illness, Shaindy Kappel bravely announced the formation of an ongoing Tehillim chabura to be held in her home. That Tehillim Chabura has now spawned into thousands of groups worldwide-in schools, shuls, bungalow colonies, camps, seminaries and of course in hundreds of private homes where women band together with one heart to storm the gates of Heaven on behalf of our cholim.

Women, together with all of Klal Yisroel, have been reaching for Sefer Tehillim since Dovid HaMelech bequeathed this treasure to us close to three thousand years ago. What is new about an ANEINU Tehillim Chaburah? The uniqueness and power of this new type of group lies in the collective strengths of all the women gathered. Some of the women are veteran Tehillim sayers, others painstakingly recite the ancient words, while still others will use an English translation. The Sefer Tehillim is pre-divided into 24 pamphlets. Each woman takes a different pamphlet and says it silently, but in the presence of all the other women. There is no pressure to keep to a regulated pace because each woman recites her own Tehillim chapters with her own nigun and within her own time frame. Together, in an abbreviated amount of time, they complete the entire Sefer Tehillim simultaneously. Since each woman will select a booklet randomly, the element of “hashgocho” is, at times, quite apparent.

Gila described her experience this way: “My mother was sick for five years. Tehillim sustained my mother and our entire family through this difficult time. I would recite Tehillim every night after midnight, and toward the very end of my mother's illness the family maintained a 24 hour Tehillim vigil in the intensive care unit.

To commemorate my mother's second yartzheit I longed to do something that would be meaningful for me and pleasing to my mother, A”H. My idea of forming a Tehillim group in her memory was actualized by the formation of an ANEINU Tehillim Chabura one week before my mother's yartzheit (in the month of Elul).

Each woman present at that first meeting picked up the booklet that came to hand and silently began to chant. The booklet I chose contained the Posuk from

Tehillim that we had carved on my mother's tombstone(42-2)...**תערג על אפיקי מים...**” as a *hart* cries longingly by rivulets of water” I was very moved. Upon completion, I selected another booklet and as I davened the familiar words, I began to sob as I reached the second and final Posuk we had chosen for my mother's matzeva (55-7) **מי יתן לי אבר כיונה** if only I had wings like a dove, I would fly off and find rest ...” I interpreted this amazing hasgocho as a sign that Mother is watching me and is truly happy with what I had done.”

Rabbi Dovid Weinberger, Rav of Congregation Shaaray Tefilah, is the moving force behind ANEINU, providing inspiration and halachic guidance. One of his innovations, in consultation with Harav Pinchas Scheinberg *shlita*, has been the establishment of a community wide cholim list in cities with numerous Tehillim groups. In Monsey, Lakewood, Far Rockaway, New Square and Toronto the achdus generated by compiling and circulating a core cholim list from all segments of the community surely rivals the *zchuyos* accrued for the cholim by the devoted completion of the Sefer Tehillim several times over.

Additionally, the Tehillim Chabura provides hope and inspiration to all who participate.

ANEINU is a sister organization to CHEMED-Chasdei Miriam Devorah, an organization dedicated to helping families in crisis due to the grave illness of a family member.