## WHEN TO PRAY: SHACHARIT: WHAT TIME TO BEGIN

## **Introduction: Shacharit: When To Begin**

*B'di'ayad*, you can say *shema* and *amida* as early as 72 minutes before sunrise (*alot ha'shachar*). You can put on *tefilin* and *tzitzit/talit* even earlier, although you may not say the blessings over them until " *mi'sheyakir*"—which is later than you can say *shema* and *amida*! (See above.)

## Shacharit: Earliest Time for Blessings over Tefilin and Tzitzit

Earliest time to say blessings over <u>tefilin</u> and <u>tzitzit/talit</u> is <u>mi'sheyakir</u> (in New York, 36-40 minutes before sunrise).

## Very Early Shacharit: How To Begin

If you must say *shacharit* very early:

- 1. Say birchot ha'shachar;
- 2. When you reach the end of yishtabach, if it is:
  - 36 minutes (or less) before sunrise:
    - Pause after the blessing (ending El chay ha'olamim),
    - Put on your talit and tefilin, and
    - Say the appropriate blessings.
  - More than 36 minutes before sunrise:
    - Put on your *talit* and *tefilin* WITHOUT saying the blessings. Later, after it is less than 36 minutes before sunrise:
      - Hold your tzitzit and say the tzitzit blessing,
      - Move your tefilin slightly,
      - Say the *tefilin* blessings (if you are in a place in the prayer service where you are permitted to interrupt).