

# 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).