WHEN TO PRAY: SHACHARIT: WHAT TIME TO BEGIN

Introduction: Shacharit: When To Begin

B'di'avad, 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 *tefilin* and *tzitzit/talit* is *mi'sheyakir* (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).

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