

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).