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|  | May 2025 |
| Helena, Alabama, United States |
| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|   |   |   |   | 1  | 2  | 3  |
|     |     |     |     | Sunrise: 5:59 AM Sunset: 7:29 PM Daylight: 13 hours and 30 minutes.  | Sunrise: 5:58 AM Sunset: 7:30 PM Daylight: 13 hours and 31 minutes.  | Sunrise: 5:57 AM Sunset: 7:31 PM Daylight: 13 hours and 33 minutes.  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10  |
| Sunrise: 5:56 AM Sunset: 7:31 PM Daylight: 13 hours and 35 minutes.  | Sunrise: 5:55 AM Sunset: 7:32 PM Daylight: 13 hours and 36 minutes.  | Sunrise: 5:54 AM Sunset: 7:33 PM Daylight: 13 hours and 38 minutes.  | Sunrise: 5:53 AM Sunset: 7:34 PM Daylight: 13 hours and 40 minutes.  | Sunrise: 5:52 AM Sunset: 7:34 PM Daylight: 13 hours and 41 minutes.  | Sunrise: 5:52 AM Sunset: 7:35 PM Daylight: 13 hours and 43 minutes.  | Sunrise: 5:51 AM Sunset: 7:36 PM Daylight: 13 hours and 44 minutes.  |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| Sunrise: 5:50 AM Sunset: 7:37 PM Daylight: 13 hours and 46 minutes.  | Sunrise: 5:49 AM Sunset: 7:37 PM Daylight: 13 hours and 48 minutes.  | Sunrise: 5:48 AM Sunset: 7:38 PM Daylight: 13 hours and 49 minutes.  | Sunrise: 5:48 AM Sunset: 7:39 PM Daylight: 13 hours and 51 minutes.  | Sunrise: 5:47 AM Sunset: 7:39 PM Daylight: 13 hours and 52 minutes.  | Sunrise: 5:46 AM Sunset: 7:40 PM Daylight: 13 hours and 53 minutes.  | Sunrise: 5:46 AM Sunset: 7:41 PM Daylight: 13 hours and 55 minutes.  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| Sunrise: 5:45 AM Sunset: 7:42 PM Daylight: 13 hours and 56 minutes.  | Sunrise: 5:44 AM Sunset: 7:42 PM Daylight: 13 hours and 58 minutes.  | Sunrise: 5:44 AM Sunset: 7:43 PM Daylight: 13 hours and 59 minutes.  | Sunrise: 5:43 AM Sunset: 7:44 PM Daylight: 14 hours and 0 minutes.  | Sunrise: 5:43 AM Sunset: 7:44 PM Daylight: 14 hours and 1 minute.  | Sunrise: 5:42 AM Sunset: 7:45 PM Daylight: 14 hours and 3 minutes.  | Sunrise: 5:42 AM Sunset: 7:46 PM Daylight: 14 hours and 4 minutes.  |
| 25  | 26  | 27  | 28  | 29  | 30  | 31  |
| Sunrise: 5:41 AM Sunset: 7:47 PM Daylight: 14 hours and 5 minutes.  | Sunrise: 5:41 AM Sunset: 7:47 PM Daylight: 14 hours and 6 minutes.  | Sunrise: 5:40 AM Sunset: 7:48 PM Daylight: 14 hours and 7 minutes.  | Sunrise: 5:40 AM Sunset: 7:48 PM Daylight: 14 hours and 8 minutes.  | Sunrise: 5:39 AM Sunset: 7:49 PM Daylight: 14 hours and 9 minutes.  | Sunrise: 5:39 AM Sunset: 7:50 PM Daylight: 14 hours and 10 minutes.  | Sunrise: 5:39 AM Sunset: 7:50 PM Daylight: 14 hours and 11 minutes.  |