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