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|  | August 2025 |
| Helena, Oklahoma, United States |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | Sunrise: 6:39 AMSunset: 8:39 PMDaylight: 14 hours and 0 minutes. | Sunrise: 6:40 AMSunset: 8:38 PMDaylight: 13 hours and 58 minutes. |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Sunrise: 6:40 AMSunset: 8:37 PMDaylight: 13 hours and 57 minutes. | Sunrise: 6:41 AMSunset: 8:36 PMDaylight: 13 hours and 55 minutes. | Sunrise: 6:42 AMSunset: 8:35 PMDaylight: 13 hours and 53 minutes. | Sunrise: 6:43 AMSunset: 8:34 PMDaylight: 13 hours and 51 minutes. | Sunrise: 6:44 AMSunset: 8:33 PMDaylight: 13 hours and 49 minutes. | Sunrise: 6:44 AMSunset: 8:32 PMDaylight: 13 hours and 47 minutes. | Sunrise: 6:45 AMSunset: 8:31 PMDaylight: 13 hours and 45 minutes. |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Sunrise: 6:46 AMSunset: 8:30 PMDaylight: 13 hours and 44 minutes. | Sunrise: 6:47 AMSunset: 8:29 PMDaylight: 13 hours and 42 minutes. | Sunrise: 6:48 AMSunset: 8:28 PMDaylight: 13 hours and 40 minutes. | Sunrise: 6:48 AMSunset: 8:27 PMDaylight: 13 hours and 38 minutes. | Sunrise: 6:49 AMSunset: 8:25 PMDaylight: 13 hours and 36 minutes. | Sunrise: 6:50 AMSunset: 8:24 PMDaylight: 13 hours and 34 minutes. | Sunrise: 6:51 AMSunset: 8:23 PMDaylight: 13 hours and 32 minutes. |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Sunrise: 6:52 AMSunset: 8:22 PMDaylight: 13 hours and 30 minutes. | Sunrise: 6:53 AMSunset: 8:20 PMDaylight: 13 hours and 27 minutes. | Sunrise: 6:53 AMSunset: 8:19 PMDaylight: 13 hours and 25 minutes. | Sunrise: 6:54 AMSunset: 8:18 PMDaylight: 13 hours and 23 minutes. | Sunrise: 6:55 AMSunset: 8:17 PMDaylight: 13 hours and 21 minutes. | Sunrise: 6:56 AMSunset: 8:15 PMDaylight: 13 hours and 19 minutes. | Sunrise: 6:57 AMSunset: 8:14 PMDaylight: 13 hours and 17 minutes. |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Sunrise: 6:57 AMSunset: 8:13 PMDaylight: 13 hours and 15 minutes. | Sunrise: 6:58 AMSunset: 8:11 PMDaylight: 13 hours and 13 minutes. | Sunrise: 6:59 AMSunset: 8:10 PMDaylight: 13 hours and 11 minutes. | Sunrise: 7:00 AMSunset: 8:09 PMDaylight: 13 hours and 8 minutes. | Sunrise: 7:01 AMSunset: 8:07 PMDaylight: 13 hours and 6 minutes. | Sunrise: 7:01 AMSunset: 8:06 PMDaylight: 13 hours and 4 minutes. | Sunrise: 7:02 AMSunset: 8:04 PMDaylight: 13 hours and 2 minutes. |
| 31 |  |  |  |  |  |  |
| Sunrise: 7:03 AMSunset: 8:03 PMDaylight: 13 hours and 0 minutes. |  |  |  |  |  |  |