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| --- | --- | --- | --- | --- | --- | --- |
|  | September 2025 | | | | | |
| Helena, Oklahoma, United States | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|  | Sunrise: 7:04 AM  Sunset: 8:02 PM  Daylight: 12 hours and 57 minutes. | Sunrise: 7:05 AM  Sunset: 8:00 PM  Daylight: 12 hours and 55 minutes. | Sunrise: 7:05 AM  Sunset: 7:59 PM  Daylight: 12 hours and 53 minutes. | Sunrise: 7:06 AM  Sunset: 7:57 PM  Daylight: 12 hours and 51 minutes. | Sunrise: 7:07 AM  Sunset: 7:56 PM  Daylight: 12 hours and 48 minutes. | Sunrise: 7:08 AM  Sunset: 7:54 PM  Daylight: 12 hours and 46 minutes. |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Sunrise: 7:09 AM  Sunset: 7:53 PM  Daylight: 12 hours and 44 minutes. | Sunrise: 7:09 AM  Sunset: 7:51 PM  Daylight: 12 hours and 42 minutes. | Sunrise: 7:10 AM  Sunset: 7:50 PM  Daylight: 12 hours and 39 minutes. | Sunrise: 7:11 AM  Sunset: 7:48 PM  Daylight: 12 hours and 37 minutes. | Sunrise: 7:12 AM  Sunset: 7:47 PM  Daylight: 12 hours and 35 minutes. | Sunrise: 7:12 AM  Sunset: 7:45 PM  Daylight: 12 hours and 33 minutes. | Sunrise: 7:13 AM  Sunset: 7:44 PM  Daylight: 12 hours and 30 minutes. |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Sunrise: 7:14 AM  Sunset: 7:42 PM  Daylight: 12 hours and 28 minutes. | Sunrise: 7:15 AM  Sunset: 7:41 PM  Daylight: 12 hours and 26 minutes. | Sunrise: 7:16 AM  Sunset: 7:39 PM  Daylight: 12 hours and 23 minutes. | Sunrise: 7:16 AM  Sunset: 7:38 PM  Daylight: 12 hours and 21 minutes. | Sunrise: 7:17 AM  Sunset: 7:36 PM  Daylight: 12 hours and 19 minutes. | Sunrise: 7:18 AM  Sunset: 7:35 PM  Daylight: 12 hours and 16 minutes. | Sunrise: 7:19 AM  Sunset: 7:33 PM  Daylight: 12 hours and 14 minutes. |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Sunrise: 7:20 AM  Sunset: 7:32 PM  Daylight: 12 hours and 12 minutes. | Sunrise: 7:20 AM  Sunset: 7:30 PM  Daylight: 12 hours and 10 minutes. | Sunrise: 7:21 AM  Sunset: 7:29 PM  Daylight: 12 hours and 7 minutes. | Sunrise: 7:22 AM  Sunset: 7:27 PM  Daylight: 12 hours and 5 minutes. | Sunrise: 7:23 AM  Sunset: 7:26 PM  Daylight: 12 hours and 3 minutes. | Sunrise: 7:24 AM  Sunset: 7:24 PM  Daylight: 12 hours and 0 minutes. | Sunrise: 7:24 AM  Sunset: 7:23 PM  Daylight: 11 hours and 58 minutes. |
| 28 | 29 | 30 |  |  |  |  |
| Sunrise: 7:25 AM  Sunset: 7:21 PM  Daylight: 11 hours and 56 minutes. | Sunrise: 7:26 AM  Sunset: 7:20 PM  Daylight: 11 hours and 53 minutes. | Sunrise: 7:27 AM  Sunset: 7:18 PM  Daylight: 11 hours and 51 minutes. |  |  |  |  |