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|  | November 2025 |
| Helena, Alabama, United States |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  | Sunrise: 7:05 AMSunset: 5:56 PMDaylight: 10 hours and 50 minutes. |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Sunrise: 6:06 AMSunset: 4:55 PMDaylight: 10 hours and 48 minutes. | Sunrise: 6:07 AMSunset: 4:54 PMDaylight: 10 hours and 46 minutes. | Sunrise: 6:08 AMSunset: 4:53 PMDaylight: 10 hours and 45 minutes. | Sunrise: 6:09 AMSunset: 4:52 PMDaylight: 10 hours and 43 minutes. | Sunrise: 6:10 AMSunset: 4:51 PMDaylight: 10 hours and 41 minutes. | Sunrise: 6:11 AMSunset: 4:50 PMDaylight: 10 hours and 39 minutes. | Sunrise: 6:11 AMSunset: 4:50 PMDaylight: 10 hours and 38 minutes. |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Sunrise: 6:12 AMSunset: 4:49 PMDaylight: 10 hours and 36 minutes. | Sunrise: 6:13 AMSunset: 4:48 PMDaylight: 10 hours and 34 minutes. | Sunrise: 6:14 AMSunset: 4:47 PMDaylight: 10 hours and 33 minutes. | Sunrise: 6:15 AMSunset: 4:47 PMDaylight: 10 hours and 31 minutes. | Sunrise: 6:16 AMSunset: 4:46 PMDaylight: 10 hours and 30 minutes. | Sunrise: 6:17 AMSunset: 4:46 PMDaylight: 10 hours and 28 minutes. | Sunrise: 6:18 AMSunset: 4:45 PMDaylight: 10 hours and 27 minutes. |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Sunrise: 6:19 AMSunset: 4:44 PMDaylight: 10 hours and 25 minutes. | Sunrise: 6:20 AMSunset: 4:44 PMDaylight: 10 hours and 24 minutes. | Sunrise: 6:21 AMSunset: 4:43 PMDaylight: 10 hours and 22 minutes. | Sunrise: 6:22 AMSunset: 4:43 PMDaylight: 10 hours and 21 minutes. | Sunrise: 6:22 AMSunset: 4:42 PMDaylight: 10 hours and 19 minutes. | Sunrise: 6:23 AMSunset: 4:42 PMDaylight: 10 hours and 18 minutes. | Sunrise: 6:24 AMSunset: 4:42 PMDaylight: 10 hours and 17 minutes. |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Sunrise: 6:25 AMSunset: 4:41 PMDaylight: 10 hours and 15 minutes. | Sunrise: 6:26 AMSunset: 4:41 PMDaylight: 10 hours and 14 minutes. | Sunrise: 6:27 AMSunset: 4:41 PMDaylight: 10 hours and 13 minutes. | Sunrise: 6:28 AMSunset: 4:40 PMDaylight: 10 hours and 12 minutes. | Sunrise: 6:29 AMSunset: 4:40 PMDaylight: 10 hours and 11 minutes. | Sunrise: 6:30 AMSunset: 4:40 PMDaylight: 10 hours and 10 minutes. | Sunrise: 6:31 AMSunset: 4:40 PMDaylight: 10 hours and 9 minutes. |
| 30 |  |  |  |  |  |  |
| Sunrise: 6:31 AMSunset: 4:39 PMDaylight: 10 hours and 7 minutes. |  |  |  |  |  |  |