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