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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.  |     |     |     |