



December 2025

Helena, Oklahoma, United States

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