

CREATED, SAVED AND GIFTED BY GOD,
WE SEEK, SERVE AND SHARE JESUS CHRIST.



ASCENSION OF OUR LORD
MAY 17, 2025
10:30 AM

GOOD SHEPHERD LUTHERAN CHURCH
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KETTERING, OHIO 45429-4688
(937)298-0136

INTRODUCTION

In today's readings the risen Christ ascends into heaven and his followers are assured that the Spirit will empower them to be witnesses throughout the earth. The disciples were told to not gaze up into heaven to look for Jesus (Acts 1:11); we find his presence among us as we proclaim the word and share the Easter feast. We too long for the Spirit to enliven our faith and invigorate our mission.

Why Do You Stand Looking Up Toward Heaven?

We often cast our eyes upward to look for God. When we are feeling lonely or misunderstood, we raise our hands to ask why, or shake our fists in gestures of prayer, anguish, or praise. While the scriptures promise that God is king of all the earth, sitting on his holy throne (Psalm 47), we need not only look up for God's action in our lives. Our ascended Lord lives in the heavens, but Jesus does not leave his disciples—or us—to fumble while he naps in the clouds. Before he ascends, Jesus promises that we are clothed with the Holy Spirit's power, witnesses "to the ends of the earth" (Acts 1:8).

"Why do you stand looking up toward heaven?" the two men in white robes asked the witnesses remaining after Jesus ascended. Why do we stand still in our lives? Is it that we just saw God (Look! Up there! Did you see?), so we expect God to arrive in the same way again? Can God be that expected and predictable? This story of Jesus ascending to the heavens after his time with us on earth gives us mixed feelings: we know he's returning to where he belongs—out of this world full of brokenness and sin to holiness and glory. Still, our longing is intense: Lord, we want to see you! How will we know it is you when you come again?

Ascension Day could be explained as the cynical "I'm outta here" of a God weary of us self-centered, broken humans, but that explanation would be short-sighted because it leaves out the important stop on the cross. Instead, Jesus' departure is accompanied with the promise of the Spirit's presence remaining among us. We look up to the skies for help, then return our gaze to those among us in need of our care, to the body of Christ and the wind of the Spirit among the baptized, preparing for the time when Jesus comes again to gather us in.

*** indicates to stand as you are able.*

GATHERING

The Holy Spirit calls us together as the people of God.

PRELUDE

WELCOME & ANNOUNCEMENTS

Pr. Mallory Morris

** THANKSGIVING FOR BAPTISM

All may make the sign of the cross, the sign that is marked at baptism, as the presiding minister begins.

Alleluia! Christ is risen.

Christ is risen indeed. Alleluia!

Salvation belongs to our God who is seated on the throne
and to the Lamb!

Amen.

Let us give thanks for the gifts of baptism.

Merciful God,

you are the one who was, who is, and who is to come.

You lead us beside still waters.

We thank you for the waters of creation:

morning dew, gentle rain, roaring waves.

We thank you for the waters that nourish us,

for the five rivers that flow through our land.

Blessed are you.

You guide us to springs of the water of life.

Jesus Christ, you are the faithful witness

who accompanies us on our journeys.

We give you thanks for your life-giving death and resurrection.

We praise you for joining us in joy and sorrow.

Blessed are you.

You guide us to springs of the water of life.

Holy Spirit, you anoint our head with oil and our cup overflows.

Break down barriers that divide us.

Fill us with the breath of peace.

Blessed are you.

You guide us to springs of the water of life.

Holy One, we thank you for the gifts and grace of baptism,
and for making us a new creation.

We join with saints and angels, giving you honor and praise,
now and forever. **Amen.**

**** GATHERING HYMN**

“A Hymn of Glory Let Us Sing!” (ELW 393)



1 A hymn of glo - ry let us sing! New hymns through-out the world shall
2 The ho - ly ap - os - tol - ic band up - on the Mount of Ol - ives
3 To whom the shin - ing an - gels cry, “Why stand and gaze up - on the
4 “You see him now, as - cend - ing high up to the por - tals of the
5 O ris - en Christ, as - cend - ed Lord, all praise to you let earth ac -



ring: Al - le - lu - ia! Al - le - lu - ia! Christ, by a road be - fore un -
stand, Al - le - lu - ia! Al - le - lu - ia! and with his faith - ful fol - l'wers
sky?” Al - le - lu - ia! Al - le - lu - ia! “This is the Sav - ior!” thus they
sky.” Al - le - lu - ia! Al - le - lu - ia! “Here - af - ter Je - sus you shall
cord: Al - le - lu - ia! Al - le - lu - ia! You are, while end - less ag - es



trod, as - cends un - to the throne of God.
see their Lord as - cend in maj - es - ty.
say, “this is his glo - rious tri - umph day!” Al - le - lu - ia! Al - le -
see re - turn - ing in great maj - es - ty.”
run, with Fa - ther and with Spir - it one.



lu - ia! Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

**** GREETING**

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. **And also with you.**

**** KYRIE**

Assisting Minister

Assisting minister:

In peace, in peace, let us pray to the...

Congregation:



Lord, have mer - cy. Christ, have mer - cy. Lord, have mer - cy.

The musical notation is on a single staff in treble clef, 2/4 time, with a key signature of one sharp (F#). The melody consists of quarter and eighth notes with lyrics underneath.

Assisting minister:

For the reign of God, and for peace throughout the world;
for the unity of all, let us pray to the...

Congregation:

Lord, have mercy. Christ, have mercy. Lord, have mercy.

Assisting minister:

For your people here, who have come to give you praise;
for the strength to live your Word, let us pray to the...

Congregation:

Lord, have mercy. Christ, have mercy. Lord, have mercy.

Assisting minister:

Help, save, and defend us, O God.

Congregation:



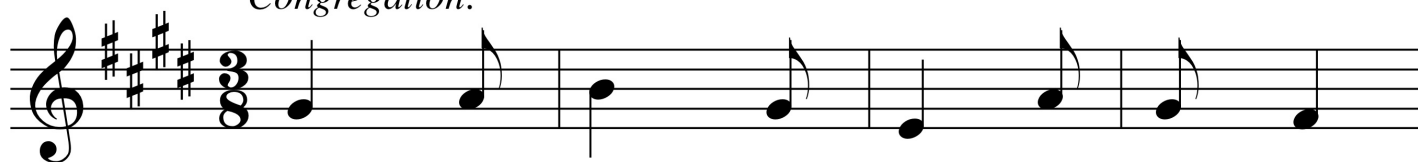
A - - - men.

The musical notation is on a single staff in treble clef, 2/4 time, with a key signature of one sharp (F#). The melody consists of quarter and eighth notes with lyrics underneath.

** CANTICLE OF PRAISE

Refrain

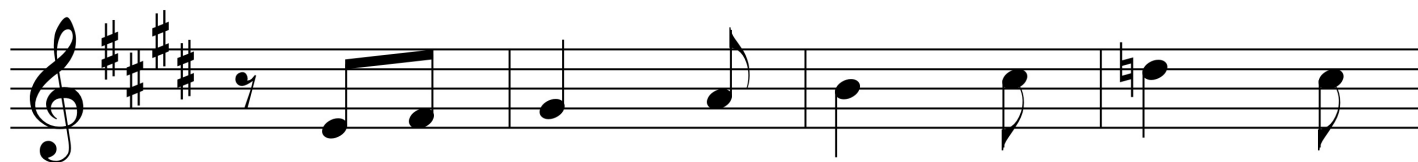
Congregation:



Now the feast and cel - e - bra - tion,



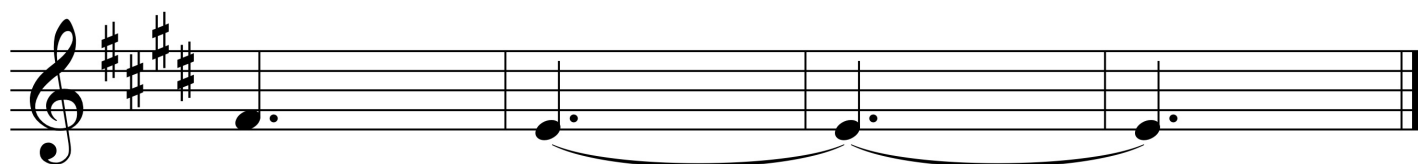
all of cre - a - tion sings for joy



to the God of life and love and



free-dom: praise and glo - ry for ev -



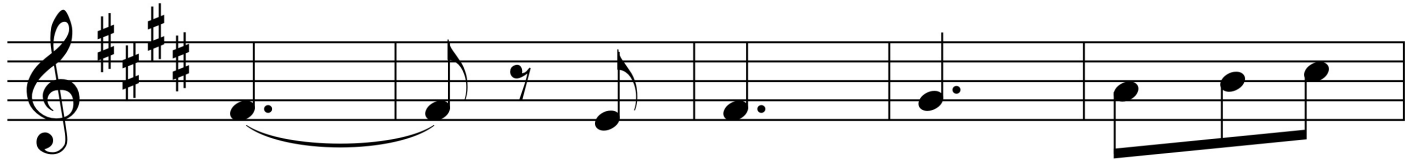
er - more!

Verse 1

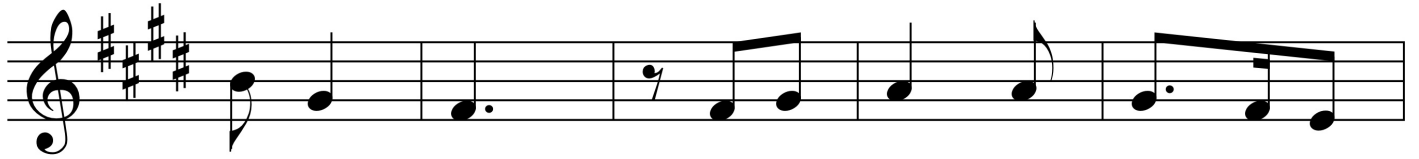
Congregation or Congregation 1:



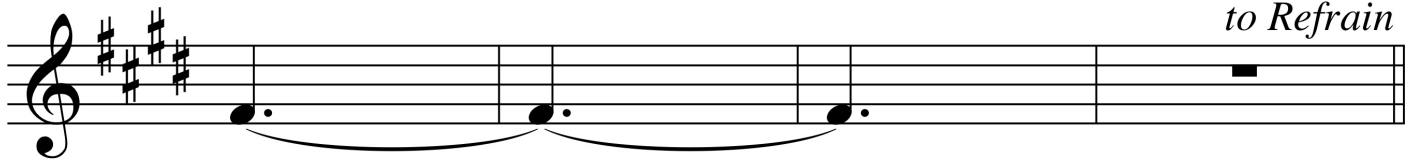
1. Now is the feast of the Lamb once



slain, whose blood has freed and u -



nit - ed us to be one great peo - ple of



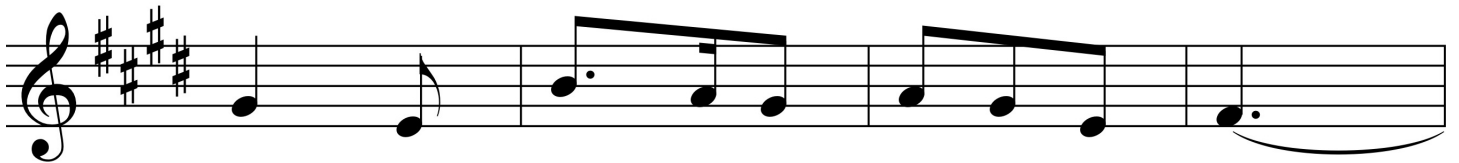
God.

Verse 2

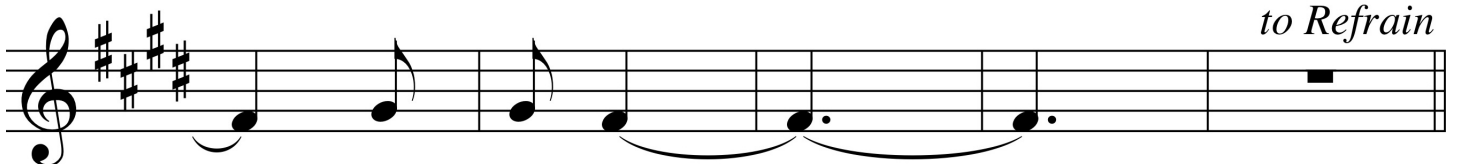
Congregation or Congregation 2:



2. Pow - er and rich - es, wis - dom and



might, all hon - or and glo - ry to Christ

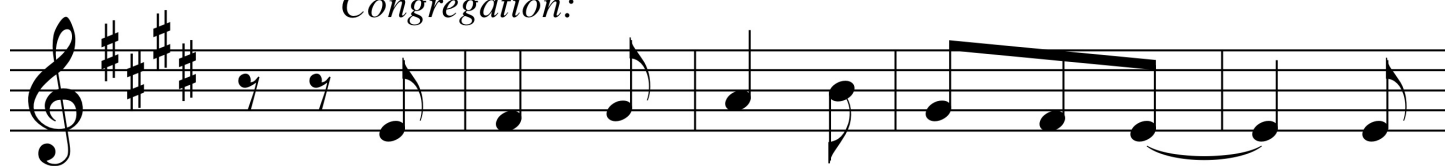


for ev - er.

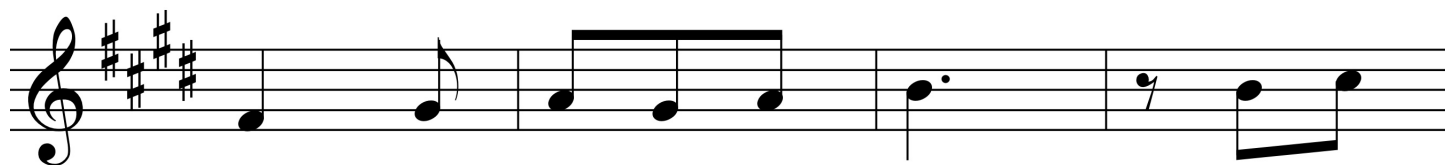
to Refrain

Verse 3

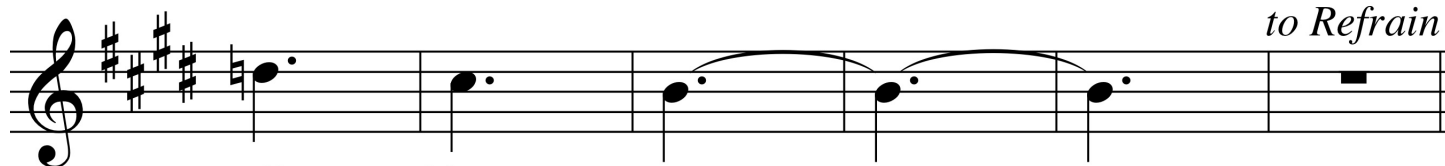
Congregation:



3. For God has come to dwell with us, to



make us peo - ple of God; to make



all things new.

to Refrain

** PRAYER OF THE DAY

Assisting Minister

Almighty God, your only Son was taken into the heavens and in your presence intercedes for us. Receive us and our prayers for all the world, and in the end bring everything into your glory, through Jesus Christ, our Sovereign and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Amen.

** PASSING OF THE PEACE

WORD

God speaks to us in scripture reading, preaching and song.

FIRST READING

Acts 1:1-11

Before he is lifted into heaven, Jesus promises that the missionary work of the disciples will spread out from Jerusalem to all the world. His words provide an outline of the book of Acts.

A reading from Acts, the first chapter.

[Luke writes:] In the first book, Theophilus, I wrote about all that Jesus began to do and teach until the day when he was taken up to heaven, after giving instructions through the Holy Spirit to the apostles whom he had chosen. After his suffering he presented himself alive to them by many convincing proofs, appearing to them during forty days and speaking about the kingdom of God. While staying with them, he ordered them not to leave Jerusalem but to wait there for the promise of the Father. "This," he said, "is what you have heard from me; for John baptized with water, but you will be baptized with the Holy Spirit not many days from now."

So when they had come together, they asked him, "Lord, is this the time when you will restore the kingdom to Israel?" He replied, "It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth." When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, "Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven."

Word of God, word of life.

Thanks be to God.

God has gone up with a shout. (Ps. 47:5)

Clap your hands, all you peoples;
shout to God with a joyful sound.

For the Lord Most High is to be feared:

a great king over all the earth,

who subdues the peoples under us,
and the nations under our feet;

who chooses our inheritance for us,

the pride of Jacob, whom God loves.

God has gone up with a shout,
the Lord with the sound of the ram's horn.

Sing praises to God, sing praises;

sing praises to our king, sing praises.

For God is king of all the earth;
sing praises with a song.

God reigns over the nations;

God is enthroned on high.

The nobles of the peoples have gathered as the people of the God of Abraham.

The rulers of the earth belong to God, who is highly exalted.

SECOND READING

Ephesians 1:15-23

The risen and exalted Christ reigns over the entire universe. The author of Ephesians prays that we are given the wisdom to know the power of the risen Christ and the empowering hope that the knowledge of this inheritance provides.

A reading from Ephesians, the first chapter.

I have heard of your faith in the Lord Jesus and your love toward all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers, that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may perceive what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power. God put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion and above every name that is named, not only in this age but also in the age to come. And he has put all things under his feet and has made him the head over all things for the church, which is his body, the fullness of him who fills all in all.

Word of God, word of life.

Thanks be to God

**** GOSPEL ACCLAMATION**

Congregation:

Al-le-lu - ia, al-le-lu - ia. Lord, to whom shall we
go? You have the words of e - ter - nal
life. Al - le - lu - ia!

Optional Repeat

**** GOSPEL READING**

Luke 24:44-53

On the day of his ascension, Jesus leaves his disciples with a commission, a blessing, and a promise of the Holy Spirit.

The holy gospel according to Luke, the twenty-fourth chapter.

Glory to you, O Lord.

[Jesus said to the eleven and those with them,] “These are my words that I spoke to you while I was still with you—that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.” Then he opened their minds to understand the scriptures, and he said to them, “Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things. And see, I am sending upon you what my Father promised, so stay here in the city until you have been clothed with power from on high.”

Then he led them out as far as Bethany, and, lifting up his hands, he blessed them. While he was blessing them, he withdrew from them and was carried up into heaven. And they worshiped him and returned to Jerusalem with great joy, and they were continually in the temple blessing God.

The gospel of the Lord.

Praise to you, O Christ.

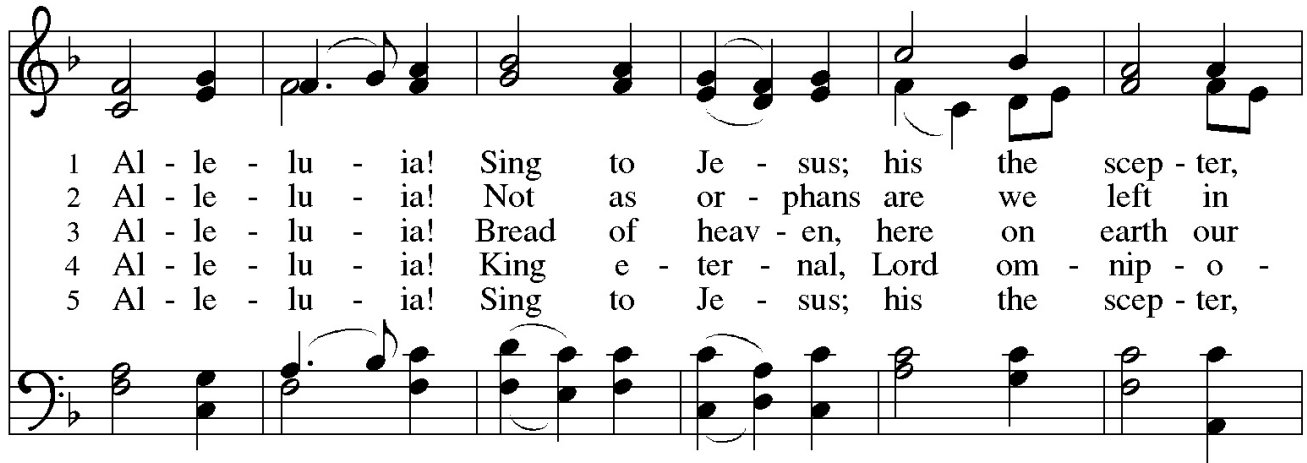
YOUTH MESSAGE

MESSAGE

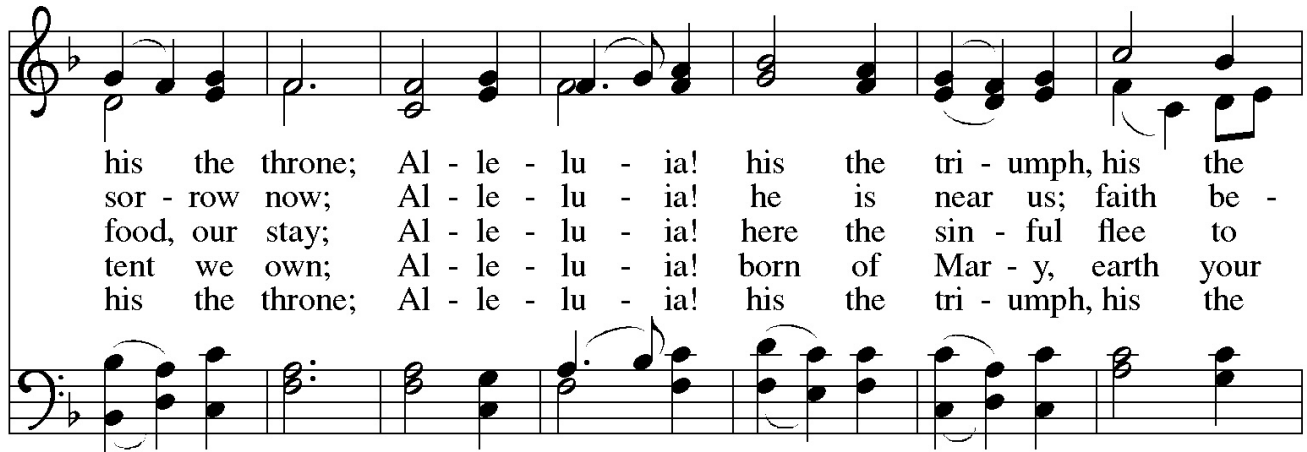
Pastor Mallory Morris

** HYMN OF THE DAY

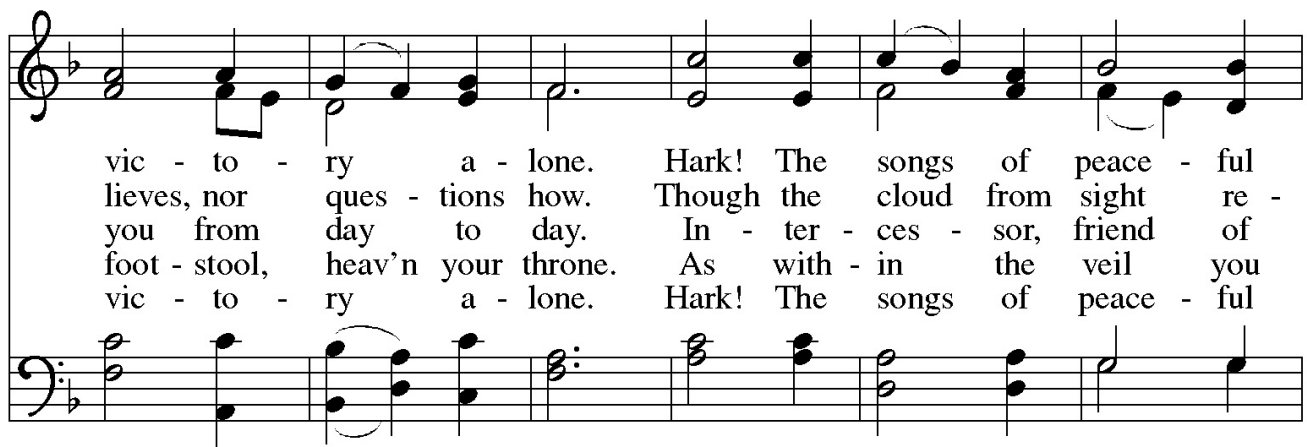
"Alleluia! Sing to Jesus" (ELW 392, verses 1-4)



1 Al - le - lu - ia! Sing to Je - sus; his the scep - ter,
2 Al - le - lu - ia! Not as or - phans are we left in
3 Al - le - lu - ia! Bread of heav - en, here on earth our
4 Al - le - lu - ia! King e - ter - nal, Lord om - nip - o -
5 Al - le - lu - ia! Sing to Je - sus; his the scep - ter,



his the throne; Al - le - lu - ia! his the tri - umph, his the
sor - row now; Al - le - lu - ia! he is near us; faith be -
food, our stay; Al - le - lu - ia! here the sin - ful flee to
tent we own; Al - le - lu - ia! born of Mar - y, earth your
his the throne; Al - le - lu - ia! his the tri - umph, his the



vic - to - ry a - lone. Hark! The songs of peace - ful
lieves, nor ques - tions how. Though the cloud from sight re -
you from day to day. In - ter - ces - sor, friend of
foot - stool, heav'n your throne. As with - in the veil you
vic - to - ry a - lone. Hark! The songs of peace - ful

Zi - on thun - der like a might - y flood: "Je - sus
 ceived him when the for - ty days were o'er, shall our
 sin - ners, earth's re - deem - er, hear our plea where the
 en - tered, robed in flesh, our great high priest, here on
 Zi - on thun - der like a might - y flood: "Je - sus

out of ev - 'ry na - tion has re - deemed us by his blood."
 hearts for - get his prom - ise: "I am with you ev - er - more"?
 songs of all the sin - less sweep a - cross the crys - tal sea.
 earth both priest and vic - tim in the eu - cha - ris - tic feast.
 out of ev - 'ry na - tion has re - deemed us by his blood."

**** PRAYERS OF INTERCESSION**

Assisting Minister

Trusting in the power of Christ's resurrection to heal and redeem our broken world, let us pray for the needs of all creation.

A brief silence.

Each petition concludes:

Merciful God, **receive our prayer.**

God of resurrection power, use us and these prayers to proclaim the good news of new life to all the world, through Jesus Christ, our risen Savior.

Amen.

GATHERING OF THE GIFTS

OFFERTORY

OFFERING PRAYER

Assisting Minister

Merciful God,
accept the fruits of our labor, gathered to give you glory.
You have set a table before us, a glimpse of that great day
when we will hunger and thirst no more.
Nourish us with the body and blood of Jesus,
that goodness and mercy may follow us
and bless the world you love.
In the name of Jesus,
Amen

MEAL

God feeds us with the presence of Jesus Christ.


** GREAT THANKSGIVING

Presider: *Congregation:*




The Lord be with you. And al-so with you.

Presider: *Congregation:*




Lift up your hearts. We lift them to the Lord.

Presider: *Congregation:*



Let us give thanks to the Lord our God. It is



right to give God thanks and praise.

It is indeed right, our duty and our joy,
that we should at all times and in all places
give thanks and praise to you, almighty and merciful God,
for the glorious resurrection of our Savior Jesus Christ;
who, enthroned forever at your right hand,
intercedes for us as our great high priest.
And so, with Mary Magdalene and Peter and all the witnesses of the resurrection,
with earth and sea and all their creatures,
and with angels and archangels, cherubim and seraphim,
we praise your name and join their unending hymn:

Congregation:

Ho - ly, ho - ly, ho - ly are you, God of pow - er and
might; Heav - en and earth are filled with your
glo - ry. Ho - san - na in the high - est!
Bless - ed is the One who comes in your name. Ho -
san - na in the high - est, ho - san - na in the high - est!

Blessed are you, O God of the universe. Your mercy is everlasting, and your faithfulness endures from age to age.

Praise to you for creating the heavens and the earth.

Praise to you for saving the earth from the waters of the flood.

Praise to you for bringing the Israelites safely through the sea.

Praise to you for leading your people through the wilderness
to the land of milk and honey.

Praise to you for the words and deeds of Jesus, your anointed one.

Praise to you for the death and resurrection of Christ.

Praise to you for your Spirit poured out on all nations.

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

With this bread and cup we remember our Lord's passover from death to life as we proclaim the mystery of faith:

Congregation:

Christ has died. Christ is ris - en.

Christ will come, come a - gain.

O God of resurrection and new life:
Pour out your Holy Spirit on us and on these gifts of bread and wine. Bless this feast.
Grace our table with your presence.

Congregation:

A - men. Come, Lord Je - sus.

A - men. Come, Lord Je - sus.

Reveal yourself to us in the breaking of the bread. Raise us up as the body of Christ for the world. Breathe new life into us. Send us forth, burning with justice, peace, and love.

Congregation:

A - men. Come, Ho - ly Spir - it.

A - men. Come, Ho - ly Spir - it.

With your holy ones of all times and places, with the earth and all its creatures, with sun and moon and stars, we praise you, O God, blessed and holy Trinity, now and forever.

Congregation:

Through Christ, with Christ, in Christ, in the

u - ni - ty of the Spir - it, all glo - ry and hon - or is

yours, O God, now and for ev - er.

A - men.

**** LORD'S PRAYER**

Gathered into one by the Holy Spirit, let us pray as Jesus taught us.

Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

**** INVITATION TO COMMUNION**

Come to the table of new life.

Receive the risen Lord.

For those communing at home or in the pew:

COMMUNION — *Receiving the Lord's tangible presence*

The body of Christ given for you.

The blood of Christ shed for you.

Each person may respond: Amen.

Communion Statement ~ We believe that the communion table is not Pr. Mallory's table, Good Shepherd Lutheran's table, or even the ELCA's table. This is God's table. And because this is God's table, we believe that anyone who wishes to receive communion can come forward and do so without condition or qualification.

Please note that we provide a non-alcoholic option (white) for those who do not want to partake of the communion wine (red). We also have gluten-free wafers available for those who need them. Simply let Pr. Mallory and the communion assistants know that you need something different when they come to you.

If anyone wishes to come forward and receive a blessing instead of communion elements, you are welcome to come forward to the communion rails with your arms crossed over your chest in the shape of an "X" instead.

If mobility concerns make it difficult to come forward for communion, you can alert the ushers, and they will let Pr. Mallory know to come to you.

REFLECTION DURING COMMUNION

As we prepare to receive the sacrament today, may we quietly take this time to center ourselves on Christ and ponder the amazing gifts of grace and forgiveness that we have been given. As we receive the body and the blood of our Lord, let us reflect upon His sacrifice. Finally, may we take this time to ask the Holy Spirit to enter our hearts, and then to work in us and through us each and every day.

LAMB OF GOD

Congregation:

Congregation or Assistant:



Lamb of God, you take a - way the sin of the
 you break the chains of ha - tred and
 you are the way of jus - tice and
 you are the way of mer - cy and

Congregation:



world: have mer - cy on us, mer - cy on us,
 fear:
 peace:
 love.

Final Stanza

Congregation or Assistant:



mer-cy on us. Lamb of God, you

Congregation:



take a - way the sins of the world: grant us peace,



grant us peace, grant us peace.

COMMUNION HYMN

“Worthy Is the Lamb”

(Verse 1 - Music Ministers)

Thank you for the cross, Lord,
Thank you for the price you paid,
Bearing all my sin and shame,
In love you came and gave amazing grace.

(Verse 2 - All)

**Thank you for this love, Lord,
Thank you for the nail-pierced hands,
Washed me in your cleansing flow,
Now all I know, your forgiveness and embrace.**

(Refrain - All)

**Worthy is the Lamb, seated on the throne,
Crown you now with many crowns,
You reign victorious!
High and lifted up, Jesus Son of God,
The Darling of heaven, crucified,
Worthy is the Lamb,
Worthy is the Lamb.**

(Verse 1 - All)

**Thank you for the cross, Lord,
Thank you for the price you paid,
Bearing all my sin and shame,
In love you came and gave amazing grace.**

(Verse 2 - All)

**Thank you for this love, Lord,
Thank you for the nail-pierced hands,
Washed me in your cleansing flow,
Now all I know, your forgiveness and embrace.**

(Final Refrain- All)

**Worthy is the Lamb, seated on the throne,
Crown you now with many crowns,**

**You reign victorious!
High and lifted up, Jesus Son of God,
The Darling of heaven, crucified,
Worthy is the Lamb, worthy is the Lamb,
Worthy is the Lamb, worthy is the Lamb,
Worthy is the Lamb, worthy is the Lamb.**

(Music Ministers)
The Darling of heaven, crucified.

**** TABLE BLESSING**

The body and blood of our Lord Jesus Christ bless you and always keep you in God's grace. **Amen.**

**** PRAYER AFTER COMMUNION**

Assisting Minister

Holy One, through this meal you have made your home among us and are making all things new. Send us now to speak peace to anxious hearts, to love our enemies, and to bring your healing to the nations. In the name of Jesus, **Amen.**

**** SENDING OF COMMUNION**

*Communion ministers may be sent to take the sacrament to those who are absent.
The presiding minister may lead this prayer of sending.*

Gracious God, loving all your family with a mother's tender care: As you sent the angel to feed Elijah with heavenly bread, assist those who set forth to share your word and sacrament with those who are sick, homebound, and imprisoned. In your love and care, nourish and strengthen those who will receive this sacrament, and give us all the comfort of your abiding presence through the body and blood of your Son, Jesus Christ, our Lord. **Amen.**

SENDING

God blesses us and sends us in mission to the world.

** BLESSING

God Almighty, who is the beginning and the end, Jesus Christ, the firstborn of the dead, and the Spirit, our advocate and peace, ☩ bless you now and forever. **Amen.**

** SENDING HYMN

“This Is Amazing Grace”

(Verse 1 - Music Ministers)

Who breaks the power of sin and darkness,
Whose love is mighty and so much stronger?
The King of Glory, the King above all kings.

(Verse 2 - Music Ministers)

Who shakes the whole earth with holy thunder,
Who leaves us breathless in awe and wonder?
The King of Glory, the King above all kings.

(Refrain - All)

**This is amazing grace, this is unfailing love,
That you would take my place,
That you would bear my cross,
You laid down your life
That I would be set free.
O Jesus, I sing for all that you've done for me,
All that you've done for me.**

(Verse 3 - All)

**Who brings our chaos back into order,
Who makes the orphan a son and daughter?
The King of Glory, the King above all kings.**

(Verse 4 - All)

**Who rules the nations with truth and justice,
Shines like the sun in all of its brilliance?
The King of Glory, the King above all kings.**

(Refrain - All)

**This is amazing grace, this is unfailing love,
That you would take my place,
That you would bear my cross,
You laid down your life
That I would be set free.
O Jesus, I sing for all that you've done for me.**

(Music Ministers)

Worthy is the Lamb who was slain!
Worthy is the King who conquered the grave!
Worthy is the Lamb who was slain!
Worthy is the King who conquered the grave!
Worthy is the Lamb who was slain!
Worthy is the King who conquered the grave!
Worthy is the Lamb who was slain:
Worthy, worthy, worthy! Oh!

(Refrain - All)

**This is amazing grace, this is unfailing love,
That you would take my place,
That you would bear my cross,
You laid down your life
That I would be set free.
O Jesus, I sing for all that you've done for me,
O Jesus, I sing for all that you've done for me.**

**** DISMISSAL**

Go in peace. Praise the Lord. Alleluia!

Created, saved and gifted by God,

we seek, serve and share Jesus Christ. Hallelujah, thanks be to God!

POSTLUDE

“W + 2” = WORSHIP PLUS TWO

**MAKE A COMMITMENT NOT ONLY TO WORSHIP EACH WEEK,
BUT ALSO TRY TO FIND A WAY TO SERVE IN THE CONGREGATION
AND SEEK OUT A WAY TO SERVE OUR COMMUNITY.**

YOU ARE NOW ENTERING THE MISSION FIELD

UPCOMING COMMEMORATIONS

Matthias, Apostle

Thursday, May 14, 2026

Matthias was the apostle added to the Twelve after Jesus' resurrection, as a replacement for the dead Judas Iscariot. He had traveled among the followers of Jesus throughout the Lord's ministry. Formerly commemorated on February 24, Matthias's celebration is moved to May 14 in agreement with most Western calendars.

Erik, King of Sweden, martyr, died 1160

Monday, May 18, 2026

Erik is considered the patron saint of Sweden. As king of that nation, he tried to bring peace in the region, and to spread Christianity in Scandinavia. He was also known for his attempts to make fair laws and to protect those who were poor or sick.

Helena, mother of Constantine, died around 330

Thursday, May 21, 2026

Influenced by her son to become Christian, Helena (or Helen) lived an exemplary life of faith. She is also remembered for traveling through Palestine building churches on the sites she believed to be associated with Christ's life.