



HELEN

**Helen**

18 August (21 May, Orth.)

d. 330

Empress Mother

- ✠ Mother of Constantine the Great
- ✠ Pilgrimage to Holy Land, 326
- ✠ Discovered True Cross, founded basilicas

She became under his influence such a devout servant of God, that one might believe her to have been from her very childhood a disciple of the Redeemer of mankind.

Eusebius, *Life of Constantine*, 3.47