

ONE BREAD,
ONE BODY



I believe in God the Father almighty.
I believe in Jesus Christ, his only Son, our Lord;
Who was born by the Holy Spirit of the Virgin Mary;
Was crucified under Pontius Pilate and was buried;
The third day he rose from the dead.
He ascended into heaven, and sits at the right hand of the Father,
From where he shall come to judge the living and the dead.
And [I believe] in the Holy Spirit,
The holy Church,
The forgiveness of sins,
The resurrection of the body,
And life everlasting.

(Marcellus, A.D. 340)

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