

SEE the SEA?



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***Behold, I have given you authority to tread
upon serpents and scorpions,
and over all the power of the enemy;
and nothing shall hurt you.***

(confer Luke 10:19 and Mark 16:18))



**The "rattlesnake" jack
aboard ships of the
Continental Navy of the Thirteen Colonies.**

— — —

**Vincent A. Salamoni
Missionaries of the Holy Apostles (M.S.A.)
LCDR, Chaplain Corps, U. S. Navy (Retired)**

PSALM 23 (Nautical Version)

The Lord is my admiral;
there is nothing I shall requisition.
Peaceful, like glass are the waters
where he gives me rack time.
To restful ports he leads me,
to boost my low morale.

He guides me along the true course;
he is faithful to his name.
If I should sail into storms of darkness
no shipwreck would I fear.
You are there with your chart and compass;
with these you give me liberty.

You have set up the mess decks for me
in the sight of my foes.
You anoint my head with a trim;
my mug is overflowing.

Surely fair winds and following seas
shall follow me all the days of my cruise.
In the Lord's own harbor shall I moor
forever and ever.

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Vincent A. Salamoni  
Society of the Missionaries of the Holy Apostles (M.S.A)  
Chaplain Corps, U. S. Navy; 1987

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## PSALM 23 (USMC Version)

The Lord is my commandant;  
there is nothing I shall requisition.  
Fresh and green are the fields  
where he gives me rack time.  
Near restful shores he leads me,  
to boost my low morale.

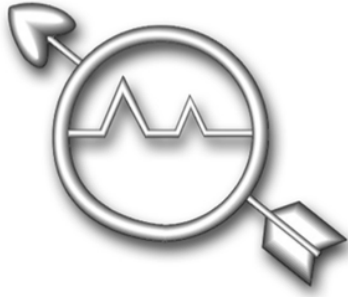
He marches me along the right trail;  
he is "*semper fidelis*" to his name.  
If I should charge into storms of lead,  
no death would I fear.  
You are there with your map and compass;  
with these you give me liberty.

You have prepared the chow hall for me  
in the sight of my foes.  
You anoint my head with a high and tight;  
my mug is overflowing.

Surely fair winds and following seas  
shall follow me all the days of my tour.  
In the Lord's own camp shall I stand easy  
for ever and ever.

Vincent A. Salamoni  
Society of the Missionaries of the Holy Apostles (M.S.A)  
Chaplain Corps, U. S. Navy; 1998





**[The insignia is from the radar navigation's rich history.]**

## **SPIRITUAL NAVIGATION**

**Navigators speak of a "three point fix" in order to be able a reliable position on a chart. It is when three distances intersect themselves.**

**In a discernment is a "spiritual triangulation".**

**Spiritually also needs to intersect three points together.**

**For finding your correct position after ponder:**

- 1. God's objective moral law, revealed in Sacred Scripture, Tradition and a legitimate magisterium;**
- 2. God arranges providentially in situations; and**
- 3. the testimony of your own informed conscience and inner peace.**

**By lining up all three points at the same time is to be prudent.**

**It is the only way to stay as close to the course as we need.**

**If in a decision giving ALONE:**

- a) Objective law alone is to run aground on LEGALISM.**
- b) Situations alone is to drift aimlessly into RELATIVISM.**
- c) Individual conscience alone is to sink into SUBJECTIVISM.**

**In the event: "To navigate is precise; to live is not precise."**

**We need all the help in the voyage of life!**

## OUR LITTLE BOAT

As we live, we try to be calmed in our little boat ... then our thoughts and emotions stir up in a storm in our heart, and seems sometimes to overwhelm us and/or drag us ... we hopefully, want to stop worrying in our troubles.



**A Little Boat**  
by Michel Legault

So, gently draw near the shore, be firmly through, and with, and in, the Source of Life, and coast along with the little waves ... by humble knowledge of ourselves, we will be closer to our Creator who is our sure, tranquil port. Let us go gently along without agitation or anxiety and without giving in to our emotions, troubles et cetera ... peace be with you.



**SAINT ELIZABETH ANN SETON**  
Patroness of the Sea Services, pray for us.

- Vincent A. Salamoni • 2024

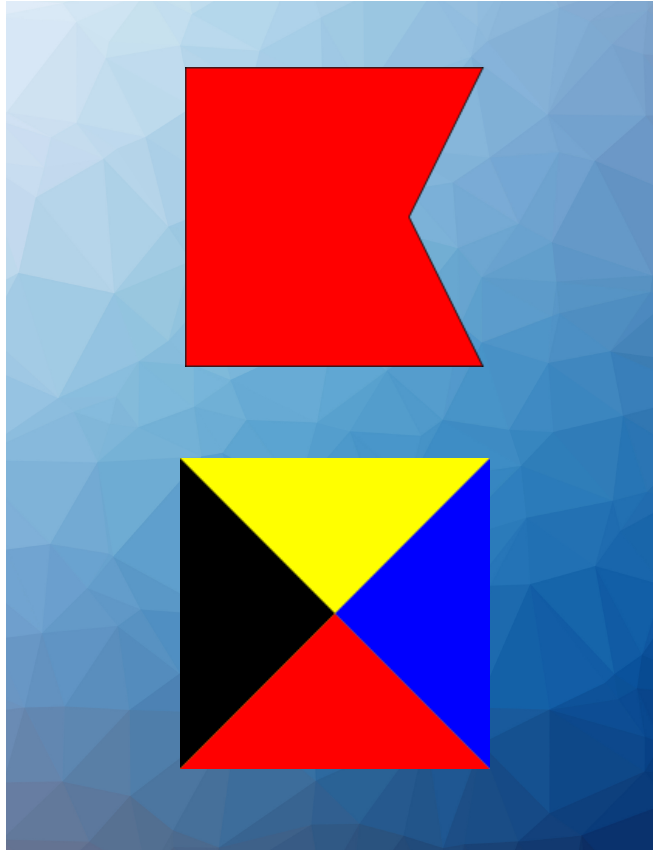
# **Have hope, an anchor of the soul, set and secure.**

**(see Hebrews 6:19)**



**Vincent A. Salamoni**  
**Missionaries of the Holy Apostles (M.S.A.)**  
**LCDR, Chaplain Corps, U.S. Navy (Retired)**

**BRAVO ZULU**  
this is for Sea Services jargon:



When these two maritime pennants  
hoisting together is its signify:  
**WELL DONE.**

— — —

**THANKS = WELL DONE = BRAVU ZULU**

— — —

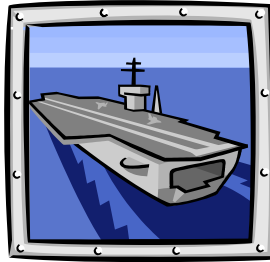
In Greek, ευχαριστία  
means eucharist / thanksgiving ...  
for others, it is an action of thanksgiving to the  
Creator of the Seas.

About:

**Vincent A. SALAMONI**



**He is a member of the Missionaries of the Holy Apostles (M.S.A.). Their charism is to promote, form and accompany vocations to the priesthood and other ministries.**



**He ministered aboard from a dugout canoe in the Peruvian Amazon to served onboard a nuclear air carrier, the USS *ENTERPRISE* (CVN-65), rather a starship, and retired from the Chaplain Corps of the United States Navy.**

**Afterward, he became the Provincial Emeritus of the MSA USA.**

**Now, hopefully he is trying to through, with, and in, reflecting the traditional virtues, which are writing in the *Catechism of the Catholic Church*, and those that are in some way are sounded in the depths of *your* heart.**

— — —



Within

**SEE**

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