



CATCH to WATCH

Vincent A. Salamoni
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Chaplain Corps, U. S. Navy (Retired)
2025.05.20.

**CATCH
to
WATCH**

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~ ~ ~

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Introduction to

A Catch:

A collection of meditative reflections, like the book of

THE MERCY OCEAN,

**offering a spiritual journey into the depths of grace through
the maritime imagery of the Mercy Ocean and various ones.**

~ ~ ~

A Catch



The Miraculous Catch of Fish - Jan Toorop

Vincent A. SALAMONI
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2025.04.27.

~ ~ ~

A Catch
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BLESSED BE GOD ...

~ ~ ~

BE REASONABLE ...

— — —
EXPECTATION

"God's mercy is beyond all expectation."

(Saint Leopold Mandić, OFM, Capuchin)

— — —
GOD'S Plan
is rather than ours.
(Confer: Matthew 6:10; Romans 8:28)

— — —
BE COMFORTABLE
with the
UNCOMFORTABLE.

Be comfortable with the Cross.
(Confer: Pope Francis' Daily Meditations - "*Tranquility*" is not peace; 16 May 2017)

— — —
We are in
the imperfect world ...
with original sin ...
in a valley of tears!

A TRILOGY of FISHING PEOPLE

DIVINE CATCHING

***CAST* into the DEEP**

Fishers | Vocations

DIVINE CATCHING

“So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred fifty-three of them; and though there were so many the net was not torn” (John 21:11).



The Call of the Apostles, Fishers of Men

Some ancients thought that the number of 153 fishes were representing for all of their species, and this haul was a symbol for all people.

***CAST* into the DEEP ...**



**The catch is big,
but the fishers are few;
so ask the
DIVINE FISHER
of the catch
to send out fishers for his catch.**

— — —
Recalls Luke 5:1-10; 10:2
— — —

FISHERS | VOCATIONS

Come after me, and I will make you fishers of men (Mark 1:17).



The Miraculous Draught of Fishes; Byzantine

— — —
Be fishers for people!

— — —
CAST into the DEEP ...
(Luke 5:4)

— — —
The Society of the Missionaries of the Holy Apostles (M.S.A.)

Charism:

PROMOTE, FORM and ACCOMPANY

V O C A T I O N S

to the priesthood and other ministries in the Church.

— — —
PRAY FOR VOCATIONS!

— — —
Vincent A. Salamoni • Missionaries of the Holy Apostles (M.S.A.); 2025.02.08.

MENARD'S MULES



**YOU are
TOTALLY or PARTIALLY an ____?**

**Francis of Assisi would with a poetically license would charitably say: YOU are a
Brother Ass.**

Father E. H. Menard, O.F.M., the founder of the Missionaries of the Holy Apostles (M.S.A.) would say something about a problematic person, as like a stubborn mule. If you thrown out that person, and would replace with an another person would be worse. A saint said as this: My penance is to live the common life with charity, because it replaces my time in purgatory.

Mules are not only being stubborn. They are sometimes better than horses. Mules have harder hooves, they have better sure foots than horses. Mules have more stamina, endurance, more resistant of insects and rain inclement. They are patience to carry heavy loads than a donkey, a horse or any pack animal.

There are problems being troublesome to you and/or others. So, plow with Jesus' yoke.

Just trying to practice with the Serenity Prayer.

Be in community along your mule(s) and live with these spiritual works of mercy:

**Instruct, correction, advise
and/or
forgive and bear wrongs patiently.**

(Confer: *Catechism of the Catholic Church*, paragraph 2447).

In any event, Fr. Menard's Spiritual Testimony has this:

The main thing in our life is not our never sinning again, but our learning to love.

**— — —
LOVE, LOVE, LOVE.
— — —**

There was a landowner who planted a vineyard (Matthew 21:33).

LIFE MATTERS

— — —

All *exact* answers are not from scientific direct observations of ethnicity *estimates*.

Read Y-chromosomal Adam, the Mitochondrial Eve, and for *Humani Generis* (36, 37).

Perhaps, the Creator will give us all the answers!

— — —



The Vine by Robin Joyce Miller

— — —

**As we offer to the Creator
fruit of the vine and work of human hands,
it will become humanity's spiritual drink.**

— — —



The CRÈCHE and the CROSS

**Rather the hard cold dirty floor;
rather feathers or straw,
or thorns?**

**Rather the
mob and executioners
bad breath
or the beasts?**

**Where would be the
Mother of God?
Near the wood
of the manger
and the cross ...**

**Upon the manger in
Bethlehem, the
House of Bread,
holds the babe
Whom is:**

**The Bread of Life
on
the Cross,
the universe's throne.**

— — —

The INCARNATION of the WORD of GOD

The Archangel Gabriel announced to the Blessed Virgin Mary ... The Holy Spirit come upon her, and the power of the Most High overshadowed her. The child was to be born and will be called holy, the Son of God (Confer / Cf.: Luke 1:26-38).

The Second Person of the Most Holy Trinity is the Word of God / Logos (Gk. Λόγος).

Jesus Christ, the Word of God, was conceived by the power of the Holy Spirit, and born of the Virgin Mary.

One of the reasons that the Word of God became flesh to make us "*partakers of the divine nature*" (Cf.: the *Catechism of the Catholic Church*, paragraph 460, and "you may come to share in the divine nature" (2 Peter 1:4).

INTENTION

DEAR GOD:
IN YOUR
MERCIFUL PRESENCE
WE PRESENT
TO YOU
OUR PRAYERS,
SUFFERINGS,
THOUGHTS,
JOYS,
ACTIONS, and
WORDS.
WE ASK THIS
THROUGH YOUR WILL.
AMEN.

(Cf.: The Liturgy of the Hours, the traditional daily offerings
and the mysterious / mythical / marvelous saint:

ST. JAW, whom is within this acrostic poem.

This prayer midsts us in the mist
of the great cloud of witnesses, which is conferred in Hebrews 12:1).

As being temples of the Holy Spirit, we incarnate the Word of God within us!
(Confer: *Catechism of the Catholic Church*, paragraph 1197)

* * * * *

BLESSED BE GOD
all ways and always.

* * * * *

Glory to ...

the Father,
and the Son,
and to the Holy Spirit:

as it was
in the beginning,
is now,
and will be for ever.

Amen.

* * * * *

~ ~ ~

Introduction to

Artificial Intelligence (AI) its ...

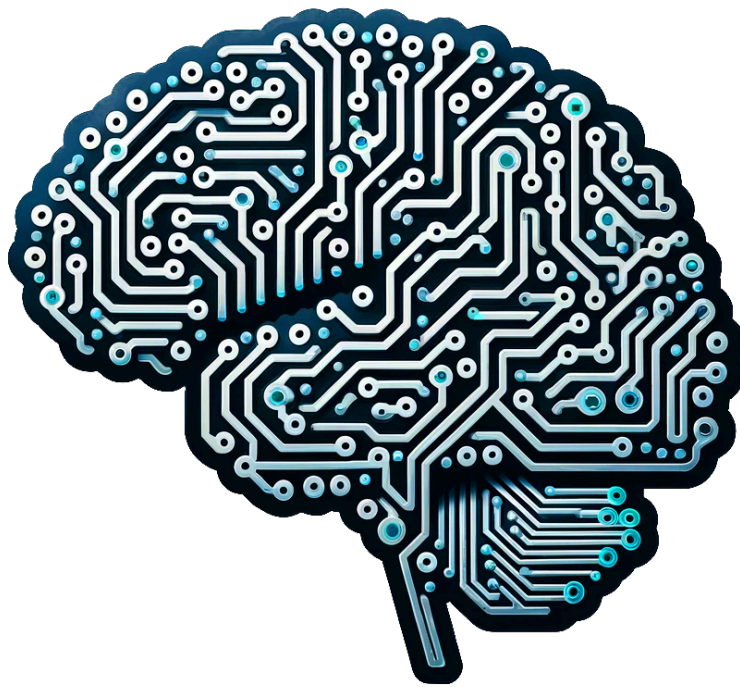
This document, entitled “Artificial Intelligence,” explores the relationship between artificial intelligence and human intelligence, referencing Pope Francis’ view that poetry and love are essential in the AI era. It discusses theological reflections, daily prayers, and the concept of **ST JAW**, a symbolic figure representing the Heart of Christ’s Mystical Body. The document also touches on AI’s spiritual implications and its role in divine participation, citing biblical and catechetical sources.

~ ~ ~

Artificial Intelligence

(AI)

its ...



ANTIQUA ET NOVA

Note on the Relationship Between Artificial Intelligence and Human Intelligence

Confer its LINK:

https://www.vatican.va/roman_curia/congregations/cfaith/documents/rc_ddf_doc_20250128_antiqua-et-nova_en.html

— — —
An Integral Understanding of Human Intelligence
27.

As Pope Francis observes,
“in this age of artificial intelligence,
we cannot forget that
poetry and love
are necessary to save our humanity.”**[59]**

[59] Francis, Encyclical Letter *Dilexit Nos* (24 October 2024), par. 20: *L'Osservatore Romano*, 24 October 2024, 5.

This recalls

POETRY ...

Acrostic is a ancient category of poems.
The below are two examples via **St. Jaw**.

INTENTION

**DEAR GOD:
IN YOUR
MERCIFUL PRESENCE
WE PRESENT
TO YOU
OUR PRAYERS WITH:**

SUFFERINGS,
THOUGHTS,
JOYS,
ACTIONS, AND
WORDS.

**WE ASK THIS
THROUGH YOUR WILL.
AMEN.**

— — —
Confer:

The Liturgy of the Hours and traditional daily offerings.

— — —

— — —

ST. JAW

This
mysterious / mythical / marvelous
saint would be helpful to you
and / or others.

Here is an acrostic poem:

Sufferings,
Thoughts,
Joys,
Actions,
Words.

— — —

Got a patron saint of Artificial Intelligence?

— — —

Vincent A. Salamoni
Chaplain Corps, U. S. Navy (Retired)
2014-2025

Whom is the patron saint of AI?

Basically my answer:

There was that a unknown person and/or persons as was named:

ST. JAW.

As, E. Menard, O.F.M., the founder of the Missionaries of the Holy Apostles (M.S.A.) fondly recalled the Mystical Body of Christ, as we echo “Saint” Jaw, to reflect the Heart of Christ’s Mystical Body, which is beating from the great cloud of witnesses (confer Hebrews 12:1).

In human intelligence would the Heart of Christ’s Mystical Body is composed only from the Sacred Heart of Jesus, or it includes the Blessed Virgin Mary’s Immaculate and Sorrowful Heart?

Furthermore, there is a section of the Heart of Christ’s Mystical Body in the book: *The Mercy Ocean*.

The Word became flesh to make us "*partakers of the divine nature*" (confer the *Catechism of the Catholic Church*, paragraph 460, and “you may come to share in the divine nature” (2 Peter 1:4).

— — —
Vincent A. Salamoni, M.S.A.
Updated: 2025.05.03.

~ ~ ~

Introduction to

SEE the SEA?

SEE the SEA? explores maritime spirituality, blending nautical themes with faith. It includes reflections on Psalm 23, spiritual navigation, and the “Bravo Zulu” naval expression for “well done.” The work emphasizes thanksgiving, hope, and divine guidance, drawing from the author’s naval and missionary experiences.

~ ~ ~

SEE the SEA?



**Vincent A. Salamoni
Missionaries of the Holy Apostles (M.S.A.)
Chaplain Corps, United States Navy, (Retired)
2025.04.23.**

~ ~ ~

SEE the SEA?

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Luke | Jack

Psalm 23 (Nautical)

Psalm 23 (USMC)

Spiritual Navigation

Our Little Boat

SEAS Prayer

The Anchor of Hope | Hebrews 6:19

Bravo Zulu

~ ~ ~

***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.

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



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

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**[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

Confer: Jane de Chantal in *The Mercy Ocean*

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.



**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**

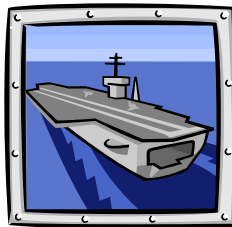
— — —

In Greek,  
**ευχαριστια** 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.**

— — —

## **EPILOGUE**

**some final thoughts ...**



**A sailor before being a  
retired chaplain.**



**There is an Italian proverb: “Tra il dire e il fare c’è di mezzo il mar.”**

**Most people not understand that here.**

**Many people did not even read it.**

**Even some people whom are fluent in Italian,  
would even had been difficulty to let others to understand it.**

**So let’s just, hopefully TRYING understand,  
that there is hard to do something  
between talking to do it.**



**In the misty sea,  
we are in a mysterious life,  
which is or not solved here with ST JAW?**

**Or no or YES to  
CATCH  
some of it because it is here  
to  
WATCH  
it.**

**Let’s hopefully trying to through, with, and in, to  
CATCH  
some about the tradition, classic virtues here  
to  
WATCH  
them and do them, just talk about them.**

~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~

# SEE

has to download free PDFs for:

**The Mercy Ocean**

**The Sea Lord's Bookshelf**

and

## **CATCH to WATCH**

