

# SEE the SEA?



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

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2025.09.21.

## **SEE the SEA?**

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## **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.



## 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.

## 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.

# DONT TREAD ON G-D

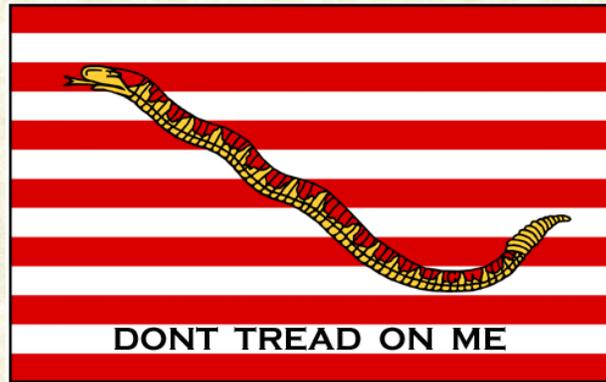


## Today in Naval History September 11 2002

In response to a directive from the **Secretary of the Navy**, Navy ships commemorate the first anniversary of the terrorist attacks against the World Trade Center and the Pentagon by hoisting the **First Navy Jack**, a flag first employed in 1775 consisting of a rattlesnake superimposed across 13 horizontal alternating red and white stripes with the motto, "Don't Tread On Me." The directive stated that the flag would be flown until the war on terrorism concluded.

(via Naval History and Heritage Command;

<https://www.history.navy.mil/today-in-history/september-11.html>)



*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.*

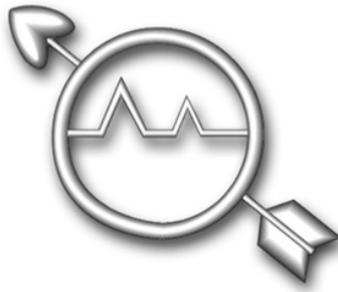
(Luke 10:19)



**The "rattlesnake" jack was flying circa 1775 aboard ships of the Continental Navy of the Thirteen Colonies.**



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



**[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

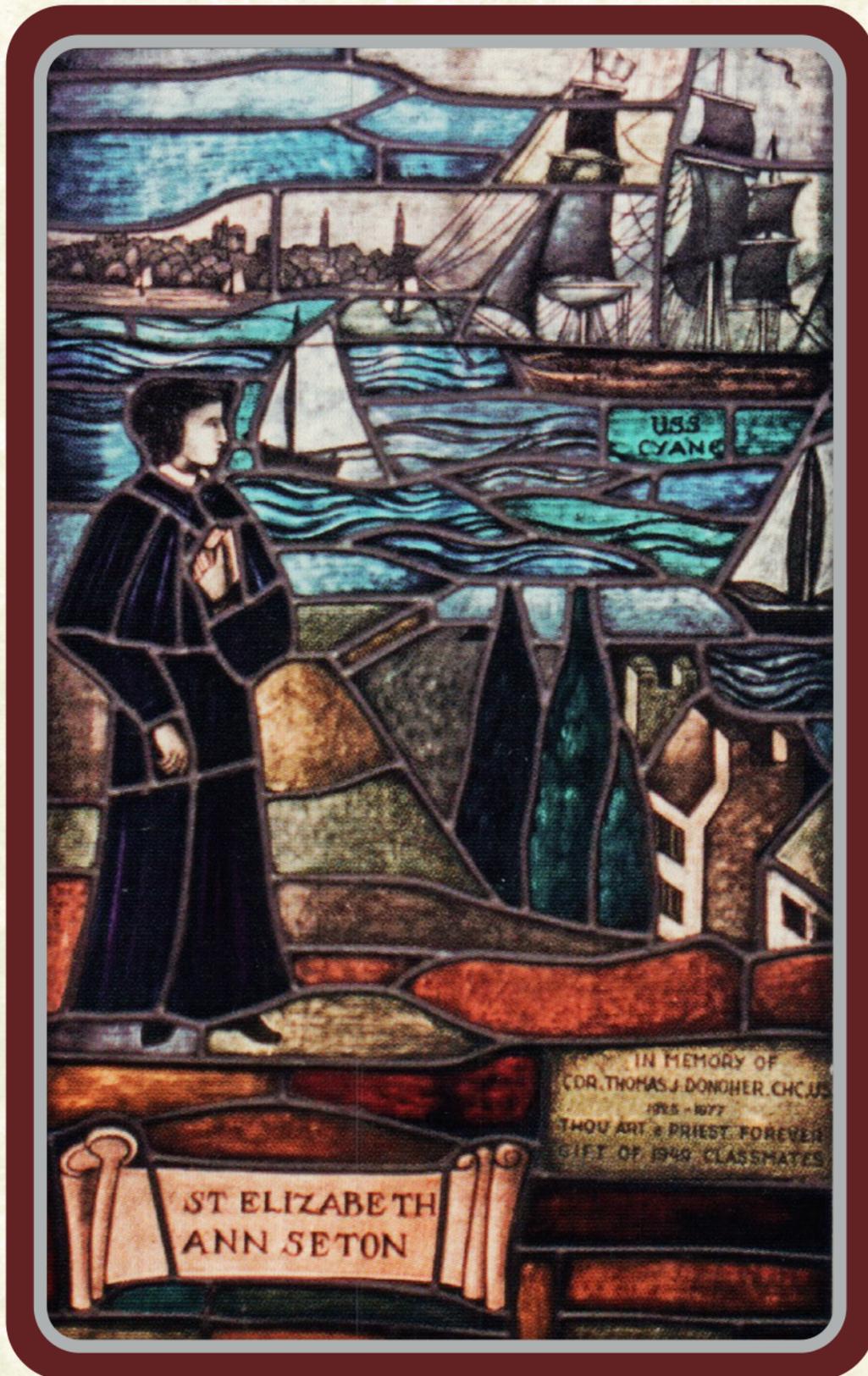
As we live, we try to be calmed in our little boat ... then our thoughts and emotions stir up in a storm in our heart, and seems sometimes to overwhelm us and/or drag us ... we hopefully, want to stop worrying in our troubles.



**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

# THE NAVY LINK

## SAINT ELIZABETH ANN SETON

was canonized in September 14, 1975 by Pope Paul VI. Shortly the then Chief of Navy Chaplains, Monsignor John J. O'Connor (formerly John Cardinal O'Connor, the Archbishop of New York) took the initiative to proclaim Mother Seton "**PATRONESS OF THE SEA SERVICES**" for Catholic men and women in uniform the Navy, the Marine Corps, the Coast Guard, and the Merchant Marine. Admiral James D. Watkins, then Chief of Naval Personnel, collaborated closely with Rear Admiral O'Connor in that effort and in 1977 they struck a medal honoring Mother Seton because of her link to the Navy through her two sons, William and Richard.

\* \* \* \* \*

**William Seton** was appointed Midshipman on the fourth of July in 1817. In February of 1818 he reported for duty aboard the USS *INDEPENDENCE*, and in July he was assigned to the USS *MACEDONIAN* which sailed from Boston later in the year on a cruise around Cape Horn to Valparaiso, Chile. While he was on this voyage, his mother died on January 4, 1821. In May of 1822 he was ordered to the USS *CYANE*. This voyage in the Mediterranean and along the coast of Africa lasted more than three years. Late in February of 1826 he was given his commission as Lieutenant in the U.S. Navy. In November he was ordered to the Sloop of War *HORNET* which was sent from Norfolk, Virginia to cruise the West Indian waters in search of pirates. He resigned as Lieutenant on July 5 of 1834, almost seventeen years to the day he was appointed Midshipman.

\* \* \* \* \*

**Richard Seton**, the second son, was the Captain's clerk on the USS *CYANE*. The Navy has very little information to give about Richard Seton. For almost a year (June 1822 to April 1823), he was on duty with this ship off the coast of Africa, where the United States Government was supporting the American Colonizing Society in its efforts to found a free Negro Colony in Liberia. In a letter from the Reverend Jehudi Ashmun, an Episcopalian missionary in the area, we learn that Richard contracted a fatal fever while nursing the minister back to life. Shortly afterwards, Richard Seton died of this fever on June 26 of 1823 and was buried at sea.

\* \* \* \* \*

This as far as know now is the best source:

**In 2011 "The 'Navy Link' to St. Elizabeth Ann Seton" was found in a website [famvin.org](http://famvin.org)**

**At 2021**, further information here was not found in domain public sites, and about this information.

\* \* \* \* \*

# **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 a slang / jargon phrase in Sea Services  
(generic edition)



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

— — —

**THANKS = WELL DONE = BRAVU ZULU**

— — —

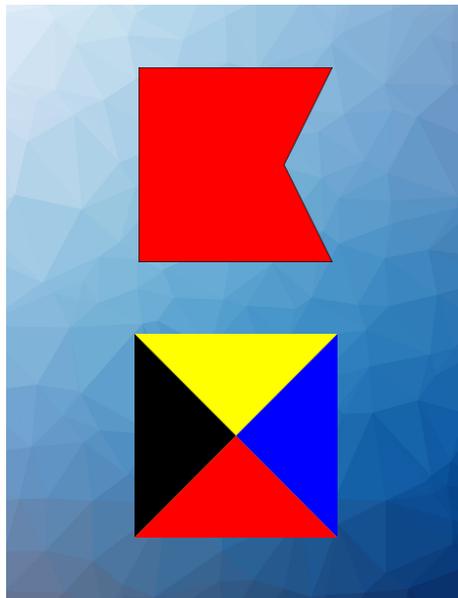
In Greek, ευχαριστία  
means eucharist / thanksgiving ...  
for others, it is an action of thanksgiving to the  
Creator of the Seas.

Vincent A. Salamoni  
Chaplain Corps, U.S. Navy (Ret.)  
2025.08.30.

# BRAVO ZULU

this is a slang / jargon phrase in Sea Services

When these  
two maritime pennants  
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**WELL DONE.**



**THANK YOU = WELL DONE = BRAVO ZULU**

— — —

In Greek, ευχαριστία  
means eucharist / thanksgiving ...

The EUCHARIST,  
is a Divine Service / it is the Blessed Sacrament.  
It is an action of thanksgiving to God.  
*Catechism of the Catholic Church, n. 1328*

— — —

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Missionaries of the Holy Apostles  
Chaplain Corps, U.S. Navy (Ret.)  
2025.08.30.

**EPILOGUE**  
**some final thoughts ...**



**The United States Army Transport ships have a prefix “U.S.A.T.”**

**The U.S.A.T. *Dorchester* was an aging, luxury coastal liner used for troop transport during World War II. It was torpedoed on 3 February 1942, by a German U-boat in the North Atlantic. “The Four Chaplains” sacrificed their life jackets and their lives from her decks.**

**The photo “Four Chaplains” is from a stained glass window in Mary, Queen of the Universe Shrine, Orlando, Florida.**

Compiled and by:  
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LCDR, Chaplain Corps, United States Navy (Retired)  
circa: pre 2010



**FLEET ADMIRAL NIMITZ  
and the  
CHAPLAINS**



**“By his patient, sympathetic labors with the men, day in, day out, and through many a night, every chaplain I know contributed immeasurably to the moral courage of our fighting men. None of the effort appears in the statistics. Most of it was necessarily secret between pastor and his confidant. It is for that toil in the cause both of God and country that I honor the chaplain most.” (Chester W. Nimitz; May 1946)**



*The Sea at Katwijk / The Sea* | Jan Toorop, 1887

**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  
SEE the SEA?**

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

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

**SEE**

**it then ponder / pray,  
and do it!**



**At a time like this, when the barque of humanity,  
tossed by the storm of the current crisis,  
struggles to advance towards a calmer  
and more serene horizon,  
the “rudder” of human dignity  
and the “compass” of fundamental social principles  
can enable us together to steer a sure course.**

From Francis' message “A Culture of Care as a Path to Peace”, 9; 1 January 2021

## The Virgin of the Navigators



La Virgen de los Navegantes

Alejo Fernández (ca. 1531 and 1536)

~ ~ ~

In *Admiral of the Ocean Sea* (Samuel Eliot Morison)  
has a *Frontpiece*, with the title:

## Our Lady of the Fair Winds

There is a rich  
naval history and heritage  
includes  
**GOATS**  
~ ~ ~

**Sailors in early voyages dispersed goats in around the world for food, cheese, milk et cetera.**

**Goats are better “sailors” instead of other animals.**

**Cattle could get scurvy.**

**Sheep are not very happy aboard ships.**

**Hens are fairly in good weather.**

**Goats have the reputation to be the only livestock with “sea legs” in any sea conditions.**

**Here is a little drop of:**

***The Mercy Ocean***

~ ~ ~ ~ ~

**G O D' s**

**O**

**A**

**T**

**S**

~ ~ ~ ~ ~



**G O D' s**

**O V E R**

**A L L**

**T H I N G S .**



# THE GIFTS OF THE MAGI & U.S. COAST GUARD CORE VALUES

~ ~ ~ ~ ~



A cutter off Puerto Rico

GOLD for a King

## **HONOR**

*LOYAL & ACCOUNTABLE TO THE PUBLIC TRUST*

INCENSE for God

## **RESPECT**

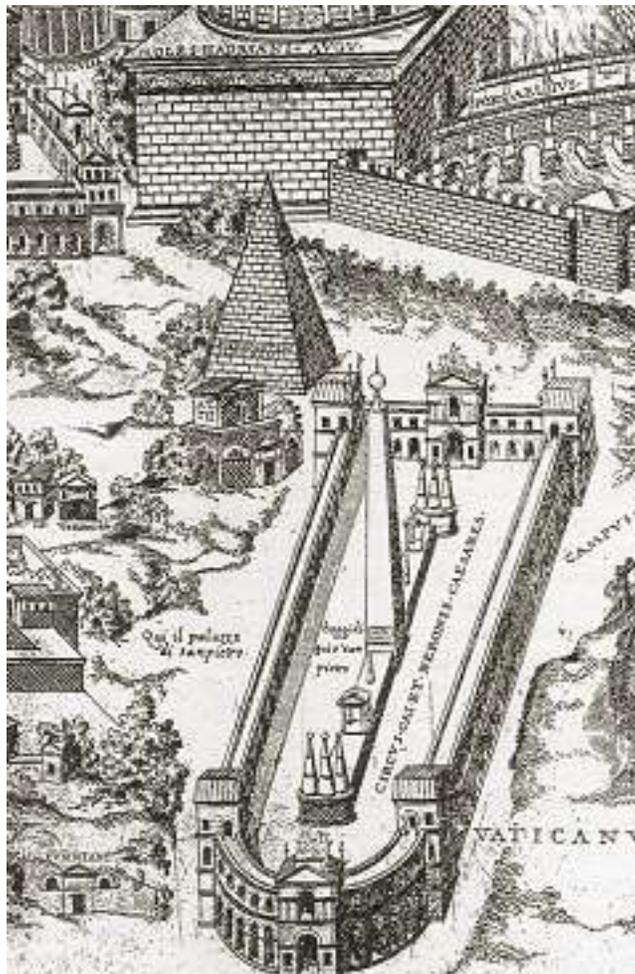
*TREAT EACH OTHER WITH FAIRNESS, DIGNITY & COMPASSION*

MYRRH for One who was to die

## **DEVOTION TO DUTY**

*EXIST TO SERVE*

**The Obelisk in  
St. Peter's Square, Vatican City  
moved from the Circus of Nero  
with a sailor!**



**A drawing of Circus of Nero; Pirro Ligorio, 1561**



## **The heroic sailor earned a special reward from Sixtus V, the Bishop of Rome.**

The 75-foot Egyptian obelisk that is in the middle of Saint Peter's Square in Vatican City didn't always stand where it is now. In the time of Emperor Nero (64 A.D.) it stood in the middle of his Circus at the foot of Vatican hill. In 1586 the monument was moved. It was drawn by hundreds of horses and thousands of laborers. They struggled with an enormous amount of beams, ropes and scaffolding - it was a task that the army engineers did not relish. The death penalty was ordered, in the tension, for any spectator who said even one word. The officials wanted to make sure that the workers would not be distracted and be crushed by the bulky stone.

The ropes stabilizing the obelisk began to burn from excessive friction - the odds were rapidly increasing that the needle shaped mass would spin out of control. A sailor - Benedetto Bresca - shouted, because he knew what was needed to avoid a disaster. He disobeyed the order for silence and risking his life yelled / screamed out:

## **Throw water on the ropes!**

People had enough presence of mind to heed his advice and the move was completed without further safety mishaps.

The sailor was not executed for disobeying. On the contrary, he and his family were granted a papal reward. It was the right to supply palms to St. Peter's Basilica on Passion (Palm) Sunday. His family has the concession to at least probably in the 21st century.

The moral of the story is:

***Do the right thing no matter what the circumstances.***

This recalls: "In all circumstances give thanks, for this is the will of God" (1 Thessalonians 5:18).  
Hopefully, the readers AND / OR others will be receive benefits beyond expectations.

~ ~ ~ ~ ~

Compiled / by:

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19 November 2021 in the Year of Saint Joseph

Updated: 2025.09.08.



The Anchor of  
**HOPE**

**is of the soul, sure and firm. It reaches behind a veil.**

(see Hebrews 6:19)

Vincent A. Salamoni, Chaplain Corps, U. S. Navy; 2010.01.0

About:

**Vincent A. SALAMONI**

He is a member of the Missionaries of the Holy Apostles. 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 basin 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, from the *Catechism of the Catholic Church*, and to be to those were encountered in him, to sound them in the depths of *their* heart.

Updated: 2025.09.17.

~ ~ ~ ~ ~

# SEE the SEA?

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