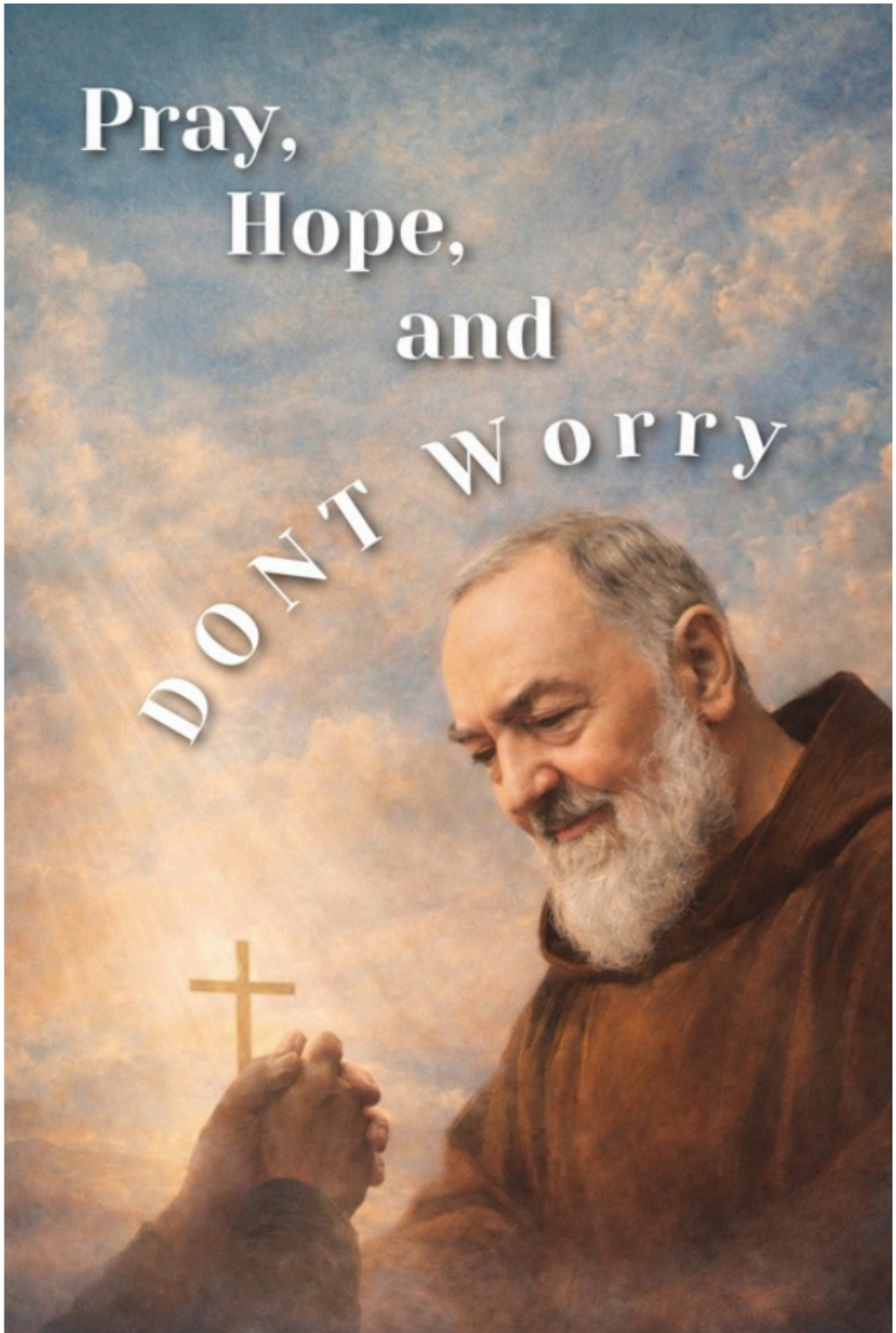


Pray,
Hope,
and
DON'T WORRY



Foreword
by
Dr. Sebastian Mahfood, O.P.; President of En Route Books & Media

Inspired by Padre Pio's timeless counsel, this brief reflection explores prayer, hope, and trust in God as pathways to peace, offering spiritual insight, scriptural grounding, and pastoral encouragement for daily life.

Pray, Hope, and DONT Worry

Padre Pio's popular quote in English is:

“Pray, Hope, and Don't Worry”.

Do not worry about the DONT in *this* title,
and see in the reflection about the page for
Luke 10:19 and the pennant had embroidered: DONT TREAD ON ME.

Padre Pio's full spiritual quote here is a translated in English:

Pray, hope, and don't worry.

Worry is useless.

God is merciful and will hear your prayer.

Furthermore, here it is in the original Italian:

"Prega, spera, e non preoccuparti.

L'agitazione non giova a nulla.

Dio è misericordioso e ascolterà la tua preghiera."

Contents:

- 1) This title includes a commentary and its contents.
 - 2) Notes of the Book: Dearest Soul: A Spiritual Journey with Padre Pio by Fr. John Aurilia, (Franciscan) OFM Capuchin
 - 3) A Parallel (||) of the quote “Pray, Hope, and Don't Worry” of the Saint (Padre) Pio / Pius of Pietrelcina, Franciscans / (O.F.M. Capuchins) from (Father) Vincent A. Salamoni, Missionaries of the Holy Apostles / (M.S.A.).
 - 4) A “nautical” reflection of: Luke 10:19 and DONT TREAD ON ME.
 - 5) Supplement
-

Dearest Soul:
A Spiritual Journey with Padre Pio
by
Fr. John Aurilia, (Franciscan) O.F.M., Capuchin

Confer Chapter 9

Pray, Hope, and Don't Worry:

"Pray, hope, and don't worry" - related to a power triangle: (God, others, yourself).

This chapter writes about Padre Pio's this:

PRAY, HOPE, DON'T WORRY

Pray

Padre Padre Benedetto, a Capuchin wrote in 1912, before Padre Pio's popular quote: "Pray, Hope, and Don't Worry".

Prayer opens the door of heaven.

(...) we should not resist grace, but second it by allowing it to act peacefully.

(...) try to understand and feel what God wants without being distracted by thinking about what is happening within him and how it comes about.

(...) the sure sign that it is God who is operating (...).

God "is acting in the soul."

Hope

Hope - opening us up to "best possibilities." When one door closes, goes the cliché, another door opens.

When everything else fails, there is still hope.

Recall:

"Do not be conquered by evil but conquer evil with good" (Romans 12:21).

For the saint, suffering is real, but hope is the opposite of giving up.

(...) hope is always more powerful than despair, in which hope is cast away.

Don't Worry

Hope, when it is sincere, generates peace.

(...) we forget that happiness is not a goal, but a process; it's not a destination, but it's the journey itself.

"By your patience you will possess your souls" [Lk 21:19].

(...) the less it is mixed with longings and anxiety, the more perfect is our patience.

**A Parallel (||)
of a Pray of**

**Saint (Padre) Pio of Pietrelcina, Franciscans / (O.F.M. Capuchin)
with**

(Father) Vincent A. Salamoni, Missionaries of the Holy Apostles / (M.S.A.)



PRAY, HOPE, DON'T WORRY

(Padre Pio)

PRAY ... PATIENCE ... PEACE

(Father Vincent)



PRAY || PRAY

Pray (P.Pio) || Pray (Fr. Vincent)

“The Lord leads all persons by paths and in ways pleasing to him, and each believer responds according to his heart's resolve and the personal expressions of his prayer” (*Catechism of the Catholic Church* [CCC], 2699).



HOPE || PATIENCE

Hope (P. Pio) || Patience (Fr. Vincent)

Patience and hope have a relationship.
Hope fuels patience by being a positive future.
Patience in an act of faith nurtures hope.
Love is patient (1 Corinthians 13:4).



DON'T WORRY || PEACE

Don't Worry (P. Pio) || Peace (Fr. Vincent)

Don't Worry is part of Padre Pio's favorite / popular phrase.
Peace is a gift / fruit of the Holy Spirit; see Galatians 5:22-23,
and the prophecy of the birth of the Messiah in Isaiah 9:6 as is:
The Prince of Peace.



**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 embroidered with the “DONT”.
It was flying circa 1775 aboard ships of the
Continental Navy of the Thirteen Colonies.**

Supplement:

This front cover of a book is published by
En Route Books and Media.

FOR FISHING PEOPLE

DIVINE CATCHING
CAST into the DEEP
Fishers | Vocations
Continuing ...
➤➤

The Mercy Ocean
Vincent A. Salamoni
Missionaries of the Holy Apostles (M.S.A.)

THE SEA LORD'S BOOKSHELF

The CONQUERING HEART
Vincent A. Salamoni
Missionaries of the Holy Apostles
Chaplain, Coast, United States (M.S.A.)
2023-09-21

ST JAW

SEE the SEA?

SEE SEVEN SEAS

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GUADALUPE with LEPANTO

Mary, Our Lady of Guadalupe
with the
Battle of Lepanto
Vincent A. Salamoni
Missionaries of the Holy Apostles (M.S.A.)
Chaplain, Coast, U.S. (M.S.A.)
2023-09-21

The graphic features a grid of book covers. The top right section, titled 'THE SEA LORD'S BOOKSHELF', displays a collection of covers including 'SAILING THE NORTH', 'AMISTAD REBELLION', 'THE LAST SLAVE SHIP', 'FINEST HOURS', 'MIRACLE OF THE CHRISTMAS SHIP', 'SHIP OF MIRACLES', 'Mariner Monk', 'SERRA BIG BEN', 'UNTIL THE SEA SHALL FREE THEM', 'No Higher Honor', and 'The Mercy Ocean'. The bottom right section features a cover for 'GUADALUPE with LEPANTO' with a light blue background and a thin gold border.



Titles of the Author:

- **For Fishing People**
- **The Mercy Ocean**
- **The Sea Lord's Bookshelf**
- **The Conquering Heart**
- **ST JAW**
- **SEE the SEA?**
- **Guadalupe with Lepanto**



BLESSED BE GOD
all ways and always