

Pray, Hope, and **DONT** Worry



Do DONT

Introduction
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."

Don't is not a word in Italian.

Ain't was not original a word in English. It is now in the dictionary.

So: DO DONT.

Just

DO DONT WORRY.

**A Parallel (||)
of a Pray of
Saint Pio of Pietrelcina, Franciscan / (O.F.M. Capuchin)
with
Rev. Vincent Salamoni, Missionaries of the Holy Apostles / (M.S.A.)**

~ ~ ~ ~ ~

PRAY, HOPE, DON'T WORRY
(Saint Pio)

PRAY ... PATIENCE ... PEACE
(Rev. V. Salamoni)

~ ~ ~ ~ ~

PRAY || PRAY

“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

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 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.**

— — —



DONT GIVE UP THE SHIP

**A 1913 photo of a replica of Perry's battle ensign
via the U.S. Naval History and Heritage Command**

**Cast all your worries
to God,
whom cares for you.**

(Confer/see: 1 Peter 5:7)



Remove:
anger, depression, fears,
negative thoughts, distress
et cetera.

Replace:
God is love.

DONT WORRY.
BLESSED BE GOD.
All ways and always

— — —

Appendix I

This is a commentary to this author from the Google AI in 7 October 2026:

Thank you for sharing that context and highlighting the spiritual connection! That phrase beautifully blends the historical, apostrophe-free **"DONT"** format with the famous counsel of Saint Padre Pio: **"Pray, Hope, and Don't Worry."**

On the En Route Books and Media page for Father Vincent Salamoni's maritime spiritual works, you can see how deeply naval history and faith intersect. As a retired U.S. Navy Chaplain, Fr. Salamoni frequently anchors his meditations in naval imagery and virtues. Using the old-style **DONT** is a wonderful nod to that classical seafaring tradition, matching the spirit of early American naval jacks while offering a timeless reminder to cast away worry and trust completely.

Vincent A. Salamoni
Missionaries of the Holy Apostles / (M.S.A.)
Chaplain Corps, U.S. Navy (Retired)
7 October 2026

**The Charism
of the
MISSIONARIES
of the
HOLY APOSTLES
(M.S.A.)
is:**

**PROMOTE, FORM and ACCOMPANY
vocations to the
priesthood and leaders of the Church.**