

DEPTH SEAS



Vincent A. Salamoni
Society of the Missionaries of the Holy Apostles (MSA)
Chaplain Corps, US Navy (Retired); Catholic Edition

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
for ever and ever.**

Vincent A. Salamoni

Society of the Missionaries of the Holy Apostles (MSA)
Chaplain Corps, US 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.**

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STILLA MARIS (A Drop of the Sea) MEANING

Stella Maris is a popular title of Mary of Nazareth.

However, **STILLA Maris** is another title of her and it is correct.

We have "Stilla Maris" in a depth study about the Blessed Virgin Mary.

From Saint Jerome and others we down a translation from their investigation with *stilla maris* (a drop of the sea).

See the article in the Catholic Encyclopedia (1917) "**The Name of Mary**" and other documents in it ["**Ave Maris**" - "**Stella Maris**" - "**Miriam (given name)**"].

The investigated may be too entangled; and to untie this knot may be helpful to confer St. Faustina's Diary: Divine Mercy in My Soul, paragraph 432.

Now, we see a similar phrase:

***Immersed in fathomless Divine Mercy,
like a drop of water in the ocean.***

Persons may have veneration (hyperdulia) for
Mary, the Mother of God,
in the title
"Stilla Maris".

**Holy Mary,
a Drop of the Sea,
pray for us.**

Amen.

**ALL SHALL BE WELL; AND ALL SHALL BE WELL;
AND ALL MANNER OF THING SHALL BE WELL.¹**

ALL IS WELL IN GOD’S WORLD AND ALWAYS WILL BE.²



**Bravo
Zulu³**

ALL WILL BE WELL.⁴

ALL WELL. WELL DONE. ALL WILL WELL.⁵

¹ “Lord showed in this time – that ‘all manner [of] thing shall be well’” (confer: Catechism of the Catholic Church, paragraph 313; The Revelations of Divine Love, chapter 32, 99-100; Dame Julian of Norwich).

² “Reflecting on The Serenity Prayer” - Philip St. Romain.

³ Take my yoke on you, and learn from me; for I am gentle and humble of heart, and you will find rest for your soul” (Matthew 11:29-30). Problems ground life. Bravo, the top maritime pennant when it is alone significance: “I taking in, discharging, or carry dangerous cargo.” Zulu, the bottom pennant when alone means, “I requested a tug.” May represent Jesus as a tugboat sails together to haul the load. The two pennants hoist together (Bravo Zulu) signifies:

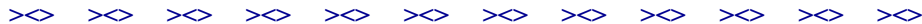
Well done.

⁴ “All Will Be Well” (Richard Chilson compiles Julian of Norwich).

⁵ The above notes and Ephesians (1:10) "unite all things in Him, things in heaven and things on earth." The M.S.A. motto is:

United in the Lord Jesus

Vincent A. Salamoni Society of the Missionaries of the Holy Apostles (MSA)
Chaplain Corps, US Navy (Retired); Extraordinary Jubilee of Mercy (2015/2016)



M

***S* seas**

A

**Carry simple sea bags,
aboard honorable cruises
and attend divine services!**

**Basically plan
to accept the Creator:
the Truth, humility and
live in the state of courage
to commit one's mission.**

***Be a saintly seafarer
in our ordinary ways
with an extraordinary love.***

Vincent A. Salamoni

Society of the Missionaries of the Holy Apostles (MSA); 2018
[confer: MSA archives for Menard (OFM) - God 05, God 06 and Prayer 17]



PRAYER for SERENITY SEAS



***BE* safe
from all distress.**

***BEING*
in the Creator's
Serenity.**

***ADMIRAL of admirals,*
I TRUST IN YOU.**

Vincent A. Salamoni

Society of the Missionaries of the Holy Apostles (MSA)
Chaplain Corps, US Navy (Retired); September 2018



"TRANQUILITY WATERS"
are not serenity seas

**The world offers an artificial cruise
onboard a tranquil ship
without storms.**

ADMIRAL of admirals

WITH the CROSS:

**HELP US
TO UNDERSTAND
THESE SERENITY SEAS
WHICH WERE
GIVEN TO US
THROUGH
THE HOLY SPIRIT.**

Confer: Pope Francis' Daily Meditations, 'Tranquility' is not peace (16 May 2017)

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Society of the Missionaries of the Holy Apostles (MSA)

Chaplain Corps, US Navy (Retired); November 2018



APPENDIX

This is a supplemental
for the traditional Serenity Prayer

GOD
GRANT ME
THE **COURAGE**
NOT TO GIVE UP
WHAT I THINK
IS RIGHT
EVEN THOUGH
I THINK
IT IS **HOPELESS.**

(Fleet Admiral *Chester W. Nimitz*)

☆ ☆ ☆ ☆ ☆

If a plan *cannot change*: **ACCEPT.**

Have **COURAGE**:
Change navigating and
steer the rudder of life
and sail in the true course.
Decoding brings **WISDOM**,
and anchors into
the Lord's heavenly harbor!

Vincent A. Salamoni

Society of the Missionaries of the Holy Apostles (MSA)
Chaplain Corps, US Navy (Retired); November 2018



FISHERS of PEOPLE

Several of the Holy Apostles changed from catchers of fish to become *fishers of people* (see Luke 5:1-10).

The Holy Apostles moved from the Sea of Galilee's fishing boats to the universal Church's barque.

They *cast into the deep* for **people**:

Bass - all range voices for song of praises to the water's Creator.

Cod - its oil; however, the olive's is for anointing them.

Flounder - not stable because baiting in a shallow view.

Fluke - making fluke decisions; and hooking in the bottom.

Shark - loan ones to change their lives into a healthy voyage.

Sporting - these for heartening a very good life.

Trout - reminds a rainbow for a promise from The Flood.

***ALL WATER CREATURES,
BLESS THE LORD!***

Vincent A. Salamoni

Society of the Missionaries of the Holy Apostles (MSA)

September 2018



ANOTHER PREACHING to FISHES

See the article “**FISHERS of PEOPLE**”.

A fishing magazine rejected it for an ad.

Their position was understood.

God writes straight with crooked lines.

Fish with hooks, nets, spears, traps and/or other methods.

St. Anthony of Padua was preaching to fishes because the people did not listen to the Word of God.

O ye fishes
of the sea
and of the river
be attentive rather
the *people!*

[*I Fioretti* of St. Francis of Assisi, chapter 40]

***SEAS AND RIVERS,
BLESS THE LORD!***

Vincent A. Salamoni
Society of the Missionaries of the Holy Apostles (MSA)
October 2018



FISHERS ...

Cast into the deep for people:

**A fisherman becomes a better person and gets better catches.
Some categories of fishers are similar as a fish:**

Bass: a range voice for songs of appreciation for a trip.

Flounder: not stable baiting in a shallow view of life.

Fluke: making wrong decisions and hooking in the bottom.

Shark: loan ones to change their lives into a healthy voyage.

Sporting: these are heartening in a very good life.

Trout: reminds a rainbow for a promise!

**ALL WATER CREATURES,
SEAS AND RIVERS,
ALL BOATERS, FISHERS, SAILORS
AND YOU ALL:**

***ALL WAYS AND ALWAYS
BE GRATITUDE FOR
CATCHES, SEASCAPES
AND LIFE VOYAGES!***

Vincent A. Salamoni

Society of the Missionaries of the Holy Apostles (MSA)
Chaplain Corps, US Navy (Retired); 11 November 2018



This is neither bake, fry, grill, nor roast,
rather using boil down with the
SERENITY PRAYER!

CHANGE +
ACCCEPT =
RREALISTIC
PERSON.

Vincent A. Salamoni
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Chaplain Corps, US Navy (Retired)
April 2019

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