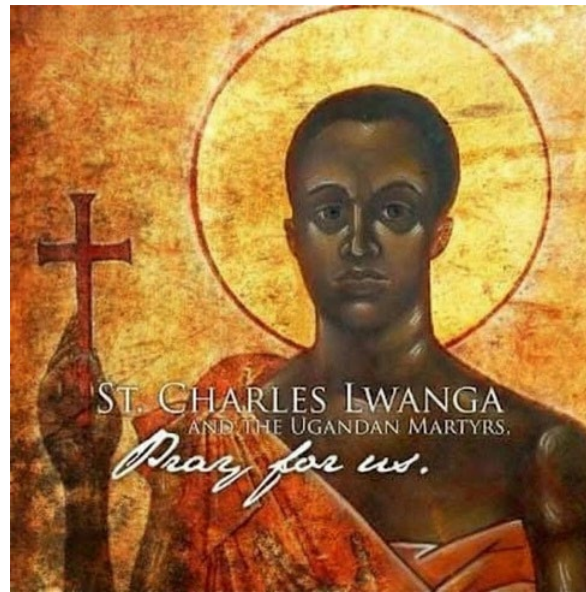


A weekly reflection by members
of the Precious Blood Community

June 3, 2026

Raechel Kiesel Ryan

“Poor, foolish man...you are burning me, but it is
as if you were pouring water on my body.”
St. Charles Lwanga, Martyr of Uganda



Today is the Feast of Saints Charles Lwanga, Joseph Mukasa, Denis Ssebuggwawo, Mbaaga Tuzinde, along with the rest of the Ugandan Martyrs. These young men were so strong in their faith that they would not renounce it, even to save their lives. Rather than running away when their ruler began persecuting Christians, some turned themselves in, and many received baptism, knowing that their deaths were imminent. They were forced into a death march to Namugongo, where those who did not die on the way were rolled in reed mats and burned, praying until they died.

Two weeks ago, I traveled to Alabama with other students for CTU's Racial Justice Pilgrimage. It was incredible to learn about Civil Rights leaders in the very places where they took a stand against generations of white supremacy. As we walked across the Edmund Pettus Bridge in Selma, we reflected on the courage of John Lewis, Hosea

Williams, Diane Nash, Rev. Dr. Martin Luther King, Jimmie Lee Jackson, James Reeb, and so many others. They fought for voting rights knowing that they would be met with violent white resistance. In fact, they practiced and prepared for it. Like the Saints we honor today, they were not persuaded by violence to turn away from what they knew was right.

Following Christ, there is a long line of Saints who tread this path in our Catholic tradition. In the Sermon on the Mount, Jesus says, “Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven” (Matthew 5:11-12a). I am grateful for the faithfulness of those who have come before us because I believe that this moment in the world calls us to the same courage. I hope that you will join me today in asking for the intercession of the Ugandan Martyrs, that all of us will have the courage to witness to the truth and speak out against injustice, trusting that ours is the Kingdom of heaven.

To learn more about the Ugandan Martyrs, [click here](#).

Raechel Kiesel Ryan graduated from CTU with the [Schreiter Institute's Certificate of Reconciliation & Restorative Justice](#) this spring. She served as a Precious Blood Volunteer and then joined the team at [Precious Blood Ministry of Reconciliation](#) from 2021-2023. She now works at Room In The Inn, a service center for unhoused neighbors in Nashville, TN.

This weekly reflection is made available to everyone in our Precious Blood family. Feel free to share it with others. If you would like to write one of these reflections occasionally, or to learn more about Precious Blood Spirituality, visit our website: pbspiritualityinstitute.org.