

Sebastian Twesigomwe

Chaplain and Soccer coach



Ever since he was a child, Sebastian Twesigomwe has found joy in two things: his love for God, and his passion for soccer. As a staff chaplain for Baylor Scott & White McLane Children’s Medical Center, he shares both joys with children who are being treated for injuries and chronic illnesses. Kids know they can rely on Chaplain Twesigomwe to bring them comfort and spiritual guidance when they are sad or lonely — and when he needs to refresh his own spirit, he knows he can always find greater focus, clarity and happiness on the soccer field.

“Playing soccer has always brought me joy and relief from stress,” Chaplain Twesigomwe says. “When I was a child in boarding school, I missed my family, but I could always look forward to playing soccer after

school. It reminded me of playing with my brothers at home.”

Chaplain Twesigomwe was born in Uganda, where soccer is a very popular sport, and most of the kids in his neighborhood played the game. Because he was smaller than his peers, his parents didn’t encourage him to play. However, he loved the sport so much, he found himself dreaming about it at night. As he grew older, his skills improved, and he began to enter tournaments and even win championships, which grew his confidence.

“I was able to prove to my parents that even though I was small and short, I could still play on a team and produce success,” Chaplain Twesigomwe says. “When

kids enjoy something, they will practice to get better at it, and that transformation is rewarding to see. As a coach, I have seen kids go from having trouble in school to focusing on the one thing that brings them happiness and fulfillment, and excelling at it. I find joy in seeing that — and in helping someone else achieve their potential.”

At the same time he was honing his skills in soccer, he was also beginning his studies in ministry. Inspired by his uncle, who was a priest, he started high school seminary at age 13. He spent six years of high school in seminary training, and then moved to the United States, where he enrolled in St. Joseph’s Seminary College in Covington, Louisiana. After graduation, he returned to Uganda, where he earned his Master’s Degree in Public Health, and then came back to the U.S. to complete his Master’s Degree in Theology from the University of St. Thomas in Houston. He continued to play soccer the entire time he was in seminary, playing and coaching in his college teams.

“Every year, we had a soccer tournament with another seminary. The experience brought people together from many different walks of life,” Chaplain Twesigomwe says. “I found I could connect with people through soccer, even if we did not speak the same language. We still spoke the common language of the soccer field. That brought me joy and a greater sense of purpose in what I was doing.”

Soccer also helps Chaplain Twesigomwe form a stronger connection with patients at Baylor Scott & White McLane Children’s Medical Center.

“Pediatric chaplains want to connect with children on a spiritual level. It’s helpful to find common ground where you can relate to them,” he says. “My way of connection is finding out what they like to do outside of the hospital. This builds rapport, and makes it easier to connect on spiritual level, to help them find who they are.”

When he’s not at work, Chaplain Twesigomwe plays soccer at home and coaches a soccer team of 11-year-olds. He is intentional about making time for the sport,

and has designated Mondays as his self-care day, when he takes time to practice. He believes everyone can benefit from choosing a goal they want to achieve, and working towards with mindfulness.

“In terms of wellbeing and positive living, we must be intentional and disciplined,” he says. “Practicing regularly and improving takes time, and it may not be second nature. It has to be an act of mindfulness. With everything we do, we have to be mindful of what we are doing — it is the only way to improve.”