

OUR STORY + INVITATION



JesusFit began when our trust in the Church was broken.

After a painful experience, our family of 5 stopped attending church entirely. No more Sundays, worship sets, sermons or sprinkled donuts. We were just done.

We had never experienced hurt like this.

The Church was supposed to be a place of goodness and hope and we walked away limping. We limped into a valley of anger, questions, brokenness and loss. Healing from something so interwoven in our lives was complicated, slow and weird to say the least. I don't know if it was time, grace or a good therapist, but eventually our pain paved the way for something new.

When we were away from church and healing, it was clear that God didn't want us to just run back to another church. **God wanted us to be well.** And for the first time, we saw something we had previously missed... Wellness was central to Jesus' mission (John 5:6).

THIS CHANGED EVERYTHING.

In the spring of 2021, with a little money and a lot of crazy, we started JesusFit to help people be spiritually well (fit) - especially those weary or distant from traditional churches.

We saw a need for this group to be validated, supported and ultimately encouraged to do something healthy for their spiritual life (there's physical, mental, emotional AND spiritual wellness). Our hope was to get rid of all of the unnecessary guilt/shame connected to whether you 'go or don't go to church' and try to meet people where they're at.

Starting a ministry from scratch was like baking a homemade casserole with our pain, lessons, healing, work experience, passion for wellness, love for Jesus and research on church decline all mixed in. JesusFit is what came out of the oven.

We are an inclusive, judgment-free, question-friendly ministry with zero denominational affiliation or agenda. **We empower spiritual wellness and human connection** by creating approachable forms of church that break the mold. We embrace curiosity, practice hospitality and strive to be a safe space for those on the fringes of faith. We are reimagining church and gathering in breweries, libraries, coffeehouses and local parks.

Currently, we have 4 alternative churches and growing. Each JesusFit church is built around wellness + human connection + a life practice or habit of Jesus.

JesusFit Churches	Jesus Practice / Habit
Beer Church	Questions, stories, tables, meet your neighbors

Yoga Church	Rest, breathe, body care, be still
Trail Church	Walk together, move, wonder, connect in nature
Book Church	Read, learn, share, break bread together

Since 2021, we have made significant progress - reaching close to 1,000 people with our churches and faith-based content.

In 2023, we were 1 of 16 entrepreneurs selected for a year-long Fellowship with Luther Seminary's Faith+Lead Institute. We received a grant from the Spirit Lutheran Foundation for being "an organization that enhances the wellbeing of our community". We've been a guest on multiple podcasts, most notably, Terry Walling's "Nomad Chronicles" for his new book, Unlikely Nomads.

The feedback we've received has been overwhelmingly positive. One person told us, "Attending Beer Church gave me hope that I wasn't the only person who is spiritual but struggling to go to church." This beautiful soul is just one of many looking to be seen, heard and understood.

WE ARE HERE FOR THAT PERSON.

Launching a start-up ministry outside the Church has been both exhilarating and exhausting. By far our greatest need for future outreach and sustainability is funding + partnerships.

If you've made it this far, we would like to invite you to join our story.

Your generosity will allow us to pay one FT employee a modest salary + cover our operating budget. More importantly, your partnership is an investment in the Spirit's work outside of our sanctuaries and institutions. With your help, we can continue empowering Jesus-centered wellness and creating fresh church spaces for those on the edges of belonging.

Thank you,

Bryan & Anna Willkom

JOIN OUR STORY:

getjesusfit.com/donate

CONTACT US:

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**After 2+ years, our family eventually found a small church to attend semi-regularly. It's a low-pressure community and everyone's been very welcoming and kind. Our experience has helped us realize that 'either/or' thinking isn't the healthiest approach. As Richard Rohr puts it, "Oppositional energy only creates more of the same." We didn't want to spend the rest of our lives fighting the Church or be known for what we were against. There are many paths to a healthy spiritual life - not all of them lead to a Sunday service, but some do. We honor that.