HELLO

If you are self-isolating, I can help.

My name is _____ Phone # _____

I live locally at _____

_____

If you are self-isolating due to COVID-19 I can help with:

- ☐ Picking up shopping.
- ☐ Posting mail.
- ☐ Prayer.
- ☐ A friendly phone call.
- ☐ Urgent supplies.

Just call or text me, and I'll do my best to help you (for free!)

Coronavirus is contagious; therefore I will take every precaution to ensure I'm spreading only kindness. I will seek to avoid physical contact (6ft distance), wash hands regularly, and leave items on your doorstep.

"Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." - Jesus

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