

# Hello

If you are self-isolating, I can help.

My name is \_\_\_\_\_

My phone # is \_\_\_\_\_

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 (6' distance), wash hands regularly, and leave any items on your doorstep.

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

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