

# Hello!

## If you are self-isolating, I can help.

My name is:

My phone number is:

I live locally at:

I can help with:

- Groceries     Bring a meal     Prayer     Other  
 A friendly phone call     Urgent supplies/pharmacy pick-up

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



Coronavirus is contagious, so I will take precaution to ensure I'm spreading only kindness. I will seek to avoid physical contact (6 ft minimum), 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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