



**"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**

Coronavirus is contagious; therefore I will take every precaution to ensure I'm spreading only kindness. I will seek to avoid physical contact (2m distance), wash hands regularly, and leave any items on your doorstep.

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

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

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

**I live locally at**

**My name is**

**My phone number is**

*Hello*

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



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