

# Hello

If you are self-quarantined, I'd like to help.

My name is

My phone number is

I live locally at

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

Picking up shopping

Picking up 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 any items on your doorstep.

**"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid." - Jesus**

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