Hello

If you are stuck at home I can help.

My name is **My phone number is**

I live locally at

If you are stuck at home 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 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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