## If you're self-isolating, I can help

	I'm your neighbor
Hello	Call/text me at
7000	
	I live at
f you are self-isolating due to Covid-19, I can help with:	
Pick up groceries A friendly	phone call Prayer
Run some errands Other:	
Just call or text me and I'll do our best to help at no charge!	

COVID-19 is contagious; therefore we will take every precaution to ensure we're spreading only kindness. We will seek to avoid physical contact (2m distances)., wash hands regularly and only 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