My name is	My phone number i	is					
l live locally at If you are self-isolating due to COVID-19 I can help with:							
Picking up shopp	ping 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!)							
kindness. I will seek to	therefore I will take every precaution to avoid physical contact (2m distance), v 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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πεινο		n you ure sen isolating, i can help.					
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Coronav	irus is contagious; ther	efore I will tak	e every precaution t	o ensure l'm	spreading only		

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.

"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