

# Hello!

If you are self-isolating, I can help.



My name is

My phone number is  
CALL OR TEXT

I live locally at

I would be more than happy to help you with...

Picking up shopping

Urgent supplies

A friendly phone call

Prayer

I will take every precaution to ensure I'm spreading only kindness. I will seek to avoid physical contact (6 ft distance), wash hands regularly, and leave any items on your doorstep.

[kernanchurch.com](http://kernanchurch.com)

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