

HELLO!

IF YOUR SELF ISOLATING,
METRO CHURCH CAN 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 groceries
- Posting mail - (Errand)
- Urgent supplies
- Prayer
- A friendly phone call

JUST CALL ME 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 seek to avoid physical contact (6 ft distance), wash hands regularly, and leave any items on your door steps.

**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