
Subject: Re: Kathy's Rings
From: Eric B Jones <eric@recovery-compass.org>
To: Amy McCellon <amyjo043@gmail.com>
Date Sent: Saturday, November 8, 2025 1:27:56 PM GMT-08:00
Date Received: Saturday, November 8, 2025 1:27:56 PM GMT-08:00

Absolutely. I'll send it on Monday as I am unable to do it today. I'm just settling back in after returning from where I grew up and where my mom died in April. Just really needed to re-connect with her spirit as much as possible. It's easy to grieve immediately following a loved one's passing and then go immediately into life as usual. Maybe because that is what everyone around you during that time does. So I needed to detach a bit and grieve alone and in my own way.

I can call Kathy next week and do a proper check-in if she'd like. Just let me know a few times she prefers Tuesday-Sunday.

How are things otherwise?

Eric