

## Poem – Instructions

Give up the world; give up self; finally, give up God.  
Find god in rhododendrons and rocks,  
passers-by, your cat.  
Pare your beliefs, your Absolutes.  
Make it simple; make it clean.  
No carry-on luggage allowed.  
Examine all you have  
with a loving and critical eye, then  
throw away some more.  
Repeat. Repeat.  
Keep this and only this:  
    what your heart beats loudly for  
    what feels heavy and full in your gut.  
There will only be one or two  
things you will keep,  
and they will fit lightly  
in your pocket.

Sheri Hostetler, *A Capella: Mennonite Voices in Poetry*, ed. Ann Elizabeth Hostetler (USA: University of Iowa Press, 2003), 126.

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