

Sestina

This is one of the more difficult forms. You may want to try a tritina first.

Examples: Poems in sections I, II, IV, V, and VII in *Keesha's House*

by Helen Frost (Frances Foster Books, FSG, 2003)

and

"Make a Few Adjustments" Page 9 in *Room 214: A Year in Poems (Spinning through the Universe* in hardcover)

by Helen Frost (Frances Foster Books, FSG, 2004)

Rules of the form:

*A 39-line poem with a pattern of repeating end-words, six 6-line stanzas and one 3-line stanza called an envoi.

*Six words repeat in a particular order as the end-words of each 6-line stanza.

*The same six words are used once each in the envoi, one within each line, and one at the end of each line.

*The order of the end-words (each letter stands for a word) in the 6-line stanzas is: abcdef, faebdc, cfdabe, ecbfad, deacfb, bdfeca.

*Many poets use the end-words in any order in the envoi, but the traditional order is: be, dc, fa.