

## Beginning Refrain

Sometimes

Sometimes life accumulates like an ironworks slagheap.  
Sometimes there are heavy places with sharp edges.  
Sometimes there is heat in the process of becoming.  
Sometimes life is hard or flows molten.  
Sometimes our form is fluid- pours into molds.  
Sometimes sparks explode light.  
Sometimes there is shine.  
Sometimes we temper steel.

## Beginning Refrain

1. At the beginning of the line use the same word or phrase for each line.
2. Choose syllable count or meter...or not.
3. Choose rhyme...or not.
4. Often unifies a list poem.