

Sabbath Rest Reservation

Sabbath Rest is located at [703 East Warner Avenue, Guthrie, OK 73044](#)

About Sabbath Rest

Sabbath Rest is a space for silence and solitude. Stays at Sabbath Rest are reserved for one person at a time. The retreat center is adjoined to Carole's home, through the fence at the back of the house. A sign and pink door will welcome you. Parking is available on the street.

Consultation

Should you desire to meet with her, Carole is available for a 2 ½ hour consultation during your stay. [Her consultation fee is \\$300](#). She'll have you in her home, make tea for you, and pray over you – the time is your own as you wish it to be. She offers consultation on any of the following:

- Spiritual direction
- Inner healing prayer
- Educational Consulting
- Life Coaching
- Nutritional Counseling

Guthrie

Guthrie is located 30 miles north of Oklahoma City.

A beautiful park with benches, tennis, basketball court is within walking distance from Sabbath Rest.

Downtown Guthrie with grocery store, shopping, and dining is within biking distance from Sabbath Rest.

A bicycle will be provided for use during your stay. Trails and bike paths are available in town.

Living Quarters

- Fully functioning kitchen with small fridge, stove, pots & pans, plates, etc. provided.
- The kitchen will be stocked with basic cooking ingredients (spices, oils). A grocery store is within biking distance from Sabbath Rest.
- The space has a fully-made queen bed.
- Both bathtub and shower are available. Towels are provided.
- Carole is creating a small reading library for your visit, stocked with devotional books and great literature.

What to Bring

- Comfortable clothes
- Books, bible, journal, etc.
- Personal items and toiletries

Technology

Carole's heart is to help facilitate a true Sabbath retreat for you. She would like to encourage you to leave all computers, iPads, tablets, etc. at home and to entrust her with your cell phone. You may give Carole's phone number to your family in case of emergency. (You will receive the phone number upon booking.)

Fees & Billing

Sabbath Rest has a two-night minimum stay at \$180. Additional nights cost \$75 / per night. We are closed on Sunday night and Monday night. We offer self check-in and self check-out at your leisure. You will receive a PayPal invoice upon booking. [You must pay in full for your stay to be finalized.](#)

Cancellations must be made 14 days prior to the day of check-in for a full refund. Cancellations made 7 days prior to the day of check-in will receive a 50% refund.

When you reserve your stay, you are agreeing to the above policy.