

## White Bean Alfredo Sauce

Creamy, cheesy, healthy, low-calorie and low-fat Alfredo sauce made with white beans for a totally delicious and guilt-free dinner.

3 cloves garlic  
1/2 onion (yellow or white)  
1/4 cup vegetable broth  
2 tablespoons lemon juice  
1 (15-ounce) can cannellini beans drained and rinsed  
2 tablespoons tahini  
1 tablespoon mellow white miso  
2 tablespoons nutritional yeast  
1 teaspoon sea salt  
1/2 teaspoon cayenne pepper

Chopped fresh parsley, for serving  
Mince garlic and chop onion.  
Heat 1/4 cup of vegetable broth in a small saucepan on medium heat.  
Add garlic and onion and saute until soft.  
In a blender, add garlic and onion, lemon juice, cannellini beans, tahini, miso, nutritional yeast, sea salt and cayenne pepper. Add water a little at a time to make a pourable sauce.  
Blend until creamy and smooth.  
Heat in saucepan and serve over pasta.  
Taste and adjust the seasoning.  
Garnish with chopped parsley.

## Church At Study – 09:30-11:00 am

09:30 Assembly in Sanctuary

Song Service

Opening Program

Topic of Study

10:00 Separate for SS Classes:

Adult Class, meets in Sanctuary

Young At Heart, meets in Atrium

Junior & Early Teen, meets in classroom #4

Primary, meets in classroom #2

Beginner & Kindergarten, meets in classroom #3

Location...(in Coalfield).....125 Guy Jones Road, Oliver Springs, TN 37840  
Telephone.....865-435-6576  
Lonnie Cook, Pastor.....Cell: 931-397-9949.....Home: 931-863-3932  
Pastor email:.....lonniecook85@gmail.com  
Kyle Treece, Head Elder.....865-560-6236  
Jerry Bentz, Treasurer.....bentzrr@yahoo.com.....865-742-6813  
Church Facebook Page:.....Coalfield Seventh-day Adventist Church  
Church Facebook Group:.....Coalfield SDA Members and Friends  
Church Web Page.....http://coalfieldtn.adventistchurch.org  
Dorcas email.....bentzra@yahoo.com

# **Coalfield, TN Seventh-day Adventist Church July 20, 2019**



**July 20, 2019**

***A special Welcome to ALL visitors!***

***Please return whenever you can.***

**Local Church Announcements This Week**

**Prayer Meeting, Tuesday night at 6:00pm**

**Church Board Meeting, Tuesday, 7/23, at 7pm**

Board members, please mark your calendars.

**Food Ministries has a shortage of plastic grocery bags**

Please bring any extra Food City, Kroger, Walmart, etc. plastic grocery bags that you might have. They will be used to help with the Food Distribution program.

**America In Bible Prophecy Seminar, Live, in Coalfield**

Free Seminar Coming Live to Coalfield, Tennessee. Speaker Lonnie Cook, Begins Tuesday, August 20, 2019.

Visit <https://www.relevantseminars.org/Coalfield/> for more information. This link is also on our church web pages under the Local Church Activities tab.

**Birthdays, today through this coming Friday**

Valence Ellis 7/23

Mitchell Thomas 7/24

Joshua Duncan 7/25

**Anniversaries, today through this coming Friday**

Anthony & Voni Anderson 7/22

Derrick & Susan Treece 7/23

**Church At Worship – 11:15 am**

**Prelude to Worship – *Sweet, Sweet Spirit***

**Songs of Praise**

Victory In Jesus

I Love To Tell The Story

**Call to Worship - *Interlude-Let All Mortal flesh Keep Silence***

**Opening Song**

Surely The Presence of The Lord Is In This Place

**Invocation**

Kyle Treece

**Welcome & Announcements**

Kyle Treece

**Children's Ministry Offering**

Children's Story

**Church Offering\***

Local Church Budget

**Intercessory Prayer**

Local Elder

**Scripture Reading**

Proverbs 22:6

**Message "Train Up A Child In The Way He Should Go"**

Kyle Treece

**Closing Song**

Heaven Came Down

**Benediction**

Kyle Treece

---

Sunset: Tonight: 8:50pm

Next Friday: 8:55pm

**\* Please remember Local Church Expense, parking lot pavement fund, Church Expansion fund, love offering and other funds not printed on tithe envelopes.**

Cut-off for bulletin items is noon on Fridays.  
See bulletin at <https://coalfieldtn.adventistchurch.org/local-church>

Sermon Videos:  
<https://www.youtube.com/channel/UCz6HwXdAWm-6eZhHNvTCbkg>