

Here is a list of things you can do to stay in touch with, and continue to support us at Our Lady of the Lake:

- Follow us on Facebook at: [OLL Facebook](#)
- Follow us on our Parish Web Page: [ollchapin.org](http://ollchapin.org)
- Sign up for On-Line Giving at: [OLL On-Line Giving](#)
- Sign up for Constant Contact: [HERE](#). This will keep you in touch with the parish (Fr. Dennis' emails, Weekend Reminder emails, among many others!)
- Call the parish office between 9am and 1pm Monday through Friday to update your contact information in our parish database!
- Parishioners can also: [read our bulletin online](#).
- Visit the church between the hours of 7am and 7pm to pray before the Blessed Sacrament in the tabernacle! (Praying before the Blessed Sacrament in the Tabernacle or in a Monstrance is the same. Both are equally blessed opportunities to spend an hour with the Lord!!)
- Pray the Prayer of Spiritual Communion!

### **Prayer of Spiritual Communion:**

My Jesus, I believe that You are present in the Most Holy Sacrament.  
I love You above all things, and I desire to receive You into my soul.  
Since I cannot at this moment receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there and unite myself wholly  
to You. Never permit me to be separated from You. Amen