**How to participate in Mass during the coronavirus outbreak​ (From Diocese of Westminster)**

**A small number of churches in the diocese are live streamed and can be visited online at any time.**

**Amongst those Masses currently celebrated on live stream are the following:**

**Sunday Mass**

**Saturday Vigil:**

5.30pm            St Gregory the Great, [South Ruislip](https://www.churchservices.tv/southruislip)

6pm                  Our Lady and St Vincent, [Potters Bar](https://www.churchservices.tv/pottersbar) (*Signed Mass*)

                           St Teresa of the Child Jesus, [Borehamwood](http://www.churchservices.tv/borehamwood)

6.30pm            Our Lady of Lourdes, [New Southgate](http://www.churchservices.tv/newsouthgate)

**Sunday:**

7.45am            St Monica, [Palmers Green](http://www.churchservices.tv/palmersgreen)

9.00am           St Joseph & English Martyrs, [Bishops Stortford](http://www.churchservices.tv/bishopsstortford)

                          St Helen's, [Watford North](https://www.facebook.com/StHelensWatford/)

9.30am            St Hugh of Lincoln, [Letchworth](https://www.youtube.com/channel/UC4dPNJNiGgOORojgZIMTkUQ)

10.00am         St Gregory the Great, [South Ruislip](https://www.churchservices.tv/southruislip)

                           Our Lady of Lourdes, [New Southgate](http://www.churchservices.tv/newsouthgate)

                           St Teresa of the Child Jesus, [Borehamwood](http://www.churchservices.tv/borehamwood)

                           Our Lady and St Thomas of Canterbury, [Harrow](http://harrowcatholicchurch.org/mass/)

                           Catholic Churches of [Welwyn Garden City](https://www.youtube.com/channel/UCMRar5c56VdIMK7v7aQLaRg/)

                           Mary Immaculate and St Gregory the Great, [Barnet](https://www.proclaim.ly/daily-mass)

10.30am          Holy Apostles, [Pimlico](http://www.churchservices.tv/pimlico)

                           St James, Spanish Place [Youtube Channel](https://www.youtube.com/channel/UC_QES_fHotyQ0tA0pH8dTsg" \t "_blank)

11.00am           Our Lady and St Vincent, [Potters Bar](http://www.churchservices.tv/pottersbar)

                           Our Lady of [St John’s Wood](http://www.olsjw.org.uk/)

11.30am            St Mary, [Hampstead](http://www.churchservices.tv/hampstead)

12noon             St Anselm and St Cecilia, [Lincoln’s Inn Fields](http://www.churchservices.tv/lincolnsinnfields)

                          St Gregory the Great, [South Ruislip](https://www.churchservices.tv/southruislip)

12.30pm          Holy Apostles, [Pimlico](http://www.churchservices.tv/pimlico) (*Spanish Mass*)

3.30pm           St Monica, [Palmers Green](http://www.churchservices.tv/palmersgreen) (*Polish Mass*)

4.30pm           St Dominic’s, [Haverstock Hill](https://www.facebook.com/pg/RosaryShrineUK/posts/?ref=page_internal) (*Dominican Rite Mass*)

6.00pm           St Gregory the Great, [South Ruislip](https://www.churchservices.tv/southruislip)

6.30pm           St Thomas More, [Swiss Cottage](http://www.churchservices.tv/swisscottage)

**Weekday Mass**

**Monday to Friday:**

7.00am            St Thomas More, [Swiss Cottage](http://www.churchservices.tv/swisscottage)

9.15am              St Teresa of the Child Jesus, [Borehamwood](http://www.churchservices.tv/borehamwood)

9.30am            St Monica, [Palmers Green](http://www.churchservices.tv/palmersgreen)

10.00am         St Gregory the Great, [South Ruislip](https://www.churchservices.tv/southruislip)

                           Our Lady and St Vincent, [Potters Bar](http://www.churchservices.tv/pottersbar)

                           Our Lady of Lourdes, [New Southgate](http://www.churchservices.tv/newsouthgate)

                           Our Lady of[St John’s Wood](http://www.olsjw.org.uk/) (*Mon, Tue, Wed, Fri only*)

                           Mary Immaculate and St Gregory the Great, [Barnet](https://www.proclaim.ly/daily-mass)

12.30pm          St Anselm and St Cecilia, [Lincoln’s Inn Fields](http://www.churchservices.tv/lincolnsinnfields) (*Mon, Wed, Fri only*)

6.00pm           St Anselm and St Cecilia, [Lincoln’s Inn Fields](http://www.churchservices.tv/lincolnsinnfields) (*as above*)

7.00pm            Our Lady of [St John’s Wood](http://www.olsjw.org.uk/) (*Thur only*)

**Saturday:**

10.00am          St Thomas More, [Swiss Cottage](http://www.churchservices.tv/swisscottage)

                           Our Lady of Lourdes, [New Southgate](http://www.churchservices.tv/newsouthgate)

                           Mary Immaculate and St Gregory the Great, [Barnet](https://www.proclaim.ly/daily-mass)

                           Our Lady of[St John’s Wood](http://www.olsjw.org.uk/)

These parishes are also streaming Mass, please check their links below...

Our Lady of Fatima, White City: [Website](https://sites.google.com/site/olofcwhitecity/) and [Facebook](https://www.facebook.com/ourladyoffatimawhitecity/)

Several churches will be holding Eucharistic Adoration throughout the day. *‘Come, let us worship.’*

Act of Spiritual Communion:

*My Jesus,*  
*I believe that you are present in this Holy Sacrament of the altar.*  
*I love you above all things*  
*and I passionately desire to receive you into my soul.*  
*Since I cannot now receive you sacramentally,*  
*come spiritually into my soul*  
*so that I may unite myself wholly to you now and forever.*  
*Amen*