

# Summary of U.S. Regional Synod Reports Regarding the Eucharist

## Region I: Dioceses from the Northeastern United States

- **Centrality of the Eucharist:** The Eucharist is described as the most important aspect of Catholic life. Participants highlighted the joy and reverence they feel when participating in the Mass and receiving the Eucharist, underscoring its role in bringing them closer to Christ and the community of believers.
- **Impact of COVID-19:** The pandemic brought new challenges to participation in the Eucharist, as many people were unable to attend Mass in person for long periods. This created a renewed appreciation for the importance of the Eucharist and a sense of longing for the sacraments. However, it also highlighted a reduction in regular Mass attendance, with some parishioners not returning even after restrictions were lifted.
- **Concerns about Understanding:** Participants expressed concern about the diminishing understanding of the Real Presence of Christ in the Eucharist. There was a strong call for renewed catechesis to better educate the faithful about the theological significance of the Eucharist, particularly its Real Presence.
- **Decline in Mass Attendance:** A recurring concern was the low level of participation in Mass, particularly among younger generations. Many parishioners lamented the absence of young people in the pews, expressing fears that the Church is losing its connection with future generations.
- **Desire for Better Liturgies:** There was a clear desire for more meaningful and reverent liturgical celebrations. This included calls for improved homilies that are spiritually engaging and relevant to contemporary life. Participants also highlighted the importance of good music and a strong sense of sacredness during the liturgy.

## Region II: Dioceses of New York State

- **Centrality of the Eucharist:** The Eucharist was affirmed as the "source and summit" of the Church's life. It plays a critical role in uniting the faithful and is a primary source of spiritual nourishment. Participants repeatedly emphasized their love for the Real Presence of Christ in the Eucharist and its profound significance in their spiritual lives.
- **Need for Catechesis:** Participants emphasized the importance of catechesis on the Real Presence, noting that many Catholics, especially younger generations, lack a deep understanding of it. This was seen as a critical area that needed to be addressed to foster greater reverence and participation in the Eucharist.
- **Traditional Latin Mass:** Participants voiced concerns about divisions within the Church over liturgical preferences, particularly between the Novus Ordo (post-Vatican II Mass) and the Traditional Latin Mass. Some participants expressed frustration over the limitations placed on the celebration of the Latin Mass following recent directives from the Vatican. This has led to feelings of exclusion among those who prefer the Latin liturgy.
- **Decline in Mass Attendance:** A significant theme was the decline in regular Mass attendance, especially post-pandemic. Many participants expressed sadness over seeing fewer people, particularly young families and youth, attending Sunday Mass. There was a general sense that the Church needs to better engage with Catholics to encourage a return to weekly Mass.

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- **Reverence and Quality of Liturgy:** The quality of liturgical celebrations was a recurring theme. Many participants expressed the need for more reverence during the Mass, including better preparation for liturgies, more engaging homilies, and a deeper sense of sacredness in the celebration of the Eucharist. Some highlighted the importance of good liturgical music and a focus on helping parishioners actively participate in the Mass.

### Region III: Dioceses from Pennsylvania and New Jersey

- **Centrality of the Eucharist:** The Eucharist was reaffirmed as the "source and summit" of Catholic life. It was regarded as the most important aspect of the Church's mission to bring people closer to Christ. Many participants deeply appreciated the Real Presence of Christ in the Eucharist and described the Mass as the primary way in which they connect with their faith.
- **Greater Understanding Needed:** Participants repeatedly mentioned the need for better catechesis on the Real Presence. Many felt that Catholics do not fully grasp the significance of the Eucharist, particularly the doctrine of the Real Presence, and called for more education to deepen their understanding.
- **Concern Over Reverence:** Many participants noted a lack of reverence during the celebration of the Mass. They observed that, in some parishes, there is a casual attitude toward the liturgy, which undermines the sacredness of the Eucharistic celebration. Participants called for more attention to be given to fostering reverence during Mass, including improving the quality of music, preaching, and the overall liturgical experience.
- **Declining Mass Attendance:** Participants expressed deep concern over the declining attendance at Mass, especially among younger generations. Many observed that fewer people, particularly young adults and families, are attending Sunday Mass regularly. This decline was seen as a significant issue that the Church needs to address through outreach and engagement efforts to bring people back to the Eucharist.
- **Need for Engaging Homilies and Liturgies:** Many participants called for more engaging and relevant homilies that connect with the real-life experiences of the faithful. They emphasized the importance of liturgies that inspire and draw people into deeper communion with Christ. Suggestions included better preparation for homilies, a greater focus on Scripture, and more meaningful connections between the liturgy and contemporary issues.
- **Traditional Latin Mass:** The region also experienced some division over preferences for different forms of the Mass, particularly between those who prefer the Traditional Latin Mass and those who favor the Novus Ordo. Some participants expressed frustration over the limitations on celebrating the Latin Mass.

### Region IV: Dioceses from Delaware, Maryland, Virginia, Washington, D.C., and West Virginia

- **Centrality of the Eucharist:** The Eucharist was described as the heart of Catholic life and the primary way that participants felt connected to Christ and the Church. The Eucharist was affirmed as a source of spiritual nourishment, community, and grace. Participants highlighted

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the Eucharist's role in strengthening personal faith and fostering a deeper sense of communion among believers.

- **Call for Deeper Catechesis:** Many participants expressed concerns that the understanding of the Eucharist has diminished among Catholics. There were calls for more thorough catechesis on the Real Presence, transubstantiation, and the meaning of the Eucharist in Catholic theology. The lack of understanding, especially among younger generations, was seen as a significant issue that needs to be addressed.
- **Reverence and Participation:** There was a strong desire for more reverence in the celebration of the Mass. Participants called for more attention to how the liturgy is celebrated, emphasizing the importance of good music, thoughtful homilies, and a prayerful atmosphere. Many felt that a greater sense of sacredness in the liturgy would help deepen participation and appreciation for the Eucharist.
- **Decline in Mass Attendance:** Participants expressed concern over the decline in regular Mass attendance, particularly following the COVID-19 pandemic. There was a focus on how to re-engage Catholics who have stopped attending Mass and how to bring young people back to active participation in parish life. Suggestions included more engaging liturgies, outreach initiatives, and community-building events.
- **Desire for Engaging Homilies:** Many participants expressed a desire for homilies that are more spiritually enriching and relevant to the challenges of contemporary life. They emphasized the importance of preaching that connects the teachings of the Church with real-world issues and the daily struggles of the faithful. Improved homiletics was seen as key to making the Mass more meaningful and encouraging active participation.

### Region V: Dioceses from Alabama, Kentucky, Louisiana, Mississippi, and Tennessee.

- **Centrality of the Eucharist:** The Eucharist was emphasized as the "source and summit" of the Catholic faith, essential for both individual and communal spiritual nourishment. Participants discussed the joy of returning to the celebration of the Eucharist following the disruptions caused by the COVID-19 pandemic. Many expressed deep gratitude for the opportunity to once again gather in person for Mass.
- **Need for Eucharistic Revival:** There was a strong sense of the need for renewed catechesis to help Catholics better understand the significance of the Eucharist, particularly in relation to the Real Presence. Participants expressed a desire for the current Eucharistic Revival in the U.S. Church to address concerns about the loss of understanding and reverence for the Eucharist among the faithful.
- **Liturgical Celebrations and Reverence:** Concerns were raised about the perceived lack of reverence during Mass and a loss of understanding about the significance of the Eucharist. Participants expressed the importance of ensuring that liturgical celebrations, particularly the Mass, are conducted with a sense of sacredness and beauty.
- **Decline in Mass Attendance:** A recurring theme was the decline in regular Mass attendance, particularly among young people. Many participants voiced concerns that younger generations

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are not as engaged in the sacramental life of the Church, which poses a challenge for the future of Catholic communities in the region.

- **Need for Better Catechesis:** The need for better catechesis on the Eucharist was a common theme. Many participants noted that a lack of understanding about the Real Presence and the meaning of the Eucharist has led to a diminished sense of reverence and participation in the Mass. There were calls for more robust teaching and formation, particularly for youth and young adults.

### Region VI: Dioceses of Michigan and Ohio.

- **Centrality of the Eucharist:** Participants affirmed the central place of the Eucharist in Catholic faith and life. Many spoke of their love for the Eucharist as the most important way to encounter Christ, and they expressed appreciation for the opportunity to return to Mass and receive the Eucharist after the COVID-19 pandemic.
- **Desire for Better Catechesis:** A significant theme was the need for deeper catechesis on the Eucharist. Many expressed concern that younger generations, and even some older Catholics, no longer fully understand or appreciate the Real Presence of Christ in the Eucharist. Participants called for renewed efforts to educate the faithful about the Eucharist and its meaning in Catholic theology and life.
- **Concerns about Reverence:** Many participants highlighted concerns about a perceived lack of reverence in the celebration of the Mass. They called for more attention to the sacredness of the liturgy, particularly in how the Eucharist is celebrated. Some participants mentioned the importance of improving music, preaching, and the overall atmosphere during Mass to foster a deeper sense of reverence.
- **Declining Mass Attendance:** Many participants expressed concern over declining Mass attendance, particularly among young people. The pandemic exacerbated this trend, but it was noted that even before the pandemic, many Catholics had stopped attending Mass regularly. Participants called for stronger efforts to engage the faithful, especially young people, and to bring them back to regular participation in the Eucharist.
- **Need for Improved Preaching:** Participants frequently mentioned the importance of good homilies. Many felt that homilies need to be more engaging, spiritually enriching, and relevant to people's lives. There was a strong call for clergy to invest more time in preparing homilies that connect the Gospel to the daily struggles and concerns of the faithful.
- **Traditional Latin Mass:** The region also experienced some divisions over liturgical preferences, particularly concerning the Traditional Latin Mass. Some participants expressed frustration with the restrictions placed on the celebration of the Latin Mass.

### Region VII: Dioceses of Illinois, Indiana, and Wisconsin.

- **Centrality of the Eucharist:** The Eucharist was repeatedly emphasized as the "source and summit" of Catholic life, with participants expressing their deep love for the sacrament and its central role in their spiritual lives. Many saw the Eucharist as the primary way of encountering Christ and strengthening their personal faith.

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- **Concerns about Understanding:** Participants expressed concerns about the diminishing understanding of the Eucharist, particularly among younger Catholics. There were calls for renewed catechesis to address misunderstandings regarding the Real Presence of Christ in the Eucharist and the importance of participation in the sacramental life of the Church.
- **Desire for Reverent Liturgy:** Many participants highlighted the need for more reverent celebrations of the Mass. They called for greater attention to the quality of liturgical celebrations, including music, preaching, and the overall atmosphere during the liturgy. A more profound sense of reverence was seen as key to fostering deeper participation in the Eucharist.
- **Decline in Mass Attendance:** Participants noted a significant decline in Mass attendance, particularly among younger generations. The COVID-19 pandemic exacerbated this trend, but even before the pandemic, many Catholics had stopped attending Mass regularly. There were strong calls for outreach efforts to bring people back to regular participation in the Eucharist and parish life.
- **Calls for Better Preaching:** Many participants emphasized the importance of high-quality homilies that are engaging, spiritually enriching, and relevant to daily life. They expressed a desire for homilies that connect the teachings of the Gospel with contemporary issues and help the faithful live out their faith more fully.
- **Traditional Latin Mass:** The synodal process revealed some tensions regarding liturgical preferences, particularly around the Traditional Latin Mass. While some participants expressed a deep attachment to the Latin Mass and disappointment over restrictions on its celebration, others called for unity around the current liturgical form. This issue was a source of division in some communities.

### Region VIII: Dioceses of Minnesota, North Dakota, and South Dakota.

- **Centrality of the Eucharist:** The Eucharist was affirmed as the "source and summit" of Catholic life. Many participants emphasized the importance of the Eucharist as the primary way of encountering Christ. The synodal process revealed a desire for increased reverence for the Eucharist in parishes, with a call for better catechesis to help Catholics, especially younger generations, understand the significance of the Real Presence in the Eucharist.
- **Liturgical Celebrations:** Participants expressed a strong desire for more reverent celebrations of the Mass. There were calls for improvements in preaching and homilies, with a focus on making the liturgy more engaging and spiritually enriching. Some participants also raised concerns about ongoing tensions related to the liturgy, particularly around preferences for the Traditional Latin Mass versus the Novus Ordo Mass.
- **Youth and Young Adult Engagement:** A major concern across the region was the perceived decline in participation by youth and young adults in the Church's sacramental life, including attendance at Mass.
- **Reverence for the Eucharist:** Participants repeatedly expressed concern over what they saw as a lack of reverence during the celebration of the Mass. Many felt that liturgical celebrations have become too casual and that a renewed focus on the sacredness of the Eucharist is needed. This included a desire for more consistent practices across parishes to ensure that the Mass is celebrated with appropriate solemnity.

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### Region IX: Dioceses of Iowa, Nebraska, Kansas, and Missouri.

- **Centrality of the Eucharist:** The Eucharist was consistently affirmed as the "source and summit" of Catholic life. Participants across the dioceses expressed a deep love for the Real Presence of Christ in the Eucharist. They shared that the Eucharist strengthens their personal faith and connects them with others in the Body of Christ. The universality of the Mass was highly valued, with many appreciating how it links the local Church to Catholics globally, across time and space.
- **Reverence in Liturgical Celebrations:** There was a strong desire for the Church to foster reverent celebrations of the Mass. Participants noted that good music, homilies, and overall liturgical preparation are essential to creating a worshipful environment. Although there were differing opinions on what constitutes "good" liturgical practices, there was consensus on the importance of full participation in the liturgy.
- **Catechesis and Devotion:** Many participants expressed the need for improved catechesis regarding the Eucharist, particularly to deepen understanding of the Real Presence and the transformation of bread and wine into the Body and Blood of Christ. There were also calls for more Eucharistic devotions, such as Adoration and Benediction, and participation in other sacraments, particularly Reconciliation, to foster a deeper relationship with the Eucharist.
- **Declining Mass Attendance:** Participants expressed concern over the declining numbers of people attending Mass regularly, especially young people. This decline was seen as partly due to a lack of belief in the Real Presence. Many called for the Church to address this issue by improving the quality of liturgies and promoting Eucharistic devotion and prayer.
- **Traditional Latin Mass:** The synodal feedback highlighted divisions within the Church related to the celebration of the Mass, particularly the pre-Conciliar (Traditional Latin) Mass. Some participants expressed frustration with the limited opportunities to celebrate the Latin Mass.
- **Impact of COVID-19 on Eucharistic Practice:** Many participants expressed frustration over the closure of churches during the COVID-19 pandemic, feeling that it represented a failure to uphold the importance of the Eucharist in Catholic life. Others spoke of their disappointment in being unable to participate in the sacraments when they were most needed.

### Region X: Dioceses of Arkansas, Oklahoma, Texas, and the Personal Ordinariate of the Chair of Saint Peter.

- **Centrality of the Eucharist:** The Eucharist is consistently described as the "source and summit of the Christian life" in the reports from the dioceses. Participants expressed a deep love for the Eucharist and acknowledged its role in bringing people closer to Christ. However, there was a clear call for more robust catechesis to help Catholics understand the Mass and the Real Presence of Christ in the Eucharist.
- **Reverence in Liturgy:** Many participants expressed a desire for greater reverence in the celebration of the Mass. There were calls for more attention to the liturgy's sacredness, particularly in the quality of preaching, music, and the overall atmosphere. Some participants also mentioned the importance of lay involvement in the liturgy to foster a deeper sense of community.

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- **Traditional Latin Mass:** Some participants voiced a preference for the Traditional Latin Mass, describing it as a more reverent form of worship.
- **Declining Participation:** The impact of the COVID-19 pandemic was a major concern across the region. Many participants noted that Mass attendance has not fully recovered, with some parishes struggling to bring people back to in-person worship. Participants expressed grief over the closure of churches during the pandemic and the lasting impact it has had on their communities.
- **Need for Catechesis:** A recurring theme was the need for better catechesis on the Eucharist. Many participants noted that younger generations do not fully understand the Real Presence of Christ in the Eucharist, leading to a diminished sense of reverence and participation. There was a strong call for educational initiatives, particularly through the Eucharistic Revival, to address this issue and deepen Catholics' understanding of the sacrament.
- **Impact of the COVID-19 Pandemic:** The pandemic had a significant impact on the Church in the region, with many participants expressing grief over the loss of life and the closure of churches. The reports noted that some parishes have not yet fully recovered from the pandemic, and many parishioners have not returned to regular Mass attendance. There was also frustration that the closure of churches was seen by some as a failure to uphold the importance of the Eucharist during a time of crisis.

### Region XI: Dioceses of California, Nevada, and Hawaii.

- **Centrality of the Eucharist:** The Eucharist was repeatedly affirmed as the "source and summit" of the Catholic faith, with participants emphasizing its importance in their personal and communal spiritual lives. Many spoke of their deep love for the Eucharist, describing it as the primary way they encounter Christ and grow in their faith. The return to in-person Masses after the COVID-19 pandemic was highlighted as a joyful and essential experience for many participants, though concerns remain about those who have not returned.
- **Need for Eucharistic Catechesis:** A recurring theme was the need for better catechesis on the Eucharist. Many participants expressed concern that Catholics, especially younger generations, do not fully understand the Real Presence of Christ in the Eucharist. This lack of understanding was seen as contributing to a decline in Mass attendance and a diminished sense of reverence during liturgies. Participants called for renewed efforts to teach the faithful about the theology and significance of the Eucharist.
- **Reverence in Liturgy:** Many participants emphasized the need for more reverent celebrations of the Mass. There were calls for better preparation of liturgies, with a focus on the quality of homilies, music, and the overall atmosphere of the liturgy. Participants expressed that reverence in the celebration of the Eucharist is crucial for fostering deeper participation and devotion.
- **Declining Mass Attendance:** One of the most significant concerns expressed was the decline in regular Mass attendance, particularly among younger Catholics. Participants noted that the COVID-19 pandemic accelerated this trend, but it had been an issue even before the pandemic. There were calls for the Church to prioritize outreach efforts to bring people back to regular participation in the Eucharist.

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- **Engaging Homilies and Liturgy:** Participants highlighted the importance of engaging and spiritually enriching homilies. They expressed a desire for homilies that connect with their daily lives and provide practical applications of the Gospel. Additionally, participants stressed the need for liturgical celebrations to be more meaningful and inspiring to encourage greater participation.
- **Traditional Latin Mass:** The synodal feedback also touched on divisions within the Church regarding the celebration of the Mass, particularly between the Traditional Latin Mass and the Novus Ordo Mass. Some participants expressed a strong attachment to the Latin Mass.

### Region XII: Dioceses of Alaska, Washington, Oregon, Idaho, and Montana.

- **Centrality of the Eucharist:** The Eucharist was consistently described as the "source and summit" of Catholic life. Many participants spoke of their love for the Eucharist and their desire to foster a deeper personal and communal connection to it. After enduring long periods without regular in-person celebrations due to the COVID-19 pandemic, there was renewed appreciation for the opportunity to gather once again for Mass.
- **Reverence and Participation:** Participants repeatedly called for more reverent celebrations of the Mass. There was a desire for better music, more inspiring homilies, and liturgies that reflect the sacredness of the Eucharist. Many highlighted the importance of the Eucharist as a communal act of worship, but also expressed concerns about a perceived casual attitude toward the liturgy in some parishes.
- **Need for Eucharistic Catechesis:** A recurring concern was the lack of understanding of the Eucharist, particularly among young people. Participants noted that many Catholics do not fully comprehend the Real Presence of Christ in the Eucharist, leading to a diminished sense of reverence and participation. There was a strong call for more robust catechesis on the Eucharist and its central role in Catholic life.
- **Declining Mass Attendance:** A major concern was the decline in regular Mass attendance, particularly among younger generations. The pandemic exacerbated this trend, but participants noted that many Catholics had already stopped attending Mass regularly before COVID-19. There were calls for stronger efforts to bring people back to the Church, particularly through more engaging and reverent liturgies.
- **Engaging Homilies:** Many participants emphasized the importance of engaging homilies that connect the Gospel to the daily lives of parishioners. They expressed a desire for homilies that offer spiritual enrichment and practical guidance, helping them apply their faith to their everyday experiences. Improved preaching was seen as essential to fostering a deeper connection to the Eucharist.

### Region XIII: Dioceses of Arizona, Colorado, New Mexico, Utah, and Wyoming.

- **Centrality of the Eucharist:** Participants across the region emphasized the Eucharist as the "source and summit" of their faith. Many spoke of their renewed appreciation for the opportunity to gather again for Mass after the disruptions caused by the COVID-19 pandemic.



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The Eucharist was described as a central source of unity, bringing the community together to worship.

- **Need for Better Catechesis:** A recurring theme was the desire for improved catechesis on the Eucharist. Many participants noted that Catholics, especially the younger generation, lack a deep understanding of the Real Presence of Christ in the Eucharist. There were calls for more accessible, clear, and respectful teaching on the Eucharist to help the faithful better grasp its significance.
- **Reverence and Participation in the Liturgy:** Participants expressed a desire for more reverence in liturgical celebrations. There were calls for improved homilies that are spiritually enriching and better liturgical preparation. The Eucharist, they stressed, should foster deeper engagement with the faith through more reverent liturgies.
- **Declining Mass Attendance:** One of the major concerns was the decline in Mass attendance, especially among young people. Many attributed this trend to a lack of understanding of the Eucharist and the impact of the pandemic. There were calls for the Church to focus on re-engaging the faithful and attracting younger generations back to the regular practice of the faith.
- **Traditional Latin Mass:** The synodal process highlighted tensions over how the Mass is celebrated, particularly regarding the Traditional Latin Mass. Some participants expressed a preference for the Latin Mass and its reverent atmosphere.

### Region XIV: Dioceses of North Carolina, South Carolina, Georgia, and Florida.

**Centrality of the Eucharist:** Participants consistently recognized the Eucharist as the "source and summit" of Catholic life. It was seen as a profound source of faith and unity, particularly in multicultural communities where different cultural expressions are brought together through the Mass. However, there was also concern about a lack of catechesis on the Eucharist, particularly the Real Presence, which many feel is not fully understood or appreciated by modern Catholics.

**Need for Catechesis and Reverence:** There was a strong call for renewed catechesis on the Eucharist to address misunderstandings and to foster a deeper reverence for the sacrament. Many participants expressed concern that Catholics have lost a sense of the sacredness of the Mass and the Eucharist, with some noting a lack of reverence in liturgical celebrations. It was suggested that better formation on the meaning of the Mass and the Eucharist could help improve participation and reverence.

**Eucharistic Adoration and Devotions:** Participants highlighted the importance of Eucharistic Adoration as a practice that could deepen personal relationships with Christ and foster a greater sense of the Real Presence. There was a call for more opportunities for Adoration and other Eucharistic devotions as a way to strengthen Eucharistic faith and community bonds.

**Declining Mass Attendance:** A major concern was the declining attendance at Sunday Mass, particularly among younger generations. Many participants expressed a desire to see more efforts to engage youth and young families in the sacramental life of the Church. They suggested that more relevant homilies, better music, and community-building efforts could help draw people back to the Eucharist.

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**Traditional Latin Mass:** The synodal feedback revealed some tensions regarding different preferences for the Mass. Some participants expressed a preference for the Traditional Latin Mass, which they found to be more reverent.

**Importance of Engaging Homilies:** Many participants emphasized the role of the homily in helping the faithful connect with the Eucharist and apply the teachings of the Church to their daily lives. They called for homilies that are spiritually enriching, relevant, and engaging, as a way to draw people more deeply into the celebration of the Eucharist.