



Hours of Operation:
Tuesday, Thursday, & Saturday 9:00 am to 5:00 pm
Wednesdays & Fridays from 9:00 am to 1:00 pm
Please call (808) 952-6900 for an appointment.

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JUNE 2024

HAPPY JUNE! Hope you are doing well!



Toward the ultimate goal of a New Civilization, a world of harmony of spiritual and material cultures and a world where people's security of life is guaranteed, MOA is working to assist individuals and families to live a life filled with beauty.

By increasing the number of such individuals and families, we believe we will play a great role in the Healthy Mind and Body Community Enrichment. To do so, we are currently promoting Integrative Medicine toward the creation of New Medicine together with the Healthy Life Networks centered on the MOA Wellness Center. For that purpose, we provide the Okada Health and Wellness Programs [Nature Farming, Healthy Food and Eating, Exercise, and Arts and Culture] centered on Purifying Therapy as our Spiritual Care for individuals and families.

Please feel free to let us know how we can assist you.

Thank you for your continued support for the movement to create New Medicine. If you have any question on our services and/or suggestion to improve our services, please contact Steve Ichikawa at (808) 222-2183 or stevetichikawa@moahawaii.org.

Getting to Know You: Meet Gail and Evan Fukumoto

Hi, I'm **Gail Fukumoto**, I enjoyed joining the MOA's most recent tour to Japan. The experience allowed me to reconnect with the roots and culture where my grandfather and grandmother visited the most (Hakone and Atami), while spending quality time with my parents and brother, Evan. My favorite memory from the trip was seeing the Japanese cherry blossoms for the first time with my family. (Gail currently lives in Seattle and works as a Failure Analysis Engineer at Amazon. She spends most of her time exploring Seattle, running, hiking, reading, and skiing.)

Hi, I'm **Evan Fukumoto**. I had the opportunity to go on the MOA's most recent bus tour. I really loved getting to eat all the excellent food and relaxing in the onsen hot springs with my family. I also really enjoyed visiting the MOA Museum in Atami. The art and architecture were very beautiful.

I currently live in San Francisco working as a software engineer for Meta. Outside of work, I enjoy running, biking, surfing, and snowboarding.

We're glad that MOA is promoting Integrative Medicine where Western medicine and other healthy alternatives come together to create a New Medicine and a New Civilization that blends spiritual and physical cultures.



Gail & Evan with their parents Janice & Gordon.



Richard and Toshiye Fukumoto were Gail and Evan's grandparents. They first learned about and began practicing Purifying Therapy in 1953. They guided a number of people to practice Purifying Therapy on others by helping them to overcome their various ailments. They also took part in pioneering the promotion of Healthy Eating Programs, Nature Farming Methods (when organic farming was unheard of) and Arts and Culture Programs. Steve Ichikawa met them in 1995 when he moved to Honolulu. That year, Toshiye (age 76) was diagnosed with Parkinson's disease. Steve visited her to administer Purifying Therapy but, many a time, she wanted to offer him the purifying therapy despite her condition.

Mr. and Mrs. Fukumoto's love for humanity and devotion to helping others were top notch. They were FUKUMOTO (literally source of Joy and Happiness) to many. Richard passed away on May 1, 2003 and Toshiye passed away on January 23, 2013 but they are remembered as our Korosha (those who gave tremendous service for the cause set forth by Mokichi Okada to disseminate energy medicine, healthy eating habits, enjoyment of arts and culture, and exercise). Richard and Toshiye must be happy that their grandchildren, Gail and Evan, visited Japan and had a great time, especially in the gardens and museums in Hakone and Atami that this couple so loved and helped to build.

The Stivers on the MOA Wellness Center

Aloha!

We are Wesley Oh and Reiko Stiver, new members of MOA Hawai'i. In a February issue of *MidWeek*, you may have read that in 2023, MOA hosted the International Yoga Day at the MOA Wellness Center in Kaka'ako. This was our first personal interaction with MOA; it was amazing to sit there listening to all these beautiful people, speaking on topics that touch our hearts.

During Covid, our household was consumed with the daily news, most of it very negative, as is most news. Our first impression of MOA is, was, and remains omotenashi--hospitality.

We took part in Steve Ichikawa's biannual trip to Japan. First of all, we thoroughly enjoyed the experience and would highly recommend the tour to all, if you have not ever participated in a tour guided by Steve. Wesley's best memories of the trip are of course food related. Steve selects the best accommodations with onsen (as much as possible) and the quality of the breakfast buffet. Our fave such breakfast buffet was the first meal of the trip! We flew into Kansai Airport and stayed at the Nikko Hotel. The morning buffet at the Kansai Nikko Hotel is amazing! If you ever have the opportunity, we highly suggest you try it!

The next thing Wesley would mention about the Autumn Tour of 2023 is the people we met on tour. Normally when you go on a tour, it can be challenging to deal with different personalities and characters. The quality of humanity that was on our tour was incredible. We had two parties from the mainland who joined us. A woman from Chicago and a couple from San Francisco were on the tour with Steve. We hope to keep in touch and have reunions when logistically possible.



Wesley really enjoyed the dinosaur museum in Fukui and we both loved the train ride and experience of Kurobe Gorge Dam. The tour takes you to out-of-the-way places that you may never hear about or be fortunate enough to visit. I really enjoyed the city of Toyama. It's really well designed and pleasant. It boasts of being the home of the most beautiful Starbucks in the world!

At the MOA Wellness Center, Wesley just had his first ever (@age 74!) art exhibit featuring his photography! We are eternally grateful to MOA and Steve Ichikawa for the opportunity to share Wesley's talent. It has been a dream for us. Being an artist is challenging on so many levels.

Our next project is to convince Wesley's photo group, The Tagalongs, to provide a sampling of each person's artwork to display at the MOA Wellness Center. Please pray for this endeavor as we attempt to convince these shy and introverted local men to bare their souls to the world. We are confident of being successful!

We're glad that MOA is promoting Integrative Medicine where Western medicine and other healthy alternatives come together toward bringing a New Medicine and a New Civilization where spiritual and physical cultures come together.

We, Wesley and Reiko, see so much potential in the ongoing work-in-progress, MOA Wellness Center. We look forward to supporting the organization to the best of our abilities. Yoroshiku onegaishimasu.



<https://midweek.com/pdf/MidWeek/2024/0207/>

Nature Garden Volunteer Day, Sunday June 16th Every 3rd Sunday from 9 am.

Did you know? Much of the delicious greens and fruits sold at the MOA Wellness Center come from this garden!

Want to commune with Nature? Get some fresh air? Absorb some vitamin D?

We at MOA Hawai'i, led by Teri June Amuro, really appreciate your help!

Come on down to Toho no Hikari at 3510 Nuuanu Pali Drive or
call MOA Hawai'i at (808) 952-6900 for more information.

Meet a Longtime Friend

Fujie Inouye was born on April 14, 1917.

She recently celebrated her 107th birthday with her family and friends and was featured on several news stations as one of the oldest persons in Hawaii. She is probably the oldest MOA member in the world.

In 1954, when Purifying Therapy was disseminated to Kona, over a hundred people, including Fujie, immediately joined to master Purifying Therapy. She thought that since Kona had a limited number of medical facilities and physicians, it would benefit her and her family if she, too, could learn Purifying Therapy to keep up their health. 70 years later, she told Steve Ichikawa that she was RIGHT and proud of her decision to join the Purifying Therapy program which evolved into the MOA program we know today. She spent her life countlessly giving therapy to others in need and making many people happy. From 1954, she practiced healthy eating habits and enjoyed the Arts and Culture Program.

Now Fujie is no longer practicing on her own; however, her son, Norman is her exclusive Purifying Therapy Therapist and Healthy Food Advocate. She receives Purifying Therapy daily and enjoys eating tossed salads while watching the soap opera, *The Young and the Restless*. She also enjoys going to the Toho No Hikari Church for the monthly prayer services and meeting friends like Alice Suma, below, who is 95 years young.



Credits:
Photo-Steve
Ichikawa
Instagram
Post-
@diane_ako



MOA Hawai'i

PLANT SALE

Sunday, June 2nd, 9 am – 1 pm
Toho no Hikari, 3510 Nu'uuanu Pali Drive
(parking in back)

Potted plants of all kinds!

🌿 Tropicals 🌿 Succulents 🌿 Air Plants 🌿



My recipe for a Hot & Spicy Summer

by Aisha Asami, Natural Foods Program Manager

Aloha Everyone! I just want to thank everyone who donated goods or visited our plant sale this month! If anyone missed my booth here is the recipe I used to make my own vegan kimchi based on Maangchi's recipe. It's about a 2-hour long process but the results are delicious. The most common question I get is, "What makes kimchi vegan?" And my answer is that kimchi usually includes a little fermented seafood paste to add some flavor; however, instead of that, I add in a porridge I make out of flour and vegetable stock blended with onion, ginger, garlic, and miso/shio koji. (If you don't feel like making it, hopefully there's still some bottles of my homemade kimchi for sale at the Wellness Center.)

Ingredients:

- | | |
|------------------------------------|--|
| 1 head napa cabbage | 1 teaspoon peeled ginger |
| 6 tablespoons kosher salt | 1 medium onion, cut into chunks |
| 2 tablespoons rice/arrowroot flour | 1 cup gochu-garu (Korean hot pepper flakes) |
| 1 1/3 cup vegetable stock | <u>Optional Veggie add-ins:</u> |
| 1 tablespoon plus 1 teaspoon sugar | 1 cup each daikon, apple, and/or pear, diced |
| 3 tablespoons miso paste/shio koji | 6 green onions, sliced diagonally |
| 9 garlic cloves | 1 carrot, cut into matchsticks |



Steps:

1. Cut the cabbage into bite-sized pieces and let them soak in 6 Tbs salt with 1 cup water for up to 2 hours, mixing every half hour.
2. In a small pot heat 1 cup of vegetable stock with 2 Tbs rice flour until it starts to bubble. Remove from heat and mix with 1 Tbs sugar.
3. In a food processor/blender, puree the thickened vegetable stock and the remaining 1/3 cup vegetable stock, 3 tablespoons miso/shio koji, the remaining 1 teaspoon sugar, garlic, ginger, onion and gochu-garu. Then pour all into a large mixing bowl.
4. Rinse the salt water off the cabbage that should have infused into the cabbage pieces.
5. Mix cabbage, any add-ins, and sauce all together in the bowl.
6. Serve right away. Bottle any leftovers and refrigerate.



Nao Leonard of Healing Kitchen, who makes her Rainbow Sandwiches for the MOA Wellness Center, was featured on a KHON2 morning news FOOD 2 GO segment.

Way to go, NAO!

The following recipe is from Jennifer Terukina, who is a big fan of Nao.

- Ingredients**
- 1 slice of toast
 - *Tofu Cream Cheese
 - *Macadamia Nut Pesto
 - Mashed Avocado
 - Nutritional Yeast (optional)

Place the ingredients in the order listed and enjoy.

*These items from Nao's Healing Kitchen are for sale at the MOA Wellness Center.



MOA Wellness Center Clean Up Day

Sunday, June 23rd from 9 am to 12 noon

Calling on all MOA Members, we would truly appreciate your help cleaning up the Wellness Center.

Many hands make short work.



Study Tour to Japan with Steve Ichikawa November 5 (Tue) – 20 (Fri), 2024 [16 days and 14 nights]

- View the BEAUTIFUL foliage season in Japan.
- Visit various arts and culture sites in Nagoya, Hamanako (Lake Hamana), and Atami in Shizuoka, Hakone in Kanagawa, Tokyo, Okinawa and Fukuoka in Kyushu—including the MOA Zones [Hakone Shinsenkyō, Atami Zuiunkyō, Tokyo and Okinawa Wellness Centers]
- Visit the Shinsenkyō garden, including the Hakone Museum of Art, which was recognized as a national Place of Scenic Beauty by the Japanese government in 2021, and is now undergoing a major 7-year exciting renovation until 2027. It attracts over 1,000 visitors a day during the month of November.
- Learn about the MOA International operations and the movement toward the Healthy Mind and Body Community Enrichment by promoting Integrative Medicine centered on the Okada Health and Wellness Program!
- Enjoy the Onsen (hot springs) and many "local" foods.

Tentative Itinerary (subject to change without notice): 11/5 Depart HNL on HA821 at 11:50AM to Narita and another flight to Nagoya at 7:50PM; (Election Day; utilize early voting by mail); 11/6 Arrive at Nagoya Airport 5:10PM; 11/7 Shopping mall (includes Workman and Don Quijote), Kirin Beer Factory; 11/8 Unagi Eel Lunch, Takigahara Nature Walk; 11/9 Hamamatsu Festival Experience, Cave Cruising; Trick Art Museum; 11/10 Ikura Salmon Roe Lunch; Kawazu Nanadaru (Seven Waterfalls) River Walk; 11/11 MOA Museum of Art in Atami and MOA Natural Foods Store; 11/12 Shinsenkyō in Hakone, Kamaboko Fishcake Museum; 11/13 Tokyo MOA Wellness Center, Free afternoon in Tokyo; 11/14 Naha, Okinawa; 11/15 Naha; 11/16 Naha MOA Wellness Center; 11/17 Oita Kyushu Bus Tour; 11/18 Fukuoka Sumo Tournament; 11/19 Fukuoka sightseeing; 11/20 Free Day in Fukuoka; Depart Fukuoka Airport on HA828 at 8:40PM; Arrive HNL at 9:25AM.

Estimated Cost: To be determined (Air ticket to be purchased by YOU; Steve will collect the cost of the hotels, majority of the meals and all entrance fees to the fun places, etc.).
IF YOU ARE FLYING ON A DIFFERENT FLIGHT OR AIRLINE, YOU WILL BE RESPONSIBLE TO MEET STEVE AND THE GROUP AT THE HOTEL IN NAGOYA ON 11/6.

NOTE: Make sure your passport is valid; yen rate is super great now at 154 yen or higher (as of April 2024).

SCHEDULE AND COST SUBJECT TO CHANGE; LIMITED SEATING



WE LOOK FORWARD TO YOUR PARTICIPATION!

If interested or for further information, contact Steve Ichikawa at (808) 222-2183
or stevetichikawa@moahawaii.org

❖ Now available at the MOA Wellness Center ❖

❖ Healthy Food Items by Chef Nao of Healing Kitchen ❖

(美味しいシェフ奈緒のHEALING KITCHEN'sサンドイッチいかがですか)

Fresh on TUESDAYS and SATURDAYS. **CASH ONLY, please.**

RAINBOW SANDWICH (organic veggie) - \$8 (half a sandwich)

ALL ORGANICALLY GROWN VEGETABLES: cucumber, lettuce, carrot, pickled red cabbage, sunflower sprouts, kale, roasted tomato, and macadamia nut pesto.

MAC NUT PESTO - \$6

TOFU CREAM CHEESE - \$4

CALAMANSI APPLE CIDER VINEGAR DRINK - \$6

(Please return the Mason jars, thank you!)

❖ Healthy Lunches made by MOA Healthy Food Advocates ❖

The following bento are available on Thursdays for \$8!

June 6th - Chili

June 13th - Grilled Chicken

June 20th - Garlic Shrimp

June 27th - Stir-fried Noodles

❖ ODEN is available for \$5. Please let the Front Desk know asap to guarantee your order! ❖

Pick-up is on Saturday, June 22nd.

Rest in Peace and Love



A dedicated leader and social advocate, **Paul Groesbeck** served as the Executive Director of the Life Foundation, known today as the Hawaii Health & Harm Reduction Center (H3RC).

H3RC announced Groesbeck's passing, honoring him for the 25 impactful years that he led the organization. "Paul's commitment to advocating for people living with HIV was unwavering, even during times when stigma surrounding the virus was pervasive and deeply entrenched. He was a fearless champion for the dignity of individuals living with HIV, challenging misconceptions and breaking down barriers with compassion and grace," H3RC said. The

statement continued, "Under Paul's guidance, Life Foundation became a safe haven for those in need, providing crucial services, resources, and a supportive community for individuals living with HIV. His legacy of compassion, empathy, and inclusivity will forever be ingrained in the fabric of our organization."

Through his work with the foundation, he's credited with helping thousands of HIV & AIDS patients over the years while expanding services, treatment, and prevention. (From HAWAII NEWS NOW)

Prior to moving to Hawaii, Paul spent many years advocating for the rights of low income renters. His work entailed educating both renters and landlords, organizing renters, and advocating for renters rights. He also wrote legislation for a housing court in central Massachusetts, organized ultimately successful advocacy for 11 years, helped set up the court, and worked as Assistant Clerk Magistrate for the new court.

Paul and his wife Kathi Hasegawa have 5 children who they adopted from a variety of countries and situations. They became involved with MOA in 2014 when she came for treatment for severe back pain. As they both experienced relief from pain over the years they studied the teachings of Mokichi Okada and were trained in the practice of Purifying Therapy.

After retiring, they moved to Asheville, North Carolina in 2018. A year later they became members of a co-housing community in Asheville where Kathi and their son Ken remain. Paul was sick for a number of years and died peacefully at home with Kathi and two of their sons.



Seeking Donations

If you have any gently used or new items to donate to the August 17th Rummage Sale, please drop them off through the month of June until Sunday, July 21st (to allow time to sort and price the items).

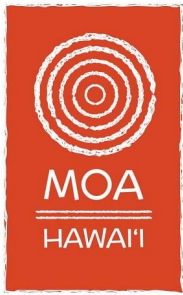
Toho no Hikari Church
3510 Nuuanu Pali Drive, Honolulu, HI 96817

Monday through Saturdays from 10-5, except holidays.
Donation/s can be left behind the curtain of the Social Hall stage.

Please contact Teri Jue Amuro at (808) 497-8538 or Steve Ichikawa at (808) 222-2183 for more information.

[Kindly ensure that your donated items are operable. Unfortunately we cannot accept large appliances and furniture pieces, such as beds/chairs/ desks.]

Thank you
for your
support



600 Queen Street #C-2, Honolulu, HI 96813 ✧ Phone (808) 952-6900 ✧ Fax (808) 566-6911

Email: info@moahawaii.org ✧ Website: www.moahawaii.org



2024

HOURS by appointment only:

- Purifying Therapy (OPT) & Continuous Care on Tuesdays, Thursdays, and Saturdays: 9 am to 5 pm
- Wednesdays and Fridays: 9 am to 1 pm [Note: the last appointment taken is an hour before closing.]
- Lifestyle Improvement Program: 3rd Friday of every month from 9 am to 1 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 26	May 27 Memorial Day	May 28	May 29	May 30	May 31	1 1:00 pm Tea Practice (Goshi-Otaguro)
2 *9 am - 1 pm 	3	4	5 9-11 am MOA Hawaii Team Staff Meeting	6 5:00 pm MOA Executive Board Meeting Chili	7 5:30 pm Okazaki / Liu Flower Class	8 ➤*9:00 am Takane Flower Class ➤*1:00 pm Mills / Kanno Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
9	10	11 	12 6:30 pm MOA Board of Directors Meeting	13 Grilled Chicken	14	15 ➤*10:00 am Goshi- Otaguro Flower Class ➤*1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
16 *9:00 am Nature Garden Volunteer Day 	17 6:00 pm Tom Flower Class	18	19	20 Garlic Shrimp	21	22 1:00 pm Tea Practice (Goshi-Otaguro) Pick-up ODEN orders!
23 9 am-12 pm 	24	25	26	27 Stir-fried Noodles	28 9 am-1 pm Lifestyle Improvement Program	29 1:00 pm Tea Practice (Goshi-Otaguro)
30	July 1	July 2	July 3	July 4th Holiday Wellness Center Closed	July 5	July 6

“*” denotes held at Toho no Hikari, 3510 Nuuanu Pali Drive, Honolulu, HI 96817

Become a Member of the MOA Family!

E Komo Mai! As a supporter of MOA your contribution is vital to our overall development and expansion of all our outreach programs and community activities. Together we will make a difference for the welfare of society. You are also welcome to use this form to renew your yearly membership or update your information. Any questions? Connect with us at (808) 952-6900 or email at wcooperations@moahawaii.org. You may also fax this form to (808) 566-6911. To further learn who we are and what we do, visit our website at www.moahawaii.org. Membership is on a calendar basis. Donations are tax deductible.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Best phone number to reach you: _____

Email Address: _____ Would you like the newsletter emailed to you? Yes No

Membership type (choose one): Individual \$25 or Immediate Family \$50 **New** or **Renewal**

Payment: Check Enclosed, payable to *MOA Hawaii*, or

Charge my Credit Card: VISA MasterCard AMEX

Name on card: _____

Card Number: _____

Expiration Date: _____ Security Code: _____

Your Signature: _____

MOA Hawaii Board of Directors: Lester Nakamura, President; Shawn Hamada, Vice-President; Dawn Kanno, Secretary; Danny Asami, Treasurer; Members: Alan Aranaydo, Gale Eckerd, Dick Mills, Brian Nakano, and Steve Tomino.

MOA Wellness Center Staff: Takemasa Kawai, General Manager; Jody Kanemaru, Administrator; Steve Ichikawa, Operations Manager and Purifying Therapy Section Manager; Roy Goshi-Otaguro, Arts and Culture Manager; and Aisha Asami, Natural Foods Manager. **Front Desk:** Teri June Amuro, Aisha Asami, Charlene Gray, and Laurie Ide. **Front Desk**

Volunteers: Danny Asami, Sharon Matsumoto, and Lei Sakamoto. As well as numerous others who are dedicated volunteers.

