



MOA
HAWAII

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.

VOLUME 11, ISSUE 5

MAY 2024



HAPPY MAY! 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@gmail.com.

Getting to Know You: Meet DUSTIN EBESU



Hello, everyone. I am Dustin Ebesu. I am proud to be an MOA member and a licensed massage therapist since 1991. I work at the MOA Wellness Center by appointment. I have an office in the Interstate Building, and I also provide home service.

I am 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.

My signature massage is a blend of Swedish, shiatsu acupressure, and lomilomi. I also love foot reflexology, Reiki, and deep tissue. I am grateful to have studied with many wonderful master teachers. I later taught massage and shiatsu acupressure at the Honolulu School of Massage and Kapiolani Community College.

I pay attention to the client's needs to relieve their pain, increase their body awareness, and encourage the release of negative stress. I focus the healing energy to go where needed. My mission is to encourage others to live their best possible life.

I now study Kohrinka ikebana with Arts and Culture Instructor, Phyllis Tom, so I really love the flowers in all the MOA rooms. I also love to play my lever harp for various occasions.

Won't you come in and try a healing massage session? I look forward to serving you. Aloha!

What Is Purifying Therapy?

By Steve Ichikawa, Operations Manager and Purifying Therapy Section Manager

The goal of Mokichi Okada, founder of MOA, was to have many “Families Filled with Beauty.” His objective was to manifest a world in which people can live long lives with ease and without anxiety. To obtain that objective, he recommended that individuals respect Nature and help others in need while avoiding the increase of spiritual clouds and toxins in their bodies. For that purpose, he established Purifying Therapy. During the COVID era, therapists were often not allowed to visit people at hospitals, care homes, and/or at their homes.

Now, based on your requests, some of our Healthy Life Networks are resuming the Purifying Therapy visitations. We may not be able to accommodate all of your requests but do not hesitate to let me know if you or your loved ones would like to receive Purifying Therapy or to study about it outside of the MOA Wellness Center. In the post-COVID-19 world, it is our hope that globalism—where we think of the happiness of people worldwide; and altruism, where we respect and support one another—will be popularized. We want to expand the heart of Okada from his essay entitled, “The Person That I Am,” where he taught us how he spent his time, from morning to late at night, thinking and doing something to help his family and others. He added, “Unless we make others happy, we ourselves can never become happy.”

To learn about Purifying Therapy, various classes—including in-person and/or virtual educational videos—are available to fit your needs. Please call me at (808) 222-2183 or email: stevetichikawa@gmail.com to find out how we can help you. Together, let us increase the number of people who live a healthy lifestyle and offer support to help others in need by utilizing Purifying Therapy.

UDON Making Class: A group of people eagerly gathered at the MOA Hawaii Wellness Center on Saturday, March 30th to learn how to make a type of udon noodle in the Sanuki style. It originated in Japan’s Kagawa Prefecture on the island of Shikoku and is actually made by dancing on the dough to make it firm. No hands or rolling sticks are used! The food event was taught by Dawn Kanno, MOA Certified Healthy Food Advocate, supported by Aisha Asami, MOA Natural Food Program Manager, Steve Ichikawa, MOA Hawaii Operations Manager, and MOA volunteer Jennifer Terukina. Dawn shared with us that rather than making mochi, making this style of udon is her family’s New Year’s tradition. [If you read our March 2024 Newsletter, the inaugural class was held in January.]

We were fortunate that Dawn and company premade a batch of dough (yes, they danced on it) for us to roll out to whatever thickness we desired and cut to the width we wanted. We then loosened the noodles before boiling. Five minutes were all we needed for firmer noodles, but again you could boil them longer for a softer silkier texture.



(Continued on page 4)

2024 MOA Hawaii Spring Arts & Culture Tour to Japan, March 10-22

Toward the creation of New Civilization where everyone throughout the world lives in peace and happiness, the MOA group learned about how we are revolutionizing the fields of medicine, agriculture, diet, and entertainment. We enjoyed various forms of Integrative Medicine, good foods, and fantastic fine arts and the beauty of Nature.

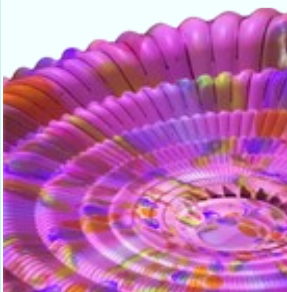


For 13 days and 11 nights, 16 people led by Steve Ichikawa, traveled to nine prefectures--enjoying great local foods and activities. The group included Gail Fukumoto from Seattle and Evan Fukumoto from San Francisco. We got along so well, epitomizing MOA's goal of "Family Filled with Beauty."

We visited the MOA sites including Okada's mausoleum; the Shinsenkyō garden in Hakone, which was designated as a national Place of Scenic Beauty; the MOA Museum of Art in Zuiunkyō in Atami; and the MOA Wellness Center in Tokyo.

Okada's garden is filled with surprises as he combined Nature and man-made beauty. The Rock Garden in Shinsenkyō and the views of the mountains from the Kanzantei residence, the Crystal Hall, and the MOA Museum of Art, uplifted our souls.

The Wellness Center welcomed us with kind therapists proficient in purifying therapy, relaxing single floral and tea therapies, followed by a vegetarian lunch at the Center's restaurant. Their expertise and love helped to reduce our spiritual clouds and filled our minds, bodies, and spirits with light.



Gayle Yamami: We visited both the MOA Museum of Art in Atami and the Hakone Museum of Art. To get to the MOA museum in Atami, we rode seven flights of escalators. Upon entering the Circular Hall we were captivated by the domed ceiling kaleidoscope by Yoda Mitsuru and Yoda Yuriko. We stayed awhile enjoying the beautiful transformation of colors and classical piano music.

The galleries featured Ukiyo-e woodblock prints by several master artists. I am a fan of woodblock prints so I especially enjoyed "Two Beauties" (at right) by the famous artist Katsushika Hokusai. Throughout the museum you see the melding of traditional Japanese materials with modern design.



The highlight of our visit was being dressed by kimono professionals. I was amazed at the multiple layers required to cinch and support the kimono and obi. Our kimonos and obis were donated to MOA. We chose our kimonos and the dressers selected the matching obis. After donning our tabis, we were honored to step onto the elegant Noh theater stage for photos. Then we slipped into our gold zoris to walk to the Tea Garden for matcha tea and more photos. What an exciting and memorable day!

The Hakone Museum of Art, a cozy museum, which opened in 1952, focuses on



medieval Japanese pottery from the Jomon period through the Edo period. I loved seeing the evolution of pottery styles and finishes and comparing my Shigaraki vase to the Shigaraki vase from the 15th century. Shigaraki ware was known for its special clay. An abundance of windows allow visitors to enjoy the beauty of nature while viewing the art collection.

Outside the museum, a moss garden with maple trees guides you to a teahouse where we enjoyed matcha and wagashi (Japanese sweet confection). Rock gardens and bamboo trees provided a serene setting to sit and enjoy.

[Note: this was Gayle's 2nd MOA tour and she's now enrolled in a Kohrinka flower arrangement class.]



Ron and Liz Higa: Our recent tour to Japan during spring break, 2024, was memorable in more ways than one. Everyone was friendly, kind, patient, and helpful...thank you! ❤️ We attended a sumo tournament, zipped through Godzilla's mouth, visited Meiji Mura Village, and dressed in haikara Meiji clothing. It was non-stop experiences that we will always remember!

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2024 MOA Hawaii Spring Arts & Culture Tour to Japan (Continued from page 3)

Another first was visiting Tokyo's Wellness Center where we had purifying therapy, participated in a flower arrangement class where we didn't have to worry about 'getting it perfect.' We were told to enjoy the flower, the moment, and to relax! We also enjoyed tea therapy, then were treated to a totally organic, vegetarian meal! Thank you, Steve, for all the memories!



The next MOA tour is in the fall, the tentative dates are: Nov. 5-20, 2024. For details, contact Steve Ichikawa at (808) 222-2183.



UDON Making Class (Continued from page 2)

Then we stirred up our premeasured flour—even telling it to “wake up!”—until it showed a yellowish tinge, mixing in water to our desired consistency. Then the fun part began. We placed our dough into a gallon-sized bag that we sealed well and placed on the papered floor. We were encouraged to “dance” (wriggle-stomp-rub-press down) upon the bag to press the dough into a softer consistency.



In the meantime, the bowls we had set aside with our boiled udon were filled with steaming hot dashi soup broth made by Steve and generously topped with greens and fishcake. After the enjoyable “work-out” we sat down to enjoy the delicious and perfectly al dente udon! We took home our danced-upon batch with instructions to allow the dough to rest, and by the next day we could cook and serve it in any way we wanted. We did it tsukemen style—dipping the cooked udon into a concentrated dashi...so broke-da-mouth.

We highly recommend this well-organized class, so good fun, and getting to eat our endeavors was a delightful bonus!

MONDAY MAY 27TH 2024

Koji Workshop & Bento

KOJI BENTO \$20/\$15/\$10

A full shio, shoyu, and shoyu garlic koji themed bento is available for purchase. Koji mixed rice, koji pickled vegetables, tofu or chicken koji karaage, mushroom or pork stir fry, and a fresh salad made with koji dressing. Public Price is \$20, MOA members price is \$15 and \$10 for people signed up for the class.

Pick up 10:00 am- 12:00pm, .

KOJI WORKSHOP \$20/\$15

Choose your koji adventure! Snack on a crudite board with shio koji, shoyu koji and garlic shoyu koji sauce to taste the difference. Learn the health benefits of this umami rich, fermented marinade and choose to make your own bottle of shio koji, shoyu koji or garlic shoyu koji ferment. Class will be from 1:00-2:00

SIGN UP AT MOA HAWAII

(808) 952-6900
600 Queen Street Suite C-2
Honolulu, Hawaii 96826



MOA Hawai'i



PLANT SALE

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

Potted plants of all kinds!

- 🌿 Tropicals 🌿 Succulents 🌿 Air Plants 🌿
- 🌻 Vegetable starters (for microgreens) 🌻

Note: Since the plant sale has moved to early June, this upcoming volunteer day on May 19th we'll be pulling out weeds, looking for saleable plants, and designing this year's layout for the sale. [Clean-up is not limited to the monthly 3rd Sunday.]

Also a call out to anyone with plants that they no longer need or want (not too big). Let us know if we need to pick them up. We are especially looking for house plants and flowering plants, but we will accept anything. Please contact MOA Hawai'i at (808) 952-6900. Thank you!



Rest in Peace and Love

Dennis Kikuyama 68, was born to George Yeichi and Hazel Hatsue Kikuyama on January 17, 1956, in Puunene, Maui. Dennis passed away on February 27, 2024. As one of the owners of family-owned Kihei Gas, Kar Wash, and Kwik Stop, Dennis' heart and every wish, thought, and effort were for the well-being and happiness of his family, employees, customers, and friends. He is truly and sorely missed. He is survived by beloved siblings Albert Kikuyama and Charlene Kikuyama, his nieces: Maile Uohara (Michael) and Tina Kikuyama, and their families. Praying for his happiness in the Heavenly Realm.

Nature Garden Volunteer Day, Sunday May 19th
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.

2024 Dates to Remember

- ◆ June 2 Sunday, 9 am -1 pm, Plant Sale at Toho no Hikari
- ◆ June 23 (4th Sunday) 9 am -12 noon - MOA Wellness Center clean-up
- ◆ August 17 Saturday, 9 am -1 pm, Rummage Sale and MORE at Toho no Hikari
- ◆ September Foodland Hawaii's Give Aloha Campaign – month-long
- ◆ September 29 Sunday, 9 am -12 noon - MOA Wellness Center clean-up
- ◆ November 3 Sunday, 9 am-1 pm, Plant Sale and MORE at Toho no Hikari
- ◆ November 5-20, 2024 MOA Hawaii Fall Tour to Japan
- ◆ December - MOA Year-end Capital Campaign Drive
- ◆ December 29 Sunday, 9 am -12 noon - MOA Wellness Center clean-up

CLOSED: 7/4 (Th), 11/28 (Th)-11/29 (Fr), 12/24 (Tu)-12/25 (Wed), 12/31 (Tu)-1/1/25 (Wed)

Note: dates and events are subject to change.

◆**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!

May 2nd - Veggie Chili

May 9th - Barbecue Chicken

May 16th - Tofu Poke Bowl

May 23rd - Tofu Curry

May 30th - Fish Poke Bowl

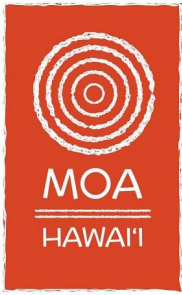
◆**ODEN is available for \$5. Please let the Front Desk know asap to guarantee your order!**◆

Pick-up is on Saturday, May 25th.



Everyone's help is welcomed!!
5/17 OPT therapists, lunch prep helpers, &
5/19 work in the Nu'uuanu garden,

HUGE THANKS TO ALL OF YOU who helped make the MOA Children's Painting exhibits and awards ceremonies a resounding success.







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

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

May 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
April 28 	April 29	April 30	1 9-11 am MOA Hawaii Team Staff Meeting 	2 Veggie Chili	3 5:30 pm Okazaki / Liu Flower Class	4 1:00 pm Tea Practice (Goshi-Otaguro)
5	6	7	8	9 BBQ Chicken Bento	10	11 ➤*9:00 am Takane Flower Class ➤*1:00 pm Mills / Kanno Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
12 	13	14	15 6:30 pm MOA Board of Directors Meeting	16 Tofu Poke Bowl	17 9 am–1 pm Lifestyle Improvement Program	18 ➤*10:00 am Goshi-Otaguro Flower Class ➤*1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
19 *9:00 am Nature Garden Volunteer Day	20 6:00 pm Tom Flower Class	21	22	23 Tofu Curry Bento	24	25 1:00 pm Tea Practice (Goshi-Otaguro) Pick-up ODEN orders!
26	27 1-2 pm KOJI Workshop & 10 am-12N Bento pick-up 	28	29	30 Fish Poke Bowl	31	June 1 6/2 PLANT SALE

“*” 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.

MOA Hawaii!
600 Queen Street, C-2
Honolulu, HI 96813

