



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 8

AUGUST 2024

HAPPY AUGUST! 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 Darian Kanno

Hi, my name is Darian Kanno. I was born and raised in Mililani, Hawai'i and attended Mid-Pacific Institute, Class of 2021. Currently, I am a student at Hiram College in Northeast Ohio, set to graduate in the spring of 2025. I have played softball from a very young age and am a Pitcher/Utility for the NCAA Division 3 school.



Darian with her grandparents, Ronnie and Jessie Nakata, on a recent trip to Japan.

(Continued on page 2)



February 1953, Darian's great grandparents, Tomokazu and Hatsuyo Nishiguchi (on the right) welcomed Kiyoko Higuchi to Hawai'i. Higuchi was one of the first lead therapists of purifying therapy sent here by Mokichi Okada. According to Jessie Nakata, Okada thought their meeting symbolically embodied the spirit of *East meets West* as *Higuchi* means East Entrance and *Nishiguchi* means West Entrance.

(Continued on page 2)

Getting to Know You: Meet Charles Harrington

Hi, I'm Charles Harrington. I have suffered from shoulder pain due to rotator cuff surgery for over a year. I've tried acupuncture, chiropractic, massage, physical therapy, and a Personal Trainer, which have all helped somewhat. When I heard about purifying therapy at MOA through the Midweek article [February 7, 2024 issue], I thought maybe this will accelerate my healing. Right I was. Now I'm a once-a-week regular and an advocate. Not only has the pain DIMINISHED, I feel stronger than ever. I am back to playing racquetball, golf, and swimming.

The MOA Wellness Center and the staff have the "right" vibes. I've tried the tea ceremony and look forward to learning more about flower arranging. The diet matches my interest as well. I also can relate to appreciating the beauty in Nature. Everything MOA taught me and offers seems to fit my way of living as well.

Is a trip to Japan with Steve Ichikawa in my future? We will see.



Getting to Know Darian Kanno (Continued from page 1)

Additionally, I am a creative writing major with a minor in Asian Studies. I've always been drawn to stories and have been an avid reader from a very young age. Basically, I am a nerd, but not the smart kind. In my free time, I enjoy reading, writing, watching anime, singing, and eating. Although Japanese food is my favorite, it's hard to find good Japanese food in Ohio so recently, I've been eating a lot more seafood boil and my wallet has been suffering greatly from it.



Darian pitching for NCAA Division 3 Hiram College.

I am the daughter of Darryl & Dawn Kanno (formerly Nakata) and the granddaughter of Ronald and Jessie Nakata, who are active in MOA Hawai'i. Every week, my mother and grandmother, along with Uncle Dick (Mills), go to the Governor's Office and Washington Place to do the flower arrangements there. When I am not in school, I try to join them; together with my grandmother, a former Kohrinka instructor, and my



A very young Darian with her flower arrangement.

mother who is a current one, I have been doing ikebana from a very young age. I remember times in elementary school when Grammy would come in and do a mini ikebana class. They were always so much fun. It was always so nice to see everyone light up as they looked at the flower arrangements that they made. At home, we almost always have an arrangement (or two, or

three) around the house. Even when I am away at school, I put an arrangement in my room. 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.

Steve Ichikawa added: Together with her mom Dawn, Darian will be conducting an UDON MAKING class by DANCING on UDON at the MOA Wellness Center this month before she leaves for Ohio. Please check with the Wellness Center Front Desk. Come and enjoy this healthy food class!!

Darian's Great Grandparents (Continued from page 1)

Per Steve Ichikawa, Darian is not only a very young practitioner of Purifying Therapy but also a 5th generation practitioner of Purifying Therapy in Hawai'i along with her cousins Karli and Kalen Hamada. When Purifying Therapy was introduced to Oahu at large (1952 to 1953), Darian's great grandfather and great grandmother Tomokazu and Hatsuyo Nishiguchi (parents of Jessie Nakata) were among the first ones to be certified as practitioners. In the era prior to the wellness center operation by MOA, so many practitioners at that time opened up their homes to meet the demand for Purifying Therapy in Hawai'i. At that time, on a daily basis (throughout the day) the Nishiguchi residence in Mō'ili'ili was full of recipients. It is a legendary story for our MOA history book. The Nishiguchis helped so many people overcome various ailments and guided many new practitioners to further help others—forming a strong Healthy Life Network. MOA is forever grateful to those pioneers in heaven! They also took part in pioneering the promotion of MOA Nature Farm Methods (when organic farming was unheard of), Healthy Eating, and Arts and Culture programs.

Although Mr. Nishiguchi passed away in 1964 and Mrs. Nishiguchi in 1973, they are remembered as our *Korosha* (those who served tremendously for the cause set forth by Mokichi Okada to disseminate energy medicine, healthy eating habits, enjoyment of arts and culture, and exercise). May they continue to rest in PEACE.

Mr. and Mrs. Nishiguchi must be happy that their GREAT grandchildren have a fabulous time whenever they go to Japan, especially when they visit the gardens and museums in Hakone that their Great Grand-parents so loved and helped to build. These pioneers must also be working from the spiritual world to help their family members through any purifications they face, which in turn has given their family more resolve to carry out Mokichi Okada's Mission.

From Aisha Asami, Natural Foods Program Manager:

Aloha Everyone!

I had to postpone my koji cooking class for health reasons and finally am rescheduling it for Friday August 9th, 2024. For those of you who miss my bento and cooking classes, here's an opportunity to enjoy koji!

What is **koji**? Koji is the yeast that is used to make many Japanese fermented foods like miso, shoyu, sake, and amazake. It's found on harvested rice. When you wake up that rice and koji with water and salt/shoyu, you can make a natural fermented seasoning used to marinate, tenderize, and enhance the umami, or flavor richness in foods. Through the fermenting process, it increases the amount of vitamin B1, B2, B6, H and Pateton acid. The Vitamin B group helps you to recover from fatigue, so it's perfect when you feel that summer's lethargy. Please sign up by Tuesday, August 6th to order your bento or save your seat to make shio, shoyu, or shoyu garlic koji.

FRIDAY AUGUST 9TH, 2024

Koji Workshop & Bento

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

A 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 you 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

✧Now available at the MOA Wellness Center✧

✧Healthy Food Items by Chef Nao Leonard 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)

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!)

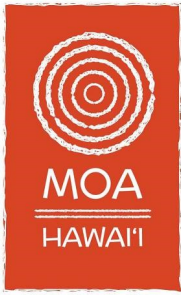
✧Healthy Lunches made by MOA Healthy Food Advocates for \$8!✧

On Tuesdays - Tofu Poke Bowl (except it will not be available on August 13th)

On Thursdays: August 1st - Veggie Chili August 8th - Hamburger Steak August 15th - Grilled Chicken

August 22nd - Garlic Shrimp August 29th - Tofu/Veggie Stir-fry

✧ODEN is available for \$5. Please let the Front Desk know asap to guarantee your order! Pick-up is Sat. 8/24✧



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
July 28	July 29 	July 30	July 31	1 Veggie Chili	2 5:30 pm Okazaki / Liu Flower Class	3 1:00 pm Tea Practice (Goshi-Otaguro)
4	5	6 Tofu Poke Bowl	7 9-11 am MOA Hawai'i Team Staff Meeting	8 Hamburger Steak	9 1 pm Shio Koji Making Class Shio Koji Bento pick-up	10 ➤*9:00 am Takane Flower Class ➤*1:00 pm Mills / Kanno Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
11	12	13 No Bowl this day.	14 6:30 pm MOA Hawai'i Board of Directors Meeting	15 Grilled Chicken	16 9 am-1 pm Lifestyle Improvement Program 	17 ➤*9 am-1 pm ➤1:00 pm Tea Practice (Goshi-Otaguro)
18 *9:00 am Nature Garden Volunteer Day	19 6:00 pm Tom Flower Class	20 Tofu Poke Bowl	21	22 Garlic Shrimp	23	24 ➤*10:00 am Goshi- Otaguro Flower Class ➤*1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro) Pick-up ODEN orders!
25	26	27 Tofu Poke Bowl	28	29 Tofu/Veggie Stir-fry	30	31 FOODLAND'S CAMPAIGN STARTS TOMORROW!

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



**Clip this out for your reference.
MOA's organizational code is 78653**

Foodland's Give Aloha Program Runs the Month of September

Every year MOA Hawai'i participates in Foodland's **Give Aloha** campaign. During the month of September, Maika'i members are invited to make donations to their favorite participating Hawai'i non-profit organization at checkout. Donations to each organization are tracked, then Foodland's matching gift is divided proportionately among all participating organizations based on customer donations to the organizations. This is one of our biggest fundraisers because of the gift-matching.



Is there a donation limit per customer?

Customers may make a donation to one or more organizations, up to \$249 per organization, per Maika'i card. Donations exceeding \$249 per person, per organization will not be matched. Customers must make their donation using their own Maika'i Card and may not make a donation on behalf of others nor use another person's Maika'i Card to make a donation for them.

Background: *Give Aloha, Foodland's Annual Community Matching Gifts Program, was created to honor Foodland's founder, Maurice J. "Sully" Sullivan and continue his legacy of giving back to the community. Each year during the month of September, customers are invited to make a donation at Foodland to their favorite participating Hawai'i non-profit organizations. Since the program began in 1999, a total of more than \$38 million has been raised for Hawai'i's charities.*



Reminder! Rummage Sale

Saturday August 17th, 9 am to 1 pm

Toho no Hikari Social Hall

3510 Nu'uauu Pali Drive

2024 Dates to Remember

- ◆ August 17 Saturday, 9 am -1 pm, Rummage Sale and MORE at Toho no Hikari
- ◆ September Foodland Hawaii's Give Aloha Campaign – all 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 Hawai'i Fall Tour to Japan
- ◆ December - MOA Year-end Capital Campaign Drive
- ◆ December 29 Sunday, 9 am -12 noon - MOA Wellness Center clean-up

CLOSED: 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.

Nature Garden Volunteer Day, Sunday August 18th 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.**

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 Hawai'i 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 Program Manager; Aisha Asami, Natural Foods Program Manager, and Teri June Amuro, Nature Farming Program Coordinator.

Front Desk: Charlene Gray, Laurie Ide, Teri June Amuro, and Aisha Asami. **Front Desk Volunteers:** Danny Asami, Sharon Matsumoto, and Lei Sakamoto.

As well as numerous others who are dedicated volunteers.

