



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.



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NOVEMBER 2024

HAPPY NOVEMBER! 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.

With AIWA (*love and harmony*) and having the same objective as Okada and his confidence in the Therapy as our model, let us pursue being effective therapists with a profound love for making others happy.

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.

A Certificate of Recognition from the State of Hawai'i House of Representatives



Above, MWC General Manager Takemasa Kawai proudly holds the certificate, which can be viewed in the Wellness Center lobby.

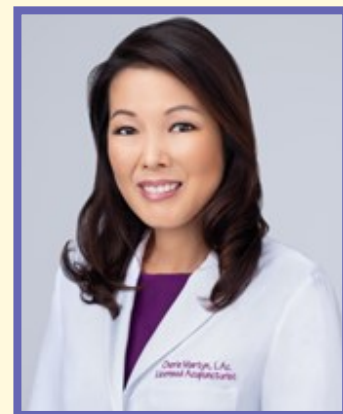
The 32nd Legislature led by Speaker of the House Scott K. Saiki and all representatives presented a certificate to MOA Hawai'i in August 2024. It was introduced by Representative Sam Satoru Kong of the 33rd district (Hālawā, 'Aiea, Waimalu). They praised MOA's efforts toward the ultimate goal of a New Civilization where all humans live in harmony without anxiety over

illness and conflict (including wars). MOA Hawai'i centered upon the Wellness Center, which was established in 2013, is promoting Integrative Medicine toward New Medicine by offering "Medicine as Care" through the Spiritual Care method (listening with empathy, Purifying Therapy, Healthy Eating Program, Nature Farming Methods, Exercise and Art Programs)

(Continued on page 2)

Getting to Know You: Meet Cherie Martyn Acupuncturist and Integrative Health Advocate

Dr. Cherie Martyn is a licensed acupuncturist in Hawaii, specializing in neurological disorders and pain management. With advanced training in the *Xing Nao Kai Qiao* stroke rehabilitation technique and scalp acupuncture for various ailments, she also studied specialized strategies for Tourette Syndrome and Multiple Sclerosis under Dr. Jing Liu in Arizona. Additionally, Cherie is trained in Oncology Acupuncture from Memorial Sloan-Kettering Cancer Center and holds a 200-hour yoga instructor certification. Cherie's passion for Chinese Medicine began in her youth when she found relief from the common cold through herbal remedies. Her commitment to integrative health deepened after overcoming an autoimmune disease with a combination of allopathic and alternative treatments. Today, Cherie empowers her patients to take charge of their health in a welcoming environment, blending yoga with a multidisciplinary approach alongside other medical professionals to provide comprehensive care.



Cherie is grateful to be practicing at MOA Wellness Center where Integrative Medicine is being promoted together with other health practitioners.

She can be reached at (808) 377-4712 and more information can be found on her website: www.3twellness.com

Translate Your Gratitude into Action

Mokichi Okada wrote a poem on the subject: *Inscribing in your heart
And never forgetting
All the kindness that has been shown to you,
This is the meaning
Of Nobility.*

One of the methods of translating your gratitude into action is to say, "Thank you," out loud, instead of just thinking it. Next, consider what concrete things you can do to please your family and the other people who have helped you and whom you want to thank, shifting your focus to action in an uncomplicated and straightforward way. If you find out that someone is afflicted or suffering, you should ask them what you can do to help and do as many things for them as you can. Even if you are not specifically indebted to someone who is suffering, we encourage you to extend a helping hand to them anyway, recollecting how deeply grateful you felt when people have helped you in the past. Expressing your gratitude as action in this way will produce gratitude in their hearts and widen the circle of human affection.

from MOA International pamphlet, *Working to Build Healthy Families, Working for a Better Future*, p. 32

Certificate of Recognition (Continued from page 1)

for the people of Hawai'i.

We thank the House of Representatives for this recognition and are resolved to continue our efforts to bring about healthy individuals, families, and communities with our programs centering on the Wellness Center and its Healthy Life Networks. Thank you, Representative Kong for the initiative to recognize our work!

The Certificate concluded with:

The House of Representatives of the Thirty-Second Legislature of the State of Hawai'i hereby commends and applauds MOA Hawai'i for its outstanding community service, healing efforts, and contributions to the health and well-being of Hawai'i's people and extends its warmest aloha and best wishes for continued success in all future endeavors.

November 2024 Dates to Remember

- ◆ 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
- ◆ November 17, Sunday - Nature Garden Volunteer Day at Toho no Hikari, from 9 a.m.
- ◆ November 27, Wednesday - Closes at 12 noon
- ◆ November 28, Thursday and November 29, Friday - Closed for Thanksgiving Holiday

❖ 'Ono Offerings 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

!!NEW!! EGG SANDWICH-\$5 KINAKO BLISS BALL-\$5 NONI w/ACV CALAMANSI SHOT-\$3

FRESH ORANGE JUICE-\$3

SANNEN BANCHA TEA-\$3

(Please return the Mason jars, thank you!)

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

On Tuesdays - Tofu Poke Bowl

On Thursdays: Nov. 7th - Pork Bento

Nov. 14th - Grilled Chicken

Nov. 21st - Garlic Shrimp

Nov. 28th - Closed for Thanksgiving

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

Pick-up is on Saturday, November 24th.

Note: menus and availability can be subject to change without notice.

From the MOA International Homepage: (<https://www.moaart.or.jp/en/events/kogei2024/>)



The "Pokémon x Crafts Exhibition - Great Discoveries of Beauty and Crafts" that was held at the MOA Museum of Art this summer (July to September) attracted over 130,000 visitors. This was a perfect exhibition for the summer holidays, as it was enjoyed by both children and adults. The following story was printed in advance of the exhibition: **"Pokémon x Crafts Exhibition" at MOA Museum of Art Experience the "techniques" of traditional crafts through Pokémon**

The exhibition is themed around *Pocket Monsters* (aka *Pokemon*), which is a popular worldwide Japanese anime through games and animation, and will feature approximately 70 pieces of Pokemon characters created by 20 masterful Japanese modern artists, including Important Intangible Cultural Property Holders of Traditional Crafts (Living National Treasures), using

their respective skills in metalwork, woodwork, ceramics, lacquerware, dyeing and weaving. The exhibition is divided into three parts: "Appearance - Approaching!" which uses the artist's technique to capture the appearance, gestures and aura of Pokémon; "Life - Admire!" in which Pokémon are incorporated into crafts such as tableware and kimono that make life more beautiful and vibrant; and "Story - Immerse!" which expresses the world of the work,

including how Pokémon are raised and evolved, and the setting for their journey. The exhibition was first held at the National Crafts Museum (Kanazawa, Ishikawa Prefecture) in March 2023, and has since traveled to the JAPAN HOUSE Los Angeles (USA) and the Sagawa Art Museum (Moriyama, Shiga Prefecture) prior to the MOA Museum of Art in Atami City.

The exhibition features a variety of works that will have visitors losing track of time, including the "Shinrabansho Pokemon Jar," with over 500 Pokemon painted in detail on the surface of the ceramic piece; obi clasps and brooches featuring the Pokemon Umbreon created by Living National Treasure Katsura Morihito, an artist of metal engraving; "Gengar Ghost," an Edo Komon fabric with patterns so skillfully woven that you would hardly notice the Pokemon hiding there; "Pikachu Forest," where you can search for different colored Pikachu while passing through around 900 laces featuring the popular Pokemon character Pikachu; glass craft "Vessel-TSURARA," which makes use of the texture of the material to express Pokemon's "moves," and lacquer work "Untitled."

Photography is permitted in the exhibition room (strobos/flashes not permitted). Visitors will eagerly look at and photograph each piece, and some might comment like, "The metal sculptures of *Flareon* and *Vaporeon* standing on the tatami mats look like they're really alive," and "I'd like to try on a kimono with lots of Pokémon on it." At the shop you can enjoy shopping for the exhibition catalogue and original goods. They then shared those photos in the Social Media thus popularity of this exhibition widened. ...



Above, "Jolteon" by Yoshida Taiichiro

During the event, a greeting event will be held where Pikachu dressed in a kimono with the traditional '工' character pattern will greet visitors, and they will be able to interact at the museum's Noh theater.



Above, Pikachu visits the "Pikachu's Adventures in a Forest" by Sudo Reiko.

Photos were taken from the MOA Museum of Art's Instagram page.

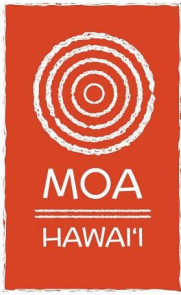
December 2024 Dates to Remember

- ◆ December 1, Sunday - 9 am, Arts and Culture Instructors Meeting
- ◆ December - Christmas and New Year's Flower Sale (order forms will be available)
- ◆ December 1-31 - MOA Capital Campaign Drive (letters to membership)
- ◆ December 24, Tuesday - Closes at 12 noon
- ◆ December 25, Wednesday and December 26, Thursday- Closed for Christmas Holiday
- ◆ December 29, Sunday, 9 am-12 noon - MOA Wellness Center clean-up
- ◆ December 29, Sunday and December 31, Tuesday - 9 am to noon – end-of-year \$5 Soba (1 free order for anyone who helped the MOA cause in 2024, please RSVP)
- ◆ December 31, Tuesday - Closes at noon
- ◆ January 1, 2025, Wednesday & January 2, 2025, Thursday - Closed for New Year's Holiday (HAPPY NEW YEAR 2025!)

Note: dates, times, and events are subject to change.

**RENEW YOUR
MEMBERSHIP**

For the 2025 Calendar Year: Individual \$25 or Family \$50
For more information, please see the last page of this newsletter
or talk with our friendly and helpful Front Desk Staff.



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



November 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
Oct. 27 	Oct. 28 	Oct. 29 <div style="border: 1px solid black; padding: 5px;"> <p>有機産インスタント麺いかがですか？</p> <p>October 31 Thursday & November 2 Saturday 11am to 1pm (ラストオーダー-last order 1250pm) \$5 per bowl 一杯五ドル- Non-fried organic instant UDON noodle or Vegan instant Ramen (shoyu or miso) or MOA Wakame Seaweed Soba lunch by Jen Terukina, Chris Kanemaru and Steve Ichikawa</p> <ul style="list-style-type: none"> - Green onion ネギ, Spinach ほうれん草, Sprouts もやし, Kinshi Tamago (sliced thin eggs) 錦糸卵等々 - RSVP recommended, BYOD </div>	Oct. 30	Oct. 31 1 5:30 pm Okazaki / Liu Flower Class	1 5:30 pm Okazaki / Liu Flower Class	2 \$5 Noodle Bowls (see insert at left for details) 1:00 pm Tea Practice (Goshi-Otaguro)
3 *9 am - 1 pm 	4	5 Tofu Poke Bowl	6 9-11 am MOA Hawaii Team Staff Meeting	7 Lunch—Pork Bento	8	9 ➤*9:00 am Takane Flower Class ➤*1:00 pm Mills / Kanno Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
10	11 6:00 pm Tom Flower Class	12 Tofu Poke Bowl	13 6:30 pm MOA Board of Directors Meeting	14 Lunch—Grilled Chicken	15 9 am—1 pm Lifestyle Improvement Program	16 ➤*10:00 am Goshi-Otaguro Flower Class ➤*1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
17 *9:00 am Nature Garden Volunteer Day	18	19 Tofu Poke Bowl	20	21 Lunch—Garlic Shrimp	22 9:30 am Yagi Flower Class	23 1:00 pm Tea Practice (Goshi-Otaguro) Pick-up ODEN orders!
24	25	26 Tofu Poke Bowl	27 Closing at 12 N	28 Closed 	29 Closed	30

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

2025 Special Arts and Culture Study Tours to Japan with Steve Ichikawa

It's FUN; it's ENTERTAINING; it's AMAZING, AND MEMORABLE; it's the lowest cost in town. Over 20 people have participated in more than three tours with Steve; and there are some who participate every year or every tour! Repeaters are WELCOME; any AGE is WELCOME.

Toward the ultimate goal of creating a New Civilization where humanity does not face stress over illness and conflict (including wars), this tour hopes to improve the mind and body health of individuals by actively providing Integrative Medicine (new kind of medicine; caring medicine) through experiencing the Okada Health and Wellness Program, quality time together, the beauty of Japan, fine arts and culture, HOT SPRINGS, Japan's famous omotenashi (hospitality), and GOOD FOOD.



Beautiful view from Shinsenkyo garden in Hakone.

Note: Shinsenkyo Garden - National Place of Scenic Beauty

MOA Museum of Art in Atami - in 2023, in addition to housing the fine arts collected by Okada that are loved by all ages, it was chosen as the "top beautiful art spot" on TikTok by 180,000 young people in Japan

Tokyo Wellness Center - the only location certified as a social model and medical model of Integrative Medicine

April 10 - April 24, 2025 (15 days and 13 nights) - Cherry Blossoms and Beautiful Hokkaido

Visit the Shinsenkyo Garden and the Hakone Museum of Art in Hakone; the MOA Museum of Art in Atami; and the Tokyo Wellness Center; and many other locations: *Noboribetsu, Hell Valley, Bear Park, Edo Museum (dress up in Kimono for a photo), Toya Lake, Fireworks, Mount Usu, Silo Observatory, Asahiya Zoo, Otokoyama Sake Factory, Experience the Coldest Temperature at the Ice Pavilion, Blue Pond, Patchwork Hills, Tomita Farm, Jozankei, Sapporo, Sapporo Beer Factory, possible Fighters' baseball game at Escon Field, Otaru, Music Box Museum, fantastic seafood, and the Hokkaido Art Hall (Sapporo Wellness Center).*



Tea Therapy session at the Tokyo MOA Wellness Center.

July 3 - July 17, 2025 (15 days and 13 nights) - Beautiful Hokkaido

Visit the Shinsenkyo Garden and the Hakone Museum of Art in Hakone; the MOA Museum of Art in Atami; and the Tokyo Wellness Center; and many other locations: *Hakodate, Noboribetsu, Hell Valley, Bear Park, Edo Museum (dress up in Kimono for a photo), Toya Lake, Fireworks, Mount Usu, Silo Observatory, Ceramic Experience in Asahikawa, Experience the Coldest Temperature at the Ice Pavilion, Blue Pond, Patchwork Path, Tomita Farm, Sapporo, Sapporo Beer Factory, possible Fighters' baseball game at Escon Field, Otaru, Music Box Museum, the fantastic seafood, and the Hokkaido Art Hall (Sapporo Wellness Center)!*



A special treat—glimpsing Mount Fuji across Lake Ashi in Hakone.

Nov 4 - Nov 18, 2025 (15 days and 13 nights) - Beautiful Toyama, Nagano, Yamanashi, Nara, and Osaka

Visit the Shinsenkyo Garden and the Hakone Museum of Art in Hakone; the MOA Museum of Art in Atami; and the Tokyo Wellness Center; and many other locations: *Toyama (Black Ramen, Toyama Seafood, Kurobe Dam, Unazuki Hot Springs), the beautiful fall colors of Nagano prefecture, the Nara Deer Park, and Big Buddha in Yamanashi prefecture, Osaka sightseeing, and the Osaka Wellness Center.*

If you are interested, please call Steve Ichikawa at (808) 222-2183 or email: stevetichikawa@moahawaii.org

Time to renew for 2025! Or please join us!

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 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.

