



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 10

OCTOBER 2024

HAPPY OCTOBER! 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 Sage Kanemaru



Front: Christine, Jody, Chloe, Shannon and Sage. Back: Volunteer Mr. Fujita with Sage's maternal grandparents, June and Alton Higaki. Taken at the Hakone Museum of Art's 3rd floor where Mokichi Okada would entertain guests and give special talks and viewings.

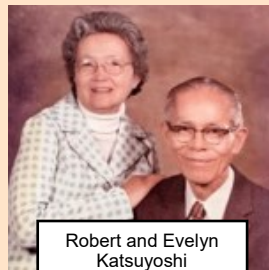
Hi, my name is Sage Kanemaru. I recently earned my bachelor's degree in history from Princeton University, and I am currently taking a break from school and work to

focus on serving my family and the MOA community in Honolulu. I am the son of Jody and Christine Kanemaru. My dad is an administrator for MOA Hawaii. I am the grandson of Patsy and Henry Kanemaru from Nuuanu; I am told that they served the MOA cause greatly until their passing. I am also the grandson of Alton and June Higaki from Hilo. My grandfather was a staff of MOA Hawaii for many years until his retirement. They are still active in Hilo providing Okada Health and Wellness Program services to the community. My great-grandparents, Robert and Evelyn Katsuyoshi, were pioneer members from the 1950s, and Robert was the lead architect of the Nuuanu



Patsy Kanemaru

Henry Kanemaru



Robert and Evelyn Katsuyoshi

(continued on page 2)

MOA Wellness Center Photo Art Gallery Featuring Daven Kanno



Daven stands next to the photo he took of his maternal grandparents Jessie and Ron Nakata

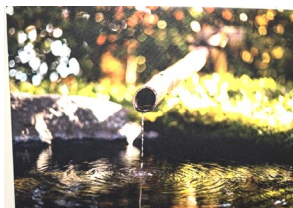
Thanks to Reiko Stiver's efforts, the MOA Wellness Center has resumed a local artist display in its gallery section. Wesley Oh exhibited his photos earlier this year. In September, Daven Kanno's photos currently on display. He took the photos while visiting Japan in July 2024. Daven has been taking photos since the

age of 2 when his grandfather purchased him his first camera. He says, "I would like people to come and simply enjoy my photos of Japan and make their own interpretations rather than me stating what I saw when I took these photos." On September 4th, he and his family which included both his maternal Nakata and paternal Kanno grandparents, his parents, uncles and aunts came to celebrate his accomplishments at MOA.



Shown are various photos taken by Daven at the MOA Wellness Center. Lei'd Daven stands next to his proud parents, Dawn and Darryl Kanno

His friends and other MOA members came to view Daven's photos as well as to enjoy the great hors d'oeuvre and appetizers beautifully prepared by his mom, Dawn. The photos will be on exhibit for the next three months. We hope that Daven will continue to take many more beautiful "nature themed" photos to have them displayed at MOA for many to enjoy. Go Daven!



church, Toho no Hikari (Light from the East). I am told that he visited Hakone and Atami and learned the kind of architectural design [French architect Le Corbusier 1887-1965] Okada liked from his wife, Mrs. Yoshi Okada. Robert also helped build Japanese architectural structures like the Byodo-in Temple in Kaneohe and the Sanju Pagoda in Nuuanu. Having grown up within the MOA family, my relationship with MOA was previously one of family obligation rather than personal commitment. However, recent events have transformed my view of MOA and inspired me to reform my life with Okada's philosophy at its core.

Earlier this year, my family and I endured a major purification. That suffering was exacerbated by negative circumstances of my own life, which brought me deep anxiety and unhappiness. Moreover, my physical health and sleep habits during my final semester deteriorated to an all-time low. This purification is what formed our family's decision to embark on the study tour to the MOA Zones in Japan last June. I am so grateful that we were permitted to travel to Japan together with other members to reawaken our spirituality and witness Okada's prototypes of Paradise on Earth firsthand. The tour was incredible, and I cannot wait to return soon.

Here, I would like to briefly highlight my impressions of Shinsenkyo garden in Hakone and the Tokyo MOA Wellness Center. We were privileged to enjoy Shinsenkyo in full bloom and to experience the unparalleled view from Kanzantei [Mt. View Lodge], a residence of Mr. and Mrs. Okada. The Hakone staff were so knowledgeable about the history of each site, and their thoughtful narration helped me to appreciate the deliberate artistry underlying each design choice. My favorite spot in Shinsenkyo was at the base of the rock garden, where you could hear the gentle murmur of the stream and observe all the different types of foliage lining the path to the top. My favorite experience was enjoying matcha tea and seasonal snacks from the teahouse overlooking the moss garden. We were blessed with beautiful weather, and the peace of the garden brought me a sense of deep inner stillness that I had not felt in a long time.

At the Tokyo Wellness Center, I was astounded by the level of care each Purifying Therapy therapist and its lead therapist provided to their patients. My therapist identified all of my concretions and key points with remarkable speed, and I felt a deep, radiating pressure in each of the areas where he channeled Purifying Therapy. My siblings were equally amazed at the quality of the care they received, and my younger brother Shannon even reported that his chronic leg pain went away when his therapist administered Purifying Therapy to a key point in his lower back. Our experience as patients at the Tokyo clinic dramatically altered my perception of Purifying Therapy and the validity of spiritual science. I now understand why the Tokyo Wellness Center is the model for all other MOA clinics, and I hope to one day attain a high degree of proficiency in my own Purifying Therapy skills.

Since returning from the study tour and taking the Purifying Therapy recertification course with Takemasa Kawai, MOA General Manager, I have noticed profound improvements in my physical and mental health. For years, I blamed my chronic allergies on the flowers in Hawai'i and the dust in our house. However, in the two months since the tour, my watery nose and itchy eyes have all but disappeared.

This small-scale miracle can only be explained through the elimination of spiritual clouds. I also occasionally suffer from an unusual stabbing migraine that lasts for two to three days. Recently, when I felt these symptoms coming on, I was able to detect the concretions that have likely been the source of these headaches. When my parents administered Purifying Therapy to key points in my neck and right shoulder, the pain subsided within two hours. These personal results have strengthened my conviction in the power of Purifying Therapy, and I am eager to learn as much as I can about MOA's medical art.

Above all, I feel much happier and more optimistic about my future. I feel closer to my family members and more in touch with my true self. Even though I did not originally plan to come home right after college, I could not be more grateful that things worked out this way. It took four years of losing my way on the mainland and a severe purification for me to finally understand how special the MOA community truly is. I know I still have a lot to learn, but I am excited to get to know everyone better and to fulfill my mission of making others happy. If you happen to see me at the MOA Wellness Center on Tuesday mornings or anytime at the Nuuanu church, please do not be afraid to say hello!

Rest in Peace and Love

Reginald Shigaki

Reginald Shigaki passed away on August 27, at the age of 86. He was a member of Healthy Life Network in Hawaii Kai side and when Nuuanu's Nature Garden of today was being developed, he used his expertise as a foreman by using large equipment to remove bulky items and pave the way for the garden to be established. We pray for his soul to rest in PEACE.

❖ **'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, Thursdays 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 (\$6)

On Thursdays: Oct. 3rd - Roast Pork Oct. 10th - Grilled Chicken Oct. 17th - Garlic Shrimp (\$8 lunches) Oct. 24th - Tofu SirFry Vegetables Oct. 31st - Fish

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

Pick-up is on Saturday, October 26th.

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

Black Sesame & Jimami Tofu

**SATURDAY OCTOBER
26TH 2024**

**SIGN UP AT MOA HAWAII BY
SATURDAY OCTOBER 19TH**

TOFU BENTO \$20/\$15/\$10

A bento featuring black sesame and jimami tofu is available for purchase. Mixed rice, pickled vegetables, jimami and black sesame tofu, and roasted eggplant or chicken, Public Price is \$20, MOA members price is \$15 and \$10 for people signed up for the class. Pick up 11:00 am- 1:00pm.

TOFU WORKSHOP \$20/\$15

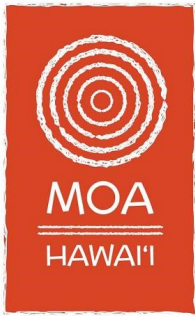
Learn how to make jimami (peanut) and sesame tofu, sauces and different toppings. This class will divide in groups and make different styles of tofu so we can taste test them together! Public Price \$20, MOA members \$15 Class will be from 1:00-2:30

Aloha MOA Members!

This year's PLANT SALE will be held on SUNDAY, NOVEMBER 3rd in the parking lot at TOHO NO HIKARI, 3510 NUUANU PALI DRIVE from 9 AM to 1 PM. At this sale, there will also be handcrafted items and healthy snacks for sale in the SOCIAL HALL.

In anticipation of this event, starting October 20th, we are asking for help in getting the potted plants ready to go to their new homes and to set up the tables the plants will be displayed upon. Also, if you would like to volunteer to help with either the plants or activities in the social hall, please call (808) 952-6900.

Moreover, if you are interested in selling your handmade items, your yearly membership will need to be up-to-date and you must have liability insurance with Toho No Hikari added as one of the insured. If you have any questions about being a vendor, call the number above.



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 & 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
Sept. 29 	Sept. 30 	1 Tofu Poke Bowl	2 9-11 am MOA Hawaii Team Staff Meeting	3 ➤ 11-1 pm Non-fried organic instant Udon & vegan instant ramen ➤ 5 pm MOA Hawaii Executive Meeting Roast Pork	4 5:30 pm Okazaki / Liu Flower Class	5 ➤ 11-1 pm Non-fried organic instant Udon & vegan instant ramen ➤ 1:00 pm Tea Practice (Goshi-Otaguro)
6	7	8 Tofu Poke Bowl	9	10 Grilled Chicken	11	12 ➤ *9:00 am Takane Flower Class ➤ *1:00 pm Mills / Kanno Flower Class ➤ 1:00 pm Tea Practice (Goshi-Otaguro)
13	14	15 Tofu Poke Bowl	16 6:30 pm MOA Board of Directors Meeting	17 Garlic Shrimp	18 9 am–1 pm Lifestyle Improvement Program	19 ➤ *10:00 am Goshi- Otaguro Flower Class ➤ *1:00 pm Nakano Flower Class ➤ 1:00 pm Tea Practice (Goshi-Otaguro)
20 *9:00 am Nature Garden Volunteer Day	21 6:00 pm Tom Flower Class	22 Tofu Poke Bowl	23	24 Tofu StirFry Veg	25	26 1:00 pm Tea Practice (Goshi-Otaguro) Pick-up ODEN orders!
27	28	29 Tofu Poke Bowl	30 	31 	Nov. 1	Nov. 2 <div style="border: 1px solid black; padding: 5px; text-align: center;"> PLANT SALE AND MORE!!!! Sunday, Nov. 3rd 9 am—1 pm </div>
<p>“*” denotes held at Toho no Hikari, 3510 Nuuanu Pali Drive, Honolulu, HI 96817</p>						

Let's Help Each Other, Become a Purifying Therapist Today!

By Steve Ichikawa, Operations Manager and Purifying Therapy Section Manager

In 2020, we modified our schedule and stopped having volunteer therapists work together with a Lead Therapist in administering Purifying Therapy at the Wellness Center. Now we would like to bring back that practice and are currently looking for Basic and/or Intermediate level certified therapists to volunteer on Tuesdays and Thursdays mornings.

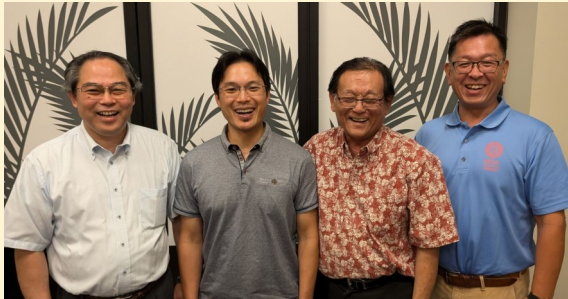
Please let Steve Ichikawa know:

- ◆ If you are interested in volunteering on Tuesday and/or Thursday mornings.
- ◆ If you are interested in volunteering on other days and times.
- ◆ If you want to become a certified therapist and volunteer at the Wellness Center

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 profound love for making others 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@moahawaii.org 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.

Aloha, Mr. Hiraizumi!

In July of 2023, Mr. Masahiko Hiraizumi, Vice President of American Continent of MOA and Chief of MOA Chile was also appointed to serve as the Director of MOA Inter-national and Chairman of MOA's International Operations Committee. In August, he came to Hawaii to visit us. He met with the directors and the staff of



(Left to Right) Director Masahiko Hiraizumi, Dr. Steven Chen, Dr. Terry Shintani, General Manager Takemasa Kawai

MOA Hawaii as well as Dr. Terry Shintani and Dr. Steven Chen, Chief Medical Officer of Alameda County Recipe4Health (R4H) Program (R4H is a food as medicine model that integrates food-based interventions into healthcare settings). Director Hiraizumi confirmed our movement toward a New Civilization, a world without anxiety of facing illness and wars, and conflicts by offering Spiritual Care [Okada Health and Wellness Program and Listening with Empathy] as Medicine as Care at the MOA Wellness Center and the Healthy Life Networks. He

went over our progress since 2020 of the Hakone Construction Project, the Pandemic and restudying Okada's philosophy on human beings and prototypes.



MOA Directors, staff and volunteers with Mr. Hiraizumi



Our August 17th Rummage Sale was a big success thanks to your donations and attendance! MAHALO!!!



Mahalo for participating in Foodland's Give Aloha Program

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 27, Wednesday - Close at noon
- ◆ November 28, Thursday - Closed for Thanksgiving Holiday

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 wcoperations@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, and Aisha Asami. **Front Desk Volunteers:** Danny Asami, Sharon Matsumoto, and Lei Sakamoto. As well as numerous others who are dedicated volunteers.

December 2024 Dates to Remember

- ◆ December 1, Sunday - 9 am, Arts and Culture Instructors Meeting
- ◆ December - Christmas and New Year Flower Sale
- ◆ December 1- 31 - MOA Capital Campaign Drive (letters to membership)
- ◆ December 24, Tuesday - Close at noon
- ◆ December 25, Wednesday - 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, RSVP)
- ◆ December 31, Tuesday—Close at noon
- ◆ January 1, 2025 - Close for New Year Holiday (HAPPY NEW YEAR!)

Note: dates and events are subject to change.

