



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 12

DECEMBER 2024



HAPPY DECEMBER! 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.

MOA Hawaii has a long-running role the Japan-America Society of Hawaii's "Japan Day" Educational Event thanks to Mrs. Jessie Nakata and her family

Biannually (in the spring and fall; April 9 and October 22 in 2024), MOA Hawaii participates in Japan Day that is hosted by the Japan-



America Society of Hawaii (JASH), which is sponsored by the McInerney Foundation and the Freeman Foundation. Japan Day is

<https://youtu.be/MbgHdXameY0> JASH's longest running educational

program which is offered free to Hawaii's middle and high schools. It is currently held at the Japanese Cultural Center of Hawaii's Generation Ballroom. Since 1993, over 8,000 students from 67 different public and private schools and including the Neighbor Islands have participated in this one-day event. The students enjoy hands-on experiences in Japanese cultural activities of their choosing, including ikebana, calligraphy, soroban, bon dance, tea ceremony, yukata wearing, karate, origami. The firsthand exposure to this program augments what their Japanese teachers are teaching in their classrooms.

Mrs. Jessie Nakata (a long-time MOA Arts and Culture Instructor) has been a part of the Japan Day Program since its inception. Representing MOA Hawaii, Mrs. Nakata has conducted the wonderful mini ikebana sessions for them.



Above, the Nakata Family has participated in the Japan Day Program for JASH for many years. Dawn Kanno, Ronald and Jessie Nakata, and Karlie and Shawn Hamada

Ramen Sale on 10/31 and 11/2

Every month since this past September, MOA Healthy Food Advocates like Dean and Christine Kanemaru and Jennifer Terukina (see photo below), have cooked MOA Organic Instant Noodles at the Wellness Center. Christine cooks up delicious garnishes like vegetarian dumplings, fried



zucchini, spinach, sprouts, thinly sliced eggs, and hasu pickles to decorate and enhance the flavor of the noodles.



Wellness Center visitors can choose between ramen, udon, or

soba. In three months, over 100 have been sold. Thank YOU all for your support!!!

[The Advocates are being asked if this will be a monthly offering like our popular fourth Saturday ODEN sale during which over 60 are sold monthly. We'll keep you posted!]



Elliott Takane thoroughly enjoys his steaming bowl of udon!



Mokichi Okada's Poems on Shinsenkyô

(from Teachings on Shinsenkyô)

Sosoritatsu

*Kokemusu iwa no ogosokasa
Akizora takaku sumiwataru shita*

The façade of steep rock draped with moss
Presents a majestic view
Under the clear autumn sky

p35

Ichu boku issô

*Isseki narito komayaka ni
Kokoro shite narishi Shinsenkyô kana*

With meticulous care poured into
Each tree, each blade of grass,
And each stone,
Shinsenkyô was completed.

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Tengoku no

*Sono wa kakuya to omoete
Ware Shinsenkyô no na o tsukeni keru*

Envisioning the garden of Paradise
To be like this,
I named it...Shinsenkyô

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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.

Note: Shinsenkyô 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 Shinsenkyô 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, Asahiyama 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).*

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

Visit the Shinsenkyô 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)!*

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

Visit the Shinsenkyô 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

**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.**



MOA HAWAII

MOA provides the Okada Health and Wellness Program at the Wellness Center centered on Purifying Therapy as our Spiritual Care for individuals and families. With your help, we shall promote Integrative Medicine—a new kind of medicine—with Caring Support for everyone.

2025 Key Dates to Remember

(subject to change; refer to the MOA monthly newsletter and calendar)

February 16	Sunday	11am-2pm	MOA Annual Membership Meeting at Toho No Hikari
March			MOA Board of Directors Election
March 2	Sunday	9:00 am	Arts and Culture Instructors Meeting
April 10-24			Study Tour to Japan (15 days/13 nights)
May			MOA Museum of Art Children's Painting Exhibitions and Awards (District and State Ceremonies)
May			Mother's Day Flower Arrangement Orders
June 1	Sunday	9am-1pm	MOA Plant Sale and MORE at Toho No Hikari (Nature Garden)
June 1	Sunday	9:00 am	Arts and Culture Instructors Meeting
July 3-17			Study Tour to Japan (15 days/13 nights)
August 2	Saturday	9am-1pm	MOA Rummage Sale at Toho No Hikari (Social Hall)
September 1-30	Mon-Tues		Foodland Give Aloha Campaign (MOA Code - 78563)
September 7	Sunday	9:00 am	Arts and Culture Instructors Meeting
November 2	Sunday	9am-1 pm	MOA Plant Sale and MORE at Toho No Hikari (Nature Garden)
November 4-18			Study Tour to Japan (15 days/13 nights)
December 1-31			MOA Year-end Capital Campaign
December 7	Sunday	9:00 am	Arts and Culture Instructors Meeting
December 30	Tuesday		End of the Year \$5 Soba (One free order for anyone who helped the MOA cause in 2025; RSVP required)
December			Holiday Flower Arrangement Orders

<p><u>Lifestyle Improvement Program</u> (by reservation) Okada Purifying Therapy and Flower & Tea (Includes lunch) Third Friday of each month 9:00 am - 1:00 pm</p>	<p><u>MOA Healthy Food Program</u> Assorted fresh produce, bento, Rainbow sandwiches, etc. are available for purchase at the Wellness Center on Tuesdays, Thursdays, and Saturdays (prices vary). \$5 Oden available on the 4th Saturday. (Refer to the MOA monthly newsletter and calendar for updated selections.) Pre-ordering is recommended.</p>
<p><u>Continuous Care</u> (by appointment) Tuesdays, Thursdays, and Saturdays 9:00 am - 5:00 pm</p>	<p><u>MOA Wellness Center Clean-up Day 5th Sunday</u> March 30, June 29, August 31, and November 30</p>
<p><u>Extended Care</u> (by appointment) Wednesday s and Fridays 9:00 am - 1:00 pm</p>	<p><u>Wellness Center will close at noon on the day before Thanksgiving, Christmas, and New Year's:</u> November 26, December 24, and December 31</p>
<p><u>MOA Nature Garden Volunteer Day</u> Third Sunday of each month at Toho no Hikari 9:00 am</p>	<p><u>Wellness Center will be closed on the following holidays:</u> 1/1 (Wed), 1/2(Th), 7/4 (Fri), 11/27 (Th), 11/28 (Fri), 12/25 (Th), 12/26 (Fri), 1/1/26 (Th), 1/2/26 (Fri)</p>
<p>Sessions are subject to change, please refer to the monthly MOA newsletter and calendar for updates and additional events and seminars on Integrative Medicine, Purifying Therapy, Healthy Food, Nature Farming, and Arts and Culture. For reservations, please contact the MOA Hawaii Wellness Center at (808) 952-6900.</p>	

Mahalo for kindly donating to Foodland's Give Aloha Program!



Your generous donations totaled \$18,295.35 plus \$5,815.45 matched by Foodland & sponsors!!!

Let's enjoy some Soba to end the 2024 year and greet 2025!

Made from buckwheat, the long and slender shape of the soba noodle symbolizes stability and longevity. Eating soba on New Year's Eve expresses the hope that the new year will bring longevity, prosperity, good health, and protect against bad luck. [From Japan National Tourism Organization website]

\$5 per order

AND, we'd like to give one free bowl to those of you who have helped the MOA cause in 2024!



[will not be exactly as pictured]

Orders must be placed to the Front Desk by Saturday, 12/21.

Pick-up at MOA Wellness Center:

Sat. 12/28 10am-12N, Sun. 12/29 9am-12N, Tue. 12/31 9-11:30am

Order Form for Holiday Bamboo & Pine Arrangement \$40

Pick up Dates (check one):

Sunday, Dec. 22 11 am - 1 pm at Toho no Hikari, 3510 Nuuanu Pali Drive

Monday, Dec. 23 10 am - 2 pm at MOA Wellness Center

Tuesday, Dec. 24 9 am - 12 noon at MOA Wellness Center (closes at 12)

Please give approximate time you will make your pick-up?

Amount wanted:

x \$40 each

Total \$



Name:

Contact number:

Please fill out completely and leave with the Front Desk with your payment.

Orders are due no later than Saturday, December 14, 2024

Disclaimer: arrangement may not look exactly as pictured.



MOA Wellness Center Clean Up Day

Sunday, December 29th 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.

10/15 Ikebana Workshop for Cherry Blossom Festival Contestants

(by Roy Goshi-Otaguro)

Fifteen 73rd Cherry Blossom Festival contestants were given their annual ikebana class at the MOA Wellness Center. The MOA team of Roy Goshi-Otaguro, Dawn Kanno, Teri June Amuro, Brian and Edwina Nakano, helped the women experience flowers like they never experienced before.



Cherry Blossom Contestants proudly hold the arrangements they created under the direction of Roy Goshi-Otaguro. Roy and his crew made the beautiful vases from milk cartons and washi paper!



"This was a really amazing experience. Prior to tonight, I knew of ikebana and that it had a significance but I didn't exactly know what. Now I have a deeper understanding and appreciation of flowers and their mission to make others smile. I feel that ikebana is something I can do with little tools and resources to make others happy. Thank you for this wonderful experience!" said contestant Kelly Kondo.

10/26 Tofu making class

(by Gale Eckerd)

Most of the attendees started the class by lunching on a delicious vegetarian or chicken lunch featuring homemade tofu.

Did you know that you don't have to use soybeans (edamame) to make tofu? For those of us who attended Aisha Asami's lighthearted class, it was a surprise to find this out!!!

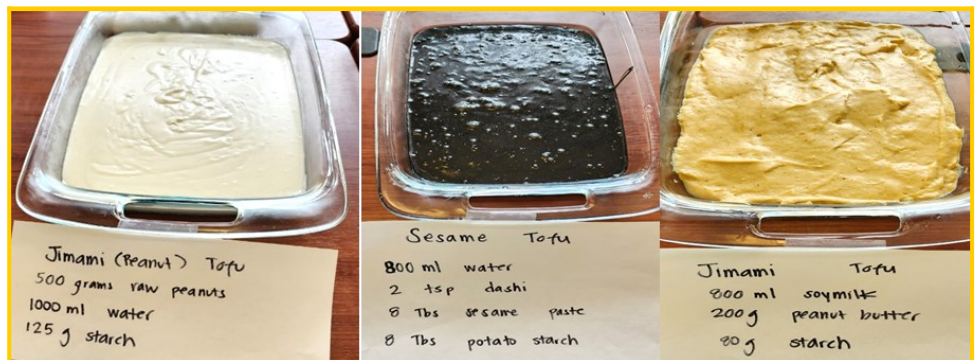
The cooking involved a lot of stirring to keep the slurry from burning. [For the peanuts, an extra step was squeezing out the liquid and discarding the leftover lees/pulp (very like okara) before the last process could be started.]

Every student got to taste the final results. Everyone had their favorite. Personally, I liked the sesame taste of the black sesame tofu (which was a bit sticky) and really enjoyed the smooth creaminess of the jimami peanut one. As for the one batch in the far right photo, I love peanut butter, but not particularly prepared this way...maybe too peanutty?

It was definitely a lot of fun and I highly recommend you give it a try.



Aisha Asami and her students enjoying the fruits of their labor.



Jimami (Peanut) Tofu
500 grams raw peanuts
1000 ml water
125 g starch

Sesame Tofu
800 ml water
2 tsp dashi
8 Tbs sesame paste
8 Tbs potato starch

Jimami Tofu
800 ml soy milk
200g peanut butter
80g starch

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More Happenings at MOA! (continued)

10/26 Kagawa Udon Making Workshop at *Journey to Wellness Conference* (by Steve Ichikawa)



The Sunrise Foundation's *Journey to Wellness XII* is an annual event that offers awakening insights, mindful reflections, and spiritually-grounded practices aimed at achieving a healthy and harmonious body, mind, spirit, community, and earth. After many inspirational lectures, participants could choose from several hands-on sessions to participate in, including udon noodle-making by Dawn Kanno and her team.



Kagawa Udon instructors: Dick Mills, Dawn Kanno, and Steve Ichikawa.

In this workshop, the participants learned how to mix organic flour with the right amount of salt and water. They learned to dance on the dough to make it very firm. In the end they were able to cut their own udon noodles and after boiling them for over 10 minutes were able to taste their creations with a bonito flavored dashi dipping sauce. One participant said, "I had no idea what I was getting involved in. I enjoyed especially dancing on dough with music. Making udon was so much fun, I would like to participate in the various healthy food seminars at the MOA Wellness Center in 2025."

11/3 Plant Sale and More!

(by Teri June Amuro, Nature Farming Program Coordinator)

MOA's second Plant Sale (and More) of 2024 was held on November 3rd. Over 20 volunteers supported Teri June Amuro who organized the event. Many plant donations were sold along with ones Teri cultivated at our Nature Garden. Aisha Asami prepared fantastic cafe olé and apple cider; Jan Mills prepared hijiki musubi and other sweets; Talia Goshi-Otaguro made piping hot andagi; Dawn Kanno made her special spam musubi;



Scott Amuro deftly handled the barbecuing duties for the food tent!



Kyle Ino waved a friendly shaka while his husband, Dustin Ebesu, offered soothing massages.

Kimiko Ichikawa offered her popular salmon musubi; and Christine Kanemaru prepared spicy pork bento with kimchee. All morning long, Teri's brother, Scott Amuro cooked kalbi, chicken, and burgers. While everyone enjoyed shopping, they also left feeling better after a massage by Dustin Ebesu. Thanks to all of you for YOUR support, this fun event contributed necessary funding to our ability to promote MOA and its wellness program in the community.

❖ '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

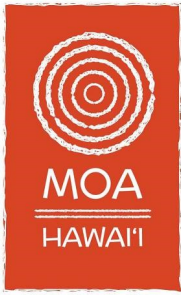
On Thursdays: Dec. 5th -Fish Bento Dec. 12th -Grilled Chicken

Dec. 19th -Garlic Shrimp Dec. 26th-Closed day after Christmas

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

Pick-up is on Saturday, December 28th.

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



600 Queen Street #C-2, Honolulu, HI 96813 ✦ Phone (808) 952-6900 ✦ Fax (808) 566-6911
 Email: info@moahawaii.org ✦ Website: www.moahawaii.org



December 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
1 *10am-12N Kohrinka Instructor's Workshop	2 	3 Tofu Poke Bowl	4 9-11 am MOA Hawaii Team Staff Meeting	5 Lunch—Fish Bento	6 5:30 pm Okazaki / Liu Flower Class	7 1:00 pm Tea Practice (Goshi-Otaguro)
8	9	10 Tofu Poke Bowl	11 6:30 pm MOA Board of Directors Meeting	12 Lunch—Grilled Chicken	13	14 ➤*9:00 am Takane Flower Class ➤*1:00 pm Mills / Kan-no Flower Class ➤*1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
15 *9:00 am Nature Garden Volunteer Day	16 6:00 pm Tom Flower Class	17 Tofu Poke Bowl	18	19 Lunch—Garlic Shrimp	20 9 am–1 pm Lifestyle Improvement Program	21 10am - till all pau Help needed to make the New Year's floral arrangements!
22	23 Happy Heavenly Birthday, Mokichi Okada!	24 Closing at 12 N	25 Closed	26 Closed	27	28 ➤1:00 pm Tea Practice (Goshi-Otaguro) ➤Pick-up ODEN orders! ➤10am-12N pick-up Year-End Soba orders See p.4 for details.
<div style="border: 1px solid red; padding: 5px; display: inline-block;">Pick up your Holiday Arrangement order! See page 4 in this newsletter for details.</div> 						
29 ➤9 am-12N ➤9 am-12N pick-up Year-End Soba orders, see p.4 .	30 	31 ➤9 -11:30am pick-up Year-End Soba orders, see p.4 for details. Closing at 12 N	Jan. 1 Closed	Jan. 2 Closed	Jan. 3	Jan. 4

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

Note: food availability and menus are subject to change without notice.

Please join us or time to renew for 2025!

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.

