



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 12, ISSUE 1

JANUARY 2025



HAPPY JANUARY! 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.

Meeting Up with a Dear Friend: Mayumi Ono

Masayoshi "Matthew" Ono worked for MOA Hawaii from 2004 to 2010. He and his wife Mayumi then had 2 daughters Mana and Mai while they lived in Honolulu promoting a new kind of medicine (Okada Health and Wellness Program) within the community to help individuals and families. However, in order to



Matthew and Mayumi Ono with their children Mai, Masaki, and Mana.

care for his aging parents, he requested and was given a transfer to MOA in Japan where his family returned in September 2010. Sadly and unexpectedly, Matthew passed away on February 20, 2017. In the seven years since his passing, Mayumi has supported their three beautiful and fun-loving children, Mana, Mai, and Masaki, by working hard for a firm as a bookkeeper and as a counselor (for which she studied very hard and recently obtained a license!). While super busy working hard and raising her kids, Mayumi has been happily making a weekly floral arrangement at the elementary school for the past six years now.

At 17, Mana is a clarinet player, regarded among the top high school level in Japan. She hopes to be a world-renown player one day. Mai (15) is studying for a double certificate as a future nursery school teacher and occupational therapist. Currently she is busy studying hard for her high school entrance exam. Masaki



Mai, Mayumi, Mana, and Masaki.

(Continued on page 3)

MOA November Arts & Culture Tour

By Steve Ichikawa

The MOA Museum of Art in Atami City is the hottest museum among young women today. Following the Pokémon exhibition, the museum attracted not just the young, but all art lovers to the Ogata Kôrin (1658-1716) Exhibition. By far Mokichi Okada's favorite Japanese artist



was Ogata Kôrin. When Okada was a fashion jewelry designer, he named the shop he operated to sell them, Kôrin Shop. He was very excited when he was able to purchase Kôrin's most famous work, the *Red and White Plum Blossoms* screens (pictured above). He said, "An artist who made a difference in the world from Japan would be Ogata Kôrin." He had nothing but praise for Kôrin. On the past MOA November Tour to Japan, participants were given the fantastic gift of enjoying this special Kôrin exhibition and modern artists following in Kôrin's style.

The Exhibition, "*Ogata Kôrin's Opus Magnum: Red and White Plum Blossoms Meet Wind God and Thunder God*," was held from November 1 to 26. Our tour participants visited the Museum on the 11th—just in time. Exhibited

(Continued on page 2)

Mokichi Okada believed that the elimination of spiritual clouds from the spiritual body and toxins from the physical body were the means to improve ourselves and our lives. He recommended a step-by-step approach to do so. In addition to Purifying Therapy, Nature Farming Methods, Healthy Eating Habits, Exercise, and Enjoyment of Beauty, the following **A to Z List** is something he recommended. We call the items, "**WHAT MIND, SPEECH, AND ACTIONS SHOULD BE, AND IMPROVEMENT OF SPIRITUAL POSITION.**" As we begin this new year of 2025, we hope these will be helpful ideas to improve yourself and your lives.

- A** Entrust Everything to Higher Being After Doing Your Best
- B** Eliminate Ego and Obsession
- C** Observe Order
- D** Be Aware of the Importance of Time
- E** Start Small
- F** Be Aware of the Importance of the Season
- G** Respond to Time, Situation, and Position
- H** Act in Accordance with Reason
- I** Improve Step-by-Step
- J** Human Beings Depend Entirely on Thoughts
- K** Enjoy Blessings
- L** The Secret of Happiness and Good Fortune—Performing Good Deeds
- M** A Pleasant Person
- N** Common Sense
- O** Kindness, Modesty, and Refinement
- P** Enjoying Virtue
- Q** Makoto [sincerity; love]
- R** The Practice of Great Humility
- S** Do Not Get Angry!
- T** Do Not Be Judgmental!
- U** Do Not Be Hated!
- V** The Genuine Strong Person
- W** Indignation Toward Evil
- X** Daily Development
- Y** Be Broad-minded!
- Z** Body and Soul of Izunome, not right or left but right in the middle

MOA November Arts & Culture Tour (Continued from page 1)

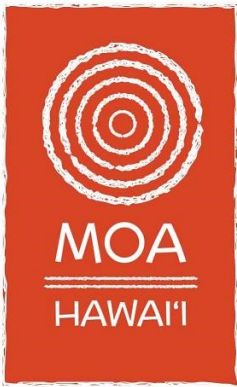
for the first time in 39 years, the *Wind God and Thunder God* by Ogata Kôrin (Important Cultural Property of Japan, property of the Tokyo National Museum) is a faithful replica of the original painting by Tawaraya Sôtatsu in whom Kôrin found his mentor and role model.

This major work of the gods painted on a pair of folding screens is said to be related to Kôrin's most appreciated work, the *Red and White Plum Blossoms*, a National Treasure that is part of the MOA Museum of Art collection. It is believed that Kôrin painted them in homage to his master Sôtatsu's *Wind God and Thunder God*, and perhaps in wanting to go beyond Sôtatsu, Kôrin added the water flowing through the paintings. The *Red and White Plum Blossoms* are said to be Kôrin's final master work. The tour participants were privileged to see both sets of works at the same time. Along with these two magnificent sets of screens by Kôrin, the exhibition curated some of the most exceptional artworks from the Rinpa School of Art (17th century) and contemporary works by artists inspired by them.

More to come on the fabulous tour in the February newsletter.



Wind God and Thunder God by Ogata Kôrin (Important Cultural Property of Japan, property of the Tokyo National Museum)



MOA Hawaii 2024 Year-End Campaign

All of us at MOA Hawaii are deeply grateful for your support throughout the 2024 year. Thanks to your generosity and backing, the Okada Health and Wellness Program continues to help improve people's lifestyles and spiritual wellness. Last month you should have received a formal letter about our annual year-end donation campaign. We humbly ask for you to please donate or make a pledge to donate. You can also make a donation on our website at www.moahawaii.org.
Mahalo!

Meeting Up with a Dear Friend: Mayumi Ono (Continued from page 1)



Matthew Ono was classmates with our MOA General Manager Takemasa Kawai at the MOA Training School from 1986 to 1997 in Japan. Above, Matthew and Take relax with their fellow senju trainees. At right, serious Take and Matthew.

(11) excels in math and loves all living creatures. He hopes to follow what he likes in life.

This past November, the MOA Hawaii tour to Japan spent three nights in Fukuoka that included attending an exciting sumo tournament. The Ono Family was able to drive the three hours from Oita to Fukuoka to meet up with old Hawaii friends.



*Come stroll through the MOA Wellness Center Art Gallery
January's featured artists are:
María Cristina Guerrero and Nicole Maileen Woo*

MOA Hawaii Board of Directors Nomination Period Now Open

To MOA Hawaii members, the nomination period is now open for those who would like to serve on the MOA Hawaii Board of Directors. There are three director slots to be filled.

Those interested can nominate themselves or can nominate someone else. The nominee must be an MOA Hawaii member.

A new self-nominee must submit a written statement to explain why they wish to be a Board member and describe their understanding of MOA philosophy.

The person who makes the nomination must identify the nominee with telephone and email contact information. The person making the nomination must submit in writing why they are nominating that person. That nominee will subsequently be asked to explain why they want to be on the MOA Hawaii Board of Directors.

Please submit your nominations to the MOA Wellness Center if printed on paper or email to jody@moahawaii.org by Friday, January 31st. All eligible nominees, including current directors seeking a new 3-year term, will be placed on the ballot for the membership to vote on. The voting period will commence when all nominees have been cleared.



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 [RSVP by 2/8/24]
March			MOA Hawaii 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	All month		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			Holiday Flower Arrangement Orders
December 29-30	Tue-Wed		End of the Year \$5 Soba (One free order for anyone who helped the MOA cause in 2025; RSVP required)

Lifestyle Improvement Program (by reservation)

Okada Purifying Therapy and Flower & Tea

(Includes lunch)

Third Friday of each month

9:00 am - 1:00 pm

MOA Healthy Food Program

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.

Continuous Care (by appointment)

Tuesdays, Thursdays, and Saturdays

9:00 am - 5:00 pm

MOA Wellness Center Clean-up Day 5th Sunday

March 30, June 29, August 31, and November 30

Extended Care (by appointment)

Wednesdays and Fridays

9:00 am - 1:00 pm

Wellness Center will close at noon on the day before

Thanksgiving, Christmas, and New Year's:

November 26, December 24, and December 31

MOA Nature Garden Volunteer Day

Third Sunday of each month at Toho no Hikari

9:00 am

Wellness Center will be closed on the following holidays:

7/4 (Fri), 11/27 (Th), 11/28 (Fri), 12/25 (Th), 12/26 (Fri),

1/1/26 (Th), 1/2/26 (Fri)

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.

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

❖ '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! ❖

On Tuesdays - \$6 Tofu Poke Bowl

\$8 Thursdays: Jan. 9th-Fish Bento

Jan. 16th-Grilled Chicken

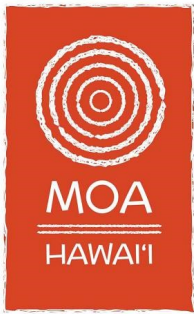
Jan. 23rd-Garlic Shrimp

Jan. 30th-Fish Bento

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

Pick-up is on Saturday, January 25th.

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

JANUARY 2025

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
Dec. 29 ➤ 9 am-12N Wellness Center  ➤ 9 am-12N pick-up Year-End Soba Orders.	Dec. 30	Dec. 31 9 -11:30am pick-up Year-End Soba orders. Closing at 12 N	1 Closed 	2 Closed	3 5:30 pm Okazaki / Liu Flower Class	4 1:00 pm Tea Practice (Goshi-Otaguro)
5	6	7 Tofu Poke Bowl	8 9-11 am MOA Hawaii Team Staff Meeting	9 5:00 pm MOA Hawaii Executive Comm Meeting Lunch—Fish 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 Tofu Poke Bowl	15 6:30 pm MOA Board of Directors Meeting	16 Lunch—Grilled Chicken	17 9 am–1 pm Lifestyle Improvement Program	18 ➤ *9:00 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 I HAVE A DREAM MARTIN LUTHER KING JR. DAY 	21 Tofu Poke Bowl	22	23 Lunch—Garlic Shrimp	24	25 ➤ 1:00 pm Tea Practice (Goshi-Otaguro) ➤ Pick-up ODEN orders!
26	27 6:00 pm Tom Flower Class	28 Tofu Poke Bowl	29 Lunar New Year begins 	30 Lunch—Fish Bento	31 Reminder: Last day to submit nominations for MOA Hawaii Board of Directors	Feb. 1 Reminder: RSVP due by Sat. 2/8 for MOA Annual Membership Meeting on Sun. 2/16!

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

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



MOA Hawai'i
600 Queen Street, C-2
Honolulu, HI 96813

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? <input type="checkbox"/> Yes <input type="checkbox"/> No				
Membership type (choose one): <input type="checkbox"/> Individual \$25 or <input type="checkbox"/> Immediate Family \$50 <input type="checkbox"/> New or <input type="checkbox"/> Renewal				
Payment: <input type="checkbox"/> Check Enclosed, payable to <i>MOA Hawaii</i> , or				
<input type="checkbox"/> Charge my Credit Card: <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> 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.