



MOA  
HAWAII

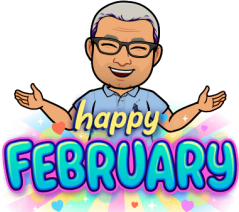
## Hours of Operation:

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 2

FEBRUARY 2025



## HAPPY FEBRUARY! 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](mailto:stevetichikawa@moahawaii.org).

### Meeting Up with a Dear Friend: Toshiko Dial

By Steve Ichikawa

In addition to the Ono family of Oita who joined our Arts and Culture Tour in Fukuoka [see January newsletter], Toshiko Dial also joined us during our stay in Okinawa in November 2024. Toshiko left Honolulu and moved back to Okinawa in 2021 to be with her sisters. It was her first stay back in Okinawa in over 50 years. Just as she spent so much time volunteering—administering Purifying Therapy, conducting cooking classes and preparing Okinawan food, etc.—at the MOA Wellness Center in Honolulu, today, she visits the MOA Center in Okinawa daily by taking the bus. She administers Purifying Therapy to visitors from morning to afternoon. She also makes and shares healthy meals for lunch with other volunteers. On Sundays, she participates in a Karaoke Club and is improving her singing skills. She was taking Okinawan Shamisen but said she quit since singing Karaoke was easier for her. She is happy to be back in Okinawa and enjoying her daily schedule filled with helping others in need. She sends her Aloha wishes to all MOA Hawaii members!



At front, Toshiko Dial and Jan Mills (with restaurant staff).

### November Arts & Culture Tour

By Hi'ilani Alina-Kamark



Hi'ilani (in the center), flanked by (left to right), Hi'ilani's sister, Lā'ie, and friend, Tiane Le Strange.

Traveling anywhere is always a fascinating and educational experience. As a tax preparer in Downtown Honolulu, it's always difficult to plan a trip anywhere when half of my year is cyclically consumed by work. I was grateful that through my part-time work and hobby as an ukulele instructor, I have an excellent student, Raleigh Awaya, who introduced this opportunity to go to Japan. More importantly, it allowed me to experience amazing food, personally learn about the arts and culture, and enjoy all of this with a wonderful group of people.

Toward the ultimate goal of creating a New Civilization where humanity does not face stress over illnesses and conflicts like war, this tour by Steve Ichikawa of MOA Hawaii, who hoped to further the mind and body health of the participants by actively providing integrative medicine through experiencing the Okada Health and Wellness Program, as well as the beauty of all there is to offer in Japan.

(Continued on page 2)

## **November Arts & Culture Tour** (Continued from page 1)

As I mentioned, I decided to join this tour thanks to Raleigh who has really planted himself as an important part of my life. While we often spend a lot of our class time talking story, it was always interesting to hear the many things he's learned and studied in part through MOA. When he showed me the flyer for this tour, I thought there was no way I could pass up this opportunity that fits perfectly into my schedule. Before I knew it, I also extended an invitation to my sister, Lā'ie, and our friend, Tiane.

Overall, I couldn't say enough about the tour. Many of the days were spent enjoying the scenery and landscape of the land in areas like Ryugashido Cave or Hamamatsu Flower Park. Although I'm not much of an outdoors person, it was fascinating to see rolling hills and massive flatlands like the Hamamatsu area. Even to see deep caves with waterfalls in them or even the coastal shorelines that were more like cliffs in some places like Dogashima in Izu. Even experiencing the various onsens added to the experience of connecting to the land that many tend to forget. There were many times that I would give up on taking a picture as it was more important to me to experience it all naturally rather than through the screen. In the end, I found myself at peace quite frequently amidst a busy schedule.

The food was also nothing to pass up. Our first day was a Shabushabu dinner, which Steve got to really test how strong we were as the youngest of the group. It was noticeable how many of the foods weren't oily, something that I didn't consider in comparison to the food we have here in Hawaii until recently. Foods like the Hamamatsu eel to the fishcake we made in Kanagawa highlighted the importance of not wasting anything. It really displayed to me how wasteful we can be with the bounty of the land. With the eel, we got to taste the way they prepared the food as they strove to utilize every part of the eel. The bones were fried into a crisp snack and the organs were simmered into a stew. Even for Lā'ie who is not a seafood eater (I believe I've only seen her eat fish on one occasion years ago), she enjoyed the eel that was quite tender. If we weren't told, there were many times we smelled the cooking of eel from the streets and thought it was a tasty steak.

My personal interest has always been in the history of Japan. As a rich nation with thousands of years in its belt, there's so much to learn. One of my favorite places was actually the MOA Museum of Art. Although I'm not much of an art whiz, it was amazing to see such a collection in person. It was baffling to see the detail and intricacy of works on screens or even on boxes. Some were gilded with gold and painted with such small leaves and details in the face, it was just beyond beautiful. The best part by far was getting to see the *famous Red and White Plum Blossom*, and the *Wind God and Thunder God* pieces by Ogata Kōrin. In person, I couldn't believe it was an art piece that someone made. The strokes of the branches and brightness of the cherry blossoms almost made me think it was a print of a picture. Everything, even down to the

frames, was surprising to see for an art piece made over 350 years ago.

We also were fortunate enough to visit the Shinsenkyō Garden in Hakone. The moss garden was a delicate display of detail and simplicity. Although it was simple with only moss and trees in the main part of it, it brought a sense of grandeur that made you realize the beauty in such a simple display. Of course, my favorite part was the museum section which showcased many pottery items from the Heian, Jōmon, and Kamakura Periods. For Hawaii, our history is almost like that of a child's in comparison to Japan's. There was so much to learn and see and it was impossible to not go someplace and feel the spiritual air that was everywhere.

Overall, it's a great thing that MOA is promoting health and wellness in the community. Even at the old age of 24, I realized there are many things to consider when it comes to ensuring a healthy life for my future. One of the setbacks I've always had is an aversion to medicines/drugs. Raleigh, again, was one of the people who began to teach me about how to better myself without medicines. From pressure points to spiritual healing, it was shocking how much better I felt as I went on this journey of growth with him. And this desire to pursue healing proliferated even more when we visited the Tokyo Wellness Center. I've found myself finding more peace and relaxation in my life but also thinking carefully about my health more now than ever.

Traveling with everyone was truly a joy. I don't travel often, but I've realized that I enjoyed it most when it's with others. Lā'ie and Tiane thankfully came along, and we all got to spend lots of time with others who were thankfully very open to having us around. To hear the experiences of others on their many travels like Dick and Jan Mills who've gone on many tours with Steve, or even being taken care of by Janette who ensured we didn't get lost, we felt so comforted by them. There were many times that we found ourselves, especially in Okinawa, looking for anyone who could assist us in hailing a taxi to get back to the hotel. We couldn't have been more thankful for the experience to have learned so much, but also have so many new memories with everyone that when we look at the pictures, I can give a story for every place we went as there was not a single day that was uneventful or without knowledge.



## General Membership Meeting

**A big MAHALO  
for your support!**

**Sunday, February 16, 2025  
11:00 a.m. to 2:00 p.m.  
Toho No Hikari Social Hall  
3510 Nuuanu Pali Drive**

**Please join us! The agenda includes:**

A look back at 2024 and a look ahead to 2025 and the 2024 financial report.

**Also:**

- A healthy lunch (Organic Rainbow Veggie Sandwich or Organic Free Range Egg Sandwich—Let us know which one)
- Lots of fun and educational games and prizes
- Bring your family and friends and enjoy the afternoon with us!

**Please RSVP by calling 808-952-6900 by Saturday, February 8, 2025.**

**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.

### Nature Garden Volunteer Day, Sunday, February 16 Every 3rd Sunday from 9:00 am.

Both organic and MOA Nature Farming methods do not use pesticides and chemicals (fertilizers). Organic farming adds organic compost and nutrients constantly to produce healthy vegetables and fruits. The MOA Nature Farming method respect the soil and believe in the inherent power of the soil to produce and develop robustly on its own. Today, "organic" items are more easily obtained now at many locations. Even at the hospital, you can request fresh salad and brown rice. Who could have foreseen this happening? Actually, our MOA pioneers from the 1950s did.

Every third Sunday at the MOA Nature Garden in Nu'uuanu, volunteers come out to work with Teri June Amuro, our Nature Garden Program Coordinator. If you are interested in seeing



*Waimea Cherry Blossom  
Heritage Festival*  
WAIMEA, BIG ISLAND 2/1 (SATURDAY)

*Wahiawa Sakura Stroll*  
WAHIAWA, OAHU 2/8 (SATURDAY)



TAKE A WEEKEND GETAWAY OR A DAY TRIP AND JOIN ME TO SEE THE WAIMEA CHERRY BLOSSOM HERITAGE FESTIVAL: ENJOY THE FOOD BOOTHS, ENTERTAINMENT, AND THE FLOWERS!!!  
HOTELS ~\$200/ NIGHT  
FLIGHT ~\$150

A 1-MILE WALK AROUND WAHIAWA NEIGHBORHOOD WHILE THE CHERRY BLOSSOMS ARE IN BLOOM.  
PREORDER SAKURA MOCHI & TEA \$5



EVENTS ARE SUBJECT TO CANCELLATION DUE TO LACK OF PARTICIPANTS, WEATHER OR FLOWERS. CONTACT AISHA AT AASAMI@MOAHAWAII.ORG IF INTERESTED

### *Beauty Through the Eyes of Our Children*

36th Annual MOA Museum of Art Children's Painting Contest

**State Exhibition**

All selected paintings will be exhibited at:

**Honolulu Festival**

**Convention Center**

**March 7-9, 2025 (Friday-Sunday)**



(Information on district exhibitions and awards ceremonies pending)

Sponsors: Honolulu Mayor's Office of Culture and Arts, MOA Museum of Art (Atami, Japan), MOA Hawaii

## **Come stroll through the MOA Wellness Center Art Gallery** **February's featured artists are: Nicole Woo and Maria Guerriero**

Hawai'i-based artists Nicole Maileen Woo and Maria Cristina Guerriero are currently showcasing new works at the MOA Wellness Center. As members of Project 222, an organization promoting healthy lifestyles and creative arts through collaboration and community partnerships, both artists share a vision of elevating collective consciousness through creativity, movement, holistic healing, and nature. Their latest work explores new techniques and approaches, reflecting their artistic evolution. An opening reception will be held on Saturday, March 29, 2025 from 5:30-7:30 pm, where both artists will discuss their work.

### About Maria Cristina Guerriero

Maria Cristina Guerriero, is an artist who sees creativity as both a spiritual path and a healing tool. Working across mixed media—tile mosaics, watercolors, collage, ink drawings, and acrylic paintings—she creates vibrant, intuitive pieces infused with nature, mystical symbols, and sacred geometry. Inspired by folk, visionary, and street art, her work explores themes of transformation, unity, and the balance between the earthly and ethereal. As an advanced practice psychiatric nurse and lecturer at the University of Hawaii School of Nursing, Maria integrates therapeutic art into her work, combining guided meditation with free-form artistic expression to support healing. Trained in Reiki and energy work at the Sacred Path Healing School, she bridges art with holistic well-being.

Maria's artistic process is intuitive and fluid, embracing joy, spontaneity, and the feminine principles of receptivity and flow. Through her art, she hopes to inspire others to reconnect with their inner selves and explore limitless possibilities.



### About Nicole Maileen Woo

Nicole Maileen Woo is a multidimensional artist mama, hearthkeeper and energist. She's a Native New Yorker of African and Chinese descent. Her work has been exhibited in galleries in Los Angeles, Honolulu, New York City, and Beijing. Nicole is also a longtime teaching artist and has enjoyed working with children at organizations such as the Smithsonian, Alvin Ailey Dance Theater, and recently the Hawaii Department of Education.

*My art is an extension of my existence. I create because I must. I seek and find connections to that which animates us yet is seemingly intangible. I devoted my life to exploring and creating artistic representations of this liminal space: the spiritual expression of humanity. Using a wide range of mediums (painting, drawing, collage, assemblage, photography, and others), I continuously discover new pathways to connecting.*

*My photography is highly influenced by the French photographer Henri-Cartier Bresson and aims to capture moments of wonder and joy. In this new body of work, I've chosen to combine painting with my photographs, playing with what is real and imagined using a photo transfer process as the base image. This work is deeply meaningful and represents the innocence of presence that is felt when communing with earth: a harmonious relating with mutual love and respect displayed in the images of children at play in nature. It is my desire for my art to uplift and encourage all to strengthen their own bond between their soul and the soul of earth. —Nicole*



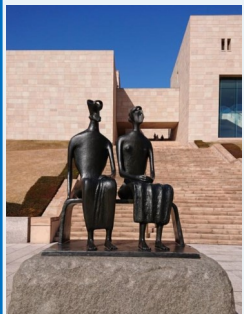
Maria and Nicole added 'MOA' energy to the Wellness Center with their exhibits, come see their beautiful pieces!

❖ All art works displayed will be available for purchase. ❖

## 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.*



This year the MOA Arts and Culture Tours to Japan is scheduled for April (10 to 24), July (3 to 17) and November (4 to 18).

The April tour will visit the Shinsenkyô garden [Hakone Museum of Art, Moss Garden and Rock Garden] in Hakone, Zuiunkyô garden [MOA Museum of Art and Crystal Hall] in Atami where Okada established his sacred grounds that include popular museums of art displaying fine Japanese art.

The rest of the tour focuses on the beautiful Hokkaido Island from Lake Toya to Noboribetsu, Asahikawa, Otaru and Sapporo. Making of ceramic and Japanese sweets. Visiting Zoo and Bear Park. Learning Sake and Beer making. Enjoying fantastic seafood of Hokkaido in addition to their popular Ramen, Soup Curry, Pork Bowl, etc. The group will also learn about the MOA "Medicine as Care" movement by visiting the Sapporo Wellness Center to experience Purifying Therapy, Single Flower Arrangement, Tea Therapy and the Healthy Food Program. Seats are LIMITED but come join us. If you have any questions, please contact Steve Ichikawa.



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

### Looking for Purifying Therapy Volunteers!

By Steve Ichikawa, Operations Manager and Purifying Therapy Section Manager

At the Wellness Center we have implemented the practice of having volunteer therapists work together with a Lead Therapist in administering Purifying Therapy. We are currently looking for Basic- and Intermediate-level certified therapists to volunteer on Tuesday and/or Thursday (morning and afternoon).

Please let Steve Ichikawa know:

- ◆ If you are interested in volunteering on Tuesday or Thursday.
- ◆ 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.

To learn about Purifying Therapy, various classes—including in-person and/or virtual educational videos—are available to fit your needs.

## MOA KOHRINKA

## *Living with Beauty Course*

Do you enjoy FLOWERS?  
Are you interested in IKEBANA (the art  
of arranging flowers)?

Information & application for MOA Kohrinka flower classes are available at the  
MOA Wellness Center Front Desk.  
Or call (808) 952-6900.

*Come and see the beautiful arrangements throughout our Center.*





Phyllis Tom, Gale Eckerd, Roy and Debbie Goshi-Otaguro made 50 New Year arrangements to have families greet 2025 with tradition.

**Special thanks to Shirlynn Dredla for allowing us to cut the bamboo on her property in Kalihi Valley.**



## MOA Nature Farming Matcha

(chemical-free powdered green tea)



MOA promotes Integrative Medicine through energy healing, healthy foods, chemical-free farming methods, flower arranging, and organic matcha green tea.

Do you enjoy Matcha?  
Have you tried Matcha?

Come join us for a matcha tea experience!  
A bowl of matcha green tea with a confectionery sweet  
\$5.00

Call the Front Desk at (808) 952-6900 to make a reservation or for more information.

### ❖ '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**

**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

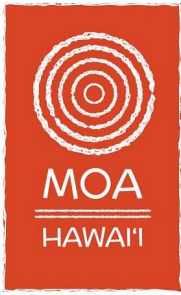
\$8 Thursdays: Feb. 6th- Grilled Chicken Feb. 13th- Garlic Shrimp

Feb. 20th- Fish Feb. 27th- Tofu Stir Fry

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

Pick-up is on Saturday, February 22nd.

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



# FEBRUARY 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: 3<sup>rd</sup> Friday of every month from 9 am to 1 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan. 26	Jan. 27	Jan. 28	Jan. 29	Jan. 30	Jan. 31	<b>1</b> ➤ 1:00 pm Tea Practice (Goshi-Otaguro) ➤ Waimea Cherry Blossom Heritage Festival (Big Island)
Kohrinka Classes on February 15 at the Toho No Hikari Social Hall will be temporarily moved to the MOA Wellness Center, 600 Queen St, parking behind the building accessed via South Street						
<b>2</b> ➤ *10:00 am MOA Hawaii Children's Painting Planning Meeting for Volunteers and Kohrinka Instructors	<b>3</b>	<b>4</b>  Tofu Poke Bowl	<b>5</b> 9-11 am MOA Hawaii Team Staff Meeting	<b>6</b> 5:00 pm MOA Hawaii Executive Committee Meeting  Lunch- Grilled Chicken	<b>7</b> 5:30 pm Okazaki / Liu Flower Class  * Feb. 8 (Sat) * Last day to RSVP for the Membership Meeting lunch	<b>8</b> ➤ *10:00 am Takane Flower Class ➤ Wahiawa Sakura Stroll (Oahu) ➤ *1:00 pm Mills / Kanno Flower Class ➤ 1:00 pm Tea Practice (Goshi-Otaguro)
<b>9</b>	<b>10</b>	<b>11</b>  Tofu Poke Bowl	<b>12</b> 6:30 pm MOA Board of Directors Meeting	<b>13</b>  Lunch- Garlic Shrimp	<b>14</b>  Valentine's Day 	<b>15</b> ➤ 10:00 am Goshi-Otaguro Flower Class ➤ 1:00 pm Nakano Flower Class ➤ 1:00 pm Tea Practice (Goshi-Otaguro)
<b>16</b> ➤ *9:00 am Nature Garden Volunteer Day ➤ *11am-2pm MOA General Membership Mtg. with Lunch and Games w/ prizes	<b>17</b> 	<b>18</b>  Tofu Poke Bowl	<b>19</b>	<b>20</b>  Lunch- Fish	<b>21</b> 9 am-1 pm Lifestyle Improvement Program	<b>22</b> ➤ 1:00 pm Tea Practice (Goshi-Otaguro) ➤ Pick-up <b>ODEN</b> orders!
<b>23</b>	<b>24</b> 6:00 pm Tom Flower Class	<b>25</b>  Tofu Poke Bowl	<b>26</b>	<b>27</b>  Lunch-Tofu Sir Fry	<b>28</b>	<b>March 1</b>



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

## BECOME A MEMBER OF MOA HAWAI'I!

**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](mailto: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](http://www.moahawaii.org). Membership is on a calendar basis. Donations are tax deductible.

<b>Name:</b>					
<b>Address:</b>					
<b>City:</b>		<b>State:</b>		<b>Zip Code:</b>	
<b>Best phone number to reach you:</b>					
<b>Email Address:</b>					
	Would you like the newsletter emailed to you? <input type="checkbox"/> Yes <input type="checkbox"/> No				
<b>Membership type (choose one):</b>	<input type="checkbox"/> Individual \$25 or	<input type="checkbox"/> Immediate Family \$50	<input type="checkbox"/> New or <input type="checkbox"/> Renewal		
<b>Payment:</b>	<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	
	<b>Name on card:</b>				
	<b>Card Number:</b>				
	<b>Expiration Date:</b>		<b>Security Code:</b>		
	<b>Your Signature:</b>				

**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 Garden 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.