

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. 600 Queen Street, Suite C-2, Honolulu, HI 96813



VOLUME 12, ISSUE 3

MARCH 2025

SPRING TIDINGS! Hope you are doing well this March!



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 quaranteed, 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 Lifestyle 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 Happenings!

MOA Hawai'i General Membership Meeting

The MOA Hawai'i Annual Membership Meeting was held on Sunday, February 16th with over 100 in attendance. MOA Hawai'i Board (MHB) President Lester Nakamura introduced all the directors and staff. Dr. Danny Asami, MHB Treasurer, gave a PowerPoint presentation of the 2024 financial report. He also acknowledged all volunteers of the past year, without whose help many programs and activities would have transpired with great difficulty. MOA Hawai'i Operations Manager Steve Ichikawa gave a review of 2024, shared the MOA 2025 objective toward the creation of a new kind of medicine, and thanked all volunteers who financially and physically supported MOA Hawai'i.

Nakamura and MOA Hawai'i Operations Manager Steve Ichikawa give their presentations. A very special mahalo! to our venerable emcee. MHB director Dick Mills, who led us through the official part of the meeting, the

ment. Everyone looked forward to lunch and happily downed the delicious fare: Chef

opening inspiration, through the meal, and the entertain-

Nao's Healing Kitchen's popular Rainbow Sandwich and Organic Free-Range Egg Sandwich, MOA Natural Foods Manager Aisha Asami's hearty vegetarian lentil soup, and oishii (tasty) carrot rice

Above, MHB President Lester

Above left front, MOA Wellness Center Front Desk Staff Charlene Gray and Laurie Ide are flanked by MOA Hawai'i Nature Farming Coordinator Teri June Amuro (back) and seated right, volunteer Sue Connor Above, Fumiko Kikuchi performs in a brightly colored kimono with her hālau, Sakura Girls.



Above top, Emcee Extraordinaire Dick Mills introduces the lively entertainment by the Sakura Girls. Below, after checking in, members are given their sandwich choice by Sue Connor. At right (going right to left), behind the scenes, Warren Shoda, Roy, Debbie, and Talia Goshi-Otaguro help Aisha Asami pack up her delicious lentil soup to serve.

(continued on page 5)

Mokichi Okada's Teachings

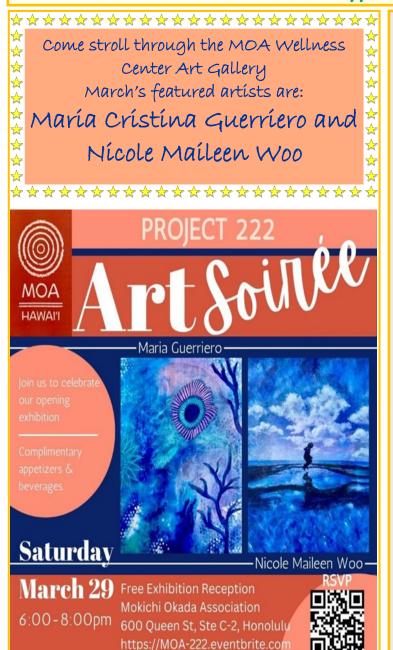
from Foundation of Paradise

It is the very mission of art to elevate man's awareness, to enrich his daily life so it is pleasurable and meaningful. When we look upon lovely flowers in spring, colorful leaves in autumn, and the beauty of the seas and mountains as seen through the eyes of and expressed by those who have artistic talents, we can gain inexpressible joy from them. (1949)

The art of living, the art of agriculture, and the art of beauty combined will result in a New Age of Light in which truth, virtue, and beauty exist in perfect balance. This is exactly what I mean when I talk about bringing the ideal world, paradise on earth, into manifestation. (1950)

In that world {Paradise on Earth}, man will be living in accord with truth, will wish only to do good deeds, and will abhor evil. Everything will be beautiful in every way, so man will naturally come to enjoy and appreciate all forms of art. The world will be one in which life itself is art, with culture developed to a tremendous degree. In other words, the New Age will be a world of art. (1951)

More Happenings at MOA!



Beauty Through the Eyes of Our Children

2025 MOA Museum of Art International Annual Children's Painting Contest Let's Celebrate the Beauty in our Lives!

Come and see paintings by children (grades K-6) from many countries and of different cultural backgrounds.

- ❖ State Hawai'i Convention Center,
 Saturday, March 8 (10am-6pm)
 & Sunday, March 9 (10am-3pm),
 1801 Kālakaua Avenue, Honolulu
 For the first time, the exhibition is being held in conjunction
 with the Honolulu Festival. The festival's theme is "Bridge
 Between Cultures." In keeping with this theme, 30 selected
 paintings from this year's MOA Museum of Art International
 Children's Painting Exhibition, 21 paintings from Honolulu's
 Sister Cities Nagaoka and Chigasaki, Art Exchange, and 84
 juried paintings from Maui and Windward, East and West
 Oahu will be displayed together.
- ❖ Windward and East Honolulu Toho no Hikari, Sunday, March 30, 10am-2pm, 3510 Nu'uanu Pali Drive, Honolulu
 ❖ Central and West Oahu Leeward Community College, Sunday, April 6, 10am-2pm, 96-045 Ala 'Ike Street, Pearl City
 ❖ Maui Queen Ka'ahumanu Center, Saturday, April 19, 10am-2pm, 275 West Ka'ahumanu Avenue, Kahului, Maui

<u>Looking for Purifying Therapy Volunteers!</u> 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 Tuesdays and Thursdays mornings. Please let Steve Ichikawa know:

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

Please call me at (808) 222-2183 or email: <u>stevetichikawa@moahawaii.org</u> to find out how we can help you (help us).

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.



MOA HAWAII

MOA provides the Okada Health and Wellness Program at the Wellness Center centered on Purifying Therapy as our Lifestyle 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)

March			MOA Board of Directors Election			
March 2	Sunday	9:00 am	Arts and Culture Instructors Meeting			
March 8	Saturday	10am-6pm	State Children's Painting Exhibit in conjunction with the Honolulu Festival at the			
March 9	Sunday	10am-3pm	Honolulu Convention Center.			
March 29	Saturday	6pm-8pm	Art Soirée Reception for Maria Cristina Guerrero and Nicole Maileen Woo, MOA A Gallery			
March 30	Sunday	9am-12N	MOA Wellness Center Clean-up			
March 30	Sunday	10am-2pm	Windward and East Honolulu Districts Children's Painting Contest Exhibits at To no Hikari, 3510 Nu'uanu Pali Drive, Honolulu			
April 6	Sunday	10am-2pm	Central and West Oahu Districts Children's Painting Contest Exhibit at Leeward Community College, 96-045 Ala 'Ike St., Pearl City			
April 10-24			Study Tour to Japan (15 days/13 nights)			
April 19	Saturday	10am-2pm	Maui District Children's Painting Contest Exhibit at Queen Ka'ahumanu Center, 275 West Ka'ahumanu Avenue, Kahului, Maui			
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 Donation 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			

More MOA Happenings!

In Sakura Heaven on the Big Island By Jennifer Terukina

Sakura Heaven is how I would describe the trip to the Waimea Cherry Blossom Festival organized by Aisha Asami (MOA Natural Foods Program

Manager). I've always loved flowering trees in the spring, so when I learned about Aisha's trip to Waimea, I was excited. Besides myself, travelers included Aisha, her husband, Danny, her mother, Debbie, and my Roosevelt High School classmate, Gayle Yamami.

Alton Higaki's family in Hilo received some of the group's floral bounty and made a beautiful Kohrinka arrangement for their altar.

Rolling hills, lush pastures, and grazing cattle surround Waimea. The festival events took place at several locations spread around this paniolo town. Many took advantage of the shuttle bus service but we chose to walk. The cherry trees were not in full bloom, but Debbie knew of an area where cherry branches were sold. The branches, thick with blossoms, were beautiful and would be perfect for our flower arrangements. After

You can barely see Jennifer through the blanket of blossoms!

purchasing our branches and storing them in the car, we split up to explore on our own. We spent the day enjoying the cooking demonstrations, mochi pounding (and eating fresh mochi), craft booths, food booths, hula, bonsai, vocal groups, grilled abalone, taiko drumming, etc. We missed the lion dancing, bon dancing, art exhibit, Urasenke tea ceremony, and much more. Next year I would like to visit the historic homes and churches. By the time the Festival ended at 3 pm, I was amazed at how much I had seen and experienced. By coincidence, we had dinner at MOA (Chicken) Kitchen! My misoyaki butterfish was excellent!

The next day the Sakura branches were placed in the back seat of the car next to me for the trip back to Hilo. I was truly in Sakura Heaven! Being surrounded by the lovely blossoms was definitely one of the highlights of my trip. Along the way, we stopped at a local farmers's market in Honokaa, which offered a bounty of local fruits and vegetables plus Hamakua chocolates and macadamia nuts. One of the vendors had a vegan curry and chickpea tikka masala over quinoa, which was my choice. It was delicious! Next we stopped at the stunning Kolekole Beach Park, which is in a gulch where Kolekole Stream meets the rugged coastline. The vegetation was lush and the stream, filled with smooth river rock, was picturesque. Our last stop was the well-



known Akaka Falls, which was majestic, and at 442 feet it did not disappoint. Back in Hilo, Gayle and I had a short Kohrinka session with Debbie before catching the flight back home. When I carried my branches of cherry blossoms home, there were many admirers among the Hawaiian Airlines crew, and the people in the elevator of my condo.

It has been almost two weeks since that memorable weekend and new blossoms are still opening up on the branches. The delicate beauty of the blossoms have given me so much joy. In addition, visions of the Festival and the natural beauty of the Big Island still come to mind. Many thanks to Aisha, Danny, and Debbie for making this trip possible!

Happily carrying their bundles of beautiful cherry blossom branches! Back row: Danny Asami, Jennifer Terukina, and Gayle Yamami. Front row: Debbie Goshi-Otaguro and Aisha Asami,

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.

In aiming to create a New Civilization as our ultimate goal, 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 togeth-

er, the beauty of Japan, fine arts and culture, HOT SPRINGS, Japan's famous omotenashi (hospitality), and EXCELLENT FOOD.

This year the MOA Arts and Culture Tours to Japan are 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 and the Zuiunkyô Garden [MOA Museum of Art and Crystal Hall] in Atami where Okada first established his Sacred Grounds.

The rest of the tour focuses on beautiful Hokkaido Island—Lake Toya to Noboribetsu, Asahikawa, Otaru and Sapporo. Activities include making ceramic and Japanese sweets, visiting a zoo and bear park, and sake and beer making. The group will enjoy the fantastic seafood of Hokkaido in addition to its 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. Do come join us.

Jennifer Terukina, who is overcoming various issues and has participated on all five tours since November 2022, stated, "After my conversation with Steve regarding life-changing events, I started thinking about his trips and how they changed my life. He reopened up the world to travel to me when I thought it was no longer possible. I've met wonderful people while on the trips and have had many amazing adventures. I've become more involved with MOA and its superb programs. I'm healthier and very thankful."

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



MOA Hawai'i General Membership Meeting (Continued from page 1)

Above, Shirley Mayeda, Janette Lee, and Jan Mills were three of over 100 MOA members who were in attendance.

by Steve Ichikawa. A variety of 'ono desserts were made by MHB Secretary Dawn Kanno and Jan Mills and the refreshing drinks were provided by Healing Kitchen (lemon-infused butterfly pea tea) and Jeff Eckerd (freshly roasted coffee).

During lunch the lovely Sakura Girls Hula Hālau, of which our own Mrs. Fumiko Kikuchi is a dancer, performed two lively numbers—dancing hula to nostalgic Japanese songs.

MHB Vice-President Shawn Hamada and Anna Kim, with the adept Caller, Kalen Hamada, conducted several exciting rounds of bingo (so

there were many happy winners!). The bingo cards were cleverly comprised of terms unique to MOA! And like last year, they used elbow macaroni for the markers! The bingo and door prizes, such as MOA organic items like rice, tea, and sweets,

were once again generously donated by the Hamada family. Everyone received a bag of taro chips donated by Nakata Electric. Brian Nakano made lovely single flower (tulip) Kohrinka arrangements, which were given to those who didn't win anything.

It was heartwarming to see everyone having a grand time enjoying themselves! The connection between old and new friends made it all the more memorable.

A heartfelt "thank you!" to everyone who contributed to making this such a fun and outstanding meeting!



Immediate right, Jane Honda and Jean Hasegawa. Far right, Olivia and Robert McAllister.



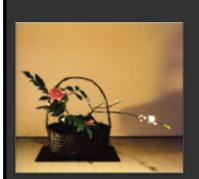




Nature Garden Volunteer Day Sunday, March 16th from 9 a.m. Every 3rd Sunday from 9 am.

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

Volunteers are welcome to come out to work with our Nature Farming Program Coordinator Teri June Amuro. If you are interested in seeing what they do and/or want to volunteer, please contact Teri at (808) 497-8538.



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.

♦ 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-\$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 ORGANIC (FREE RANGE) EGG SANDWICH-\$5
TOFU CREAM CHEESE-\$4
EGAD (ACM SET 11: 27) BIG RAINBOW SALAD (HALF)-\$8 MAC NUT PESTO-\$6 KINAKO BLISS BALL-\$5

ORGANIC JUICE APPLE CIDER VINEGAR (ACV) DRINK (HIBISCUS OR LILIKOI)-\$6

ORGANIC COLD PRESSED JUICE-\$9 CALAMANSI APPLE CIDER VINEGAR DRINK-\$6 FRESH ORANGE JUICE-\$3 SANNEN BANCHA TEA-\$3 NONI w/ACV CALAMANSI

NONI w/ACV CALAMANSI SHOT-\$3

(Please return the Mason jars, thank you!)

♦Healthy Lunches made by MOA Healthy Food Advocates!

On Tuesdays - \$6 Tofu Poke Bowl

\$8 Thursdays: Mar. 6th-Chicken Mar. 13th-Shrimp

Mar. 20th-Fish Mar. 27th-Tofu Stir-fry

♦ ODEN is available for \$5. Please let the Front Desk know asap to guarantee your order! Pick-up is on Sat. 3/22. ♦ Note: menus and availability can be subject to change without notice.



3/30 is a 5th Sunday & that's our time to scrub & scour OUR Wellness Center 'til it's spic & span! Won't you join us? 9:00 am-12 noon Many hands make short work.



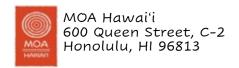
600 Queen Street #C-2, Honolulu, HI 96813 \diamond Phone (808) 952-6900 \diamond Fax (808) 566-6911 Email: info@moahawaii.org \diamond Website: www.moahawaii.org



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			
Feb. 23	Feb. 24	Feb. 25	Feb. 26	Feb. 27	Feb. 28	1			
V									
	Exhibit at th	e Honolulu Co	nvention Cen	6 5:00 pm MOA Exec. Comm. Meeting Lunch-Chicken dren's Painting ter during the		8 >*10:00 am Takane Flower Class >10am-6pm MOA Children's Painting State Exhibit at Hawaii Convention			
9 10am-3pm MOA Children's Painting State Exhibit at Hawaii Convention Ctr.	10	1 1 Tofu Poke Bowl	12 6:30 pm MOA Board of Directors Meeting	13 Lunch-Shrimp	14	Tenter 15 >*9:00 am Goshi- Otaguro Flower Class >*1:00 pm Nakano Flower Class >1:00 pm Tea Practice (Goshi-Otaguro)			
16 *9:00 am Nature Garden Volunteer Day	Tom Flower Class St. Patty's Day	18 Tofu Poke Bowl	19	20 Lunch-Fish	2 1 9 am–1 pm Lifestyle Improvement Program	22 >1:00 pm Tea Practice (Goshi-Otaguro) >Pick-up ODEN orders!			
23	24	25 Tofu Poke Bowl	Prince Jonah Kühiö Kalanian'ole Day	27 Lunch-Tofu Stir-fry	28	29 ➤1:00 pm Tea Practice (Goshi-Otaguro) ➤6:00-8:00 pm Reception for Art Exhibit featuring Maria Cristina Guerriero and Nicole Maileen Woo			
30 >9am-12N Wellness Center Clean Up >* 10am-2pm MOA Children's Painting Windward/ East Honolulu Districts Exhibit	31	April 1	April 2	April 3	April 4	April 5 [April 6 10am-2pm MOA Children's Painting Central and West Oahu Districts Exhibit at Leeward Community College.]			



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	☐ Individual \$25 or ☐ Immediate Family \$50 ☐ New or ☐ Renewa					or 🗖 Renewal			
Payment: Check Enclosed, payable to MOA Hawaii, or									
☐ Charge my Credit Card: ☐ VISA ☐ MasterCard ☐ AMEX								AMEX	
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BECOME A MEMBER OF MOA HAWAI'I I

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 other friends of MOA who are dedicated volunteers.