



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

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MAY 2025



HAPPY MAY! 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 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 HAWAII CHILDREN'S PAINTING CONTEST AWARDS CEREMONIES

East Oahu/Windward District Awards Ceremony on March 30, 2025



Sailing by Makaira Pollock

'Āina Haina Elementary, Grade 5. Honolulu Mayor's Award, Best of Show – East Oahu/Windward



Above, Emcee, Denise Liu announces the winners. Middle, attendees enjoy the award ceremony.



Above, Wendy Fujimoto serves tea in the MOA Bontemae style of tea ceremony.

Reception at the MOA Hawaii Gallery for Maria Cristina Guerriero and Nicole Maileen Woo

Healing Through Art: MOA Hawaii & Project 222 Collaboration

On March 29, 2025, MOA Hawaii hosted a heart-opening evening of art and healing in collaboration with Project 222. Artists Nicole Maileen Woo and Maria Cristina Guerriero led an inspiring artists reception, bringing the community together to share beauty and creativity. Project 222 fosters artistic collaborations that promote well-being, while MOA, guided by Mokichi Okada's philosophy, honors art's ability to uplift the spirit



Left to right,
Maria Cristina Guerriero
and Nicole Maileen Woo.



Nicole and Maria are flanked
by MOA Directors Dawn
Kanno and Shawn Hamada.

and cultivate peace. This event created a sacred space for artistic expression and connection. Nicole's works integrate nature, family, joy, and energy as a pathway to liberation. Maria's art embodies spontaneity and playfulness, embracing flow over rigidity. Both see creating art as holy. Nicole and Maria extend

(Continued on page 3)

(continued on page 6)

Mokichi Okada and Health

Booklet 2 from Pan-American MOA Foundation *Ni Tsuite No Giseki* (English edition, January 2005)

His Achievements Regarding Food and Diet (pages 16-17)

One day in 1941, Mokichi Okada called a man to his cottage, *Fujimitei* [Cottage with a View of Mt. Fuji], and asked him, “**Do you have farming experience?**” The man answered, “[No, but] I know how to use a hoe at least from watching and imitating others.” Okada said, “**A novice is best. Carry on** [the vegetable cultivation] **and report to me.**” Thus, Okada put [Mr.] Okaniwa’s successor in charge [of vegetable cultivation].

The new person-in-charge cultivated a rice paddy in marshy ground and planted rice plants. He grew vegetables like eggplant and cucumber, relying on natural composts like fallen leaves in the vegetable garden. As he made each report to Okada and received instructions, the man worked devotedly and was able to produce considerable results.

Through such results, Okada further deepened his confidence that anyone, regardless of previous experience, could produce a reasonable yield if he practiced Nature Farming with a clean slate.

Thus, relying on his new agricultural method, Okada continued experiments and research over several years on various crops including flowering plants, fruits, vegetables, paddy-rice plants and wheat, and soybeans. In addition to entrusting his work to his close assistants, Okada occasionally took a shovel in hand and got covered with dirt himself. At first, Okada’s wife, Yoshi, inadvertently failed to notice him giving undivided attention to testing soil compaction, checking the condition of crop growth, and so on. Before long; however, she began to sense in his demeanor that he might have some special plan [in researching farming]. Every day, Okada was concentrating all his energies and throwing himself into supervision of the cultivated fields and vegetable garden. At every meal, as he helped himself to dishes on the table, Okada asked, “**This was grown without fertilizer. How do you like it? It is delicious, isn’t it?**” From the pride expressed in Okada’s words, Yoshi realized the true significance of his new agricultural method for the first time.

Every Year, the rice and vegetables harvested at the Hôzansô [Treasure mountain Villa] farm improved in quality. Okada substantiated the true value of this agricultural method, but, in those days, there were only a few members of farming households and there was virtually no one to practice it. A close assistant of Okada’s...happened to be the daughter of Kanzo Wakatabe, who was engaged in farming in Tochigi Prefecture. Okada recommended fertilizer-free cultivation to him. He implemented it promptly and received favorable results for the most part. Hearing this strengthened Okada’s conviction considerably more.

In May 1944, about a year before the end of World War II, Okada moved to Hakone. After that, he acquired land adjacent to his residence and continued his experiments in fertilizer-free cultivation. It was what is called unproductive soil that was full of rocks. However, crops were excellent both in quality and quantity. Moreover, wonderful results were shown in improvements with each year. Looking at these facts, the number of members switching to fertilizer-free cultivation increased gradually. [Originally from *Light from the East*, Vol. 2]

Nature Garden Volunteer Day Sunday, May 18th 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.

JIMAMI TOFU \$3

Jimami Tofu is made from peanuts and has a nice nutty flavor! Historically, it was a dish prepared for the Okinawan royal court, now it’s a popular local dish found at Izakaya restaurants across Okinawa and in Kagoshima on Kyushu.

Popular toppings are soy sauce + wasabi or grated ginger, sweetened soy sauce, salty umeboshi (pickled plum), etc.

Please enjoy the taste of royal luxury!!!



Our Jimami Tofu contains...

- Peanuts
- Potato starch
- Tapioca flour
- No Artificial ingredients

More MOA Happenings!

MOA HAWAII CHILDREN'S PAINTING CONTEST DISTRICT EXHIBITS (continued from page 1) East Oahu/Windward District Awards Ceremony on March 30, 2025 at Toho no Hikari



Scan this QR Code for the awardee names and their artworks by district.



To the left, attendees could create their own single flower arrangement and learn about MOA Nature Farming methods. Below, Hideko Toshimi checks the students in.



MOA Purifying Therapy was administered to any interested persons. Therapists: standing on the left, Jeffrey Okazaki, and sitting on the right, Sage Kanemaru.



West Oahu District Awards Ceremony on April 6, 2025 at Leeward Community College



At left, Leeward Chancellor Dr. Carlos Peñaloza welcomed everyone to the venue. He spoke of how the arts are important in helping children learn in their own way, to be better communicators and critical thinkers. His daughter, Fiorela's work, "The Pool Table," was selected for the exhibition.



Above, Serena Calizo, Gr. 1 at Momilani Elementary, receives her award for *The Rainbow Hat*, Best of Show – West Oahu and Nagaoka Mayor's Award

At right, a student makes a flower arrangement to take home.



Above, Emcee Dawn Kanno and MOA Arts & Culture Program Manager Roy Goshi-Otaguro. Roy explained how Mokichi Okada felt that the arts should be viewed by the public, which was the impetus for his efforts to collect artworks during and after WWII. Roy gave background on the program's sponsor, the MOA Museum of Art in Atami, and how even Japan's Prime Minister supports this Program.

Maui District Awards Ceremony on April 19, 2025 at Queen Ka'ahumanu Center



Above and at left, *Ma Ka Wao Akua* by Kemakani Roros, Kula Kaiapuni o Maui ma Pā'ia, Grade 5, Best of Show - Maui



Kemakani enjoys art. When she sketches and then adds color, her art becomes vibrant and alive bringing her joy and making her happy. That's why she's enjoyed art since she was little. She had always wanted to be in an art show or competition and grabbed the opportunity to enter our children's painting contest and is extremely pleased with the results. She was inspired to draw her subject because it was a place where her mother used to swim when she was younger. She hopes to promote art for generations to come.



Above, happy awardees! At left, Emcee Norman Oshiro gives the audience background on the Children's Painting Program and announced the winners.

2025 Special Arts and Culture Study Tours to Japan with Steve Ichikawa

(as of March 1, 2025 – subject to change without notice)

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 on every tour! Repeaters 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 together, the beauty of Japan, fine arts and culture, HOT SPRINGS, Japan's famous *omotenashi* (hospitality), and EXCELLENT FOOD.

July 3 - July 17 (15 days/13 nights) - Beautiful Hokkaido ONLY A FEW SLOTS LEFT!!!

Visit the Shinsenkyô garden (National Place of Scenic Beauty) and the Hakone Museum of Art in Hakone and the MOA Museum of Art in Atami (in 2023, the Museum was chosen as the “*too beautiful art spot*” on TikTok by 180,000 young people in Japan). In addition to viewing the fine arts collected by Okada (loved by all ages) we'll visit/see/experience many other locations: *Noboribetsu, Hell Valley, Bear Park, Hokkaido Art Hall (Sapporo Wellness Center), (dress up in kimono for a photo at the Edo Museum, Toya Lake, fireworks, Mount Usu, Silo Observatory, Ice Pavilion with its coldest temperatures, Blue Pond, Patchwork Hills, Tomita Farm, Sapporo Beer Factory or Nikka Whisky Brewery, etc. Enjoy a ceramic experience in Asahikawa and the fantastic seafood. Optional: attend a baseball game at Escon Field (Nippon Ham Fighters against Osaka Orix Buffaloes), visit Otaru and the Music Box Museum, etc.*

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

Hokkaido



Ice cream and fruit parfait



Grilled hokke mackerel is as juicy and as large as a person's face



Shikisai Hills



Arashiyama Miracle Zoo



Bear Farm



Hokkaido is the home of good Ramen



Seafood Bowl



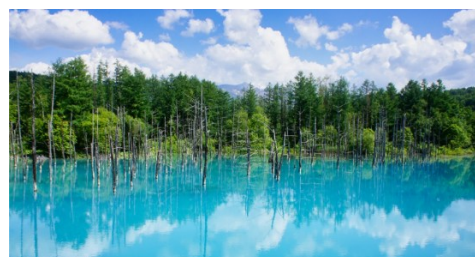
Soup Curry



Baseball game at the most beautiful ballpark of the World Fighters vs Buffaloes



Blue Pond



Tomita Lavender Farm



2025 Special Arts and Culture Study Tours to Japan with Steve Ichikawa

(as of March 1, 2025 – subject to change without notice)

Photos of Hokkaido Specialties and Scenic Areas, continued.

All you-can-eat buffets, including ikura and crab



Fireworks



Sapporo Odori Park



Silo Observatory



Hot spring view of Toya Lake



Fresh ika (squid) somen style sashimi



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)

May			Mother's Day Flower Arrangement Orders [so sorry, this has been cancelled]
Now to July 19th			Accepting donations for August Rummage Sale. [See page # for details.]
June 1	Sunday	9am-1pm	MOA Plant Sale & MORE at Toho No Hikari (Nature Garden) [*need help]
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

Heartfelt 

THANKS TO ALL OF YOU who gave your precious time to ensure that the MOA Children's Painting events went smoothly and were enjoyed by all! We could not have done this without YOU!!

More MOA Happenings!

Reception for Maria Cristina Guerriero and Nicole Maileen Woo at the MOA Hawaii Gallery (continued from page 1)

their heartfelt gratitude to Project 222 Director Bill Yarian and MOA's Steve Ichikawa and its members for their support. Special thanks to Zahava Czara for originating the collaboration and assisting with the process. Appreciation for Project 222 co-directors, and Dr. Barbara Melamed, MOA Hawaii General Manager Takemasa Kawai, and MOA Natural Food Manager Aisha Asami for their support. We thank MOA directors Dawn Kanno, Shawn Hamada, and family for their beautiful lei.



Note: These talented artists will be participating in the Haleiwa Arts Festival June 21 & 22. This is a vibrant celebration of art and culture held annually on the North Shore. Stay tuned for future Project 222 artists events!

2025 Special Arts and Culture Study Tours to Japan with Steve Ichikawa

(as of March 1, 2025 – subject to change without notice)

Nov 4 - Nov 18 (15 days/13 nights) – Beautiful Toyama, Niigata, Gunma and Osaka

Visit, in Hakone, the Shinsenkyô Garden (National Place of Scenic Beauty with the amazing fall colors of the maple trees) and the Hakone Museum of Art, and in Atami, the MOA Museum of Art in Atami (in 2023, the Museum was chosen as the “*too beautiful art spot*” on TikTok by 180,000 young people in Japan). In addition to viewing the fine arts collected by Okada that are loved by all ages, we'll visit the Tokyo Wellness Center (the only location certified as a social model and medical model of Integrative Medicine) and many other places—including Osaka and notably, *NY Times* “*Must Visit Toyama*”: *Toyama Seafood, Unazuki Hot Springs, the beautiful fall colors of Niigata prefecture with so-called best rice of Japan and sake/rice crackers, the land of Gold–Sado Island, a hot springs town in Gunma prefecture. We'll enjoy specialty foods like konnyaku.* If you are interested, please call Steve Ichikawa at (808) 222-2183 or email: stevetichikawa@moahawaii.org

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 and are subject to availability).

\$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

June 29, August 31, and November 30

Extended Care (by appointment)

Wednesday s 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

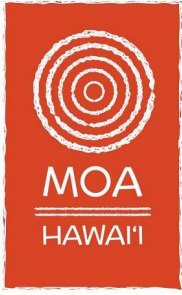
Third Sunday of each month at Toho no Hikari

9:00 am

Wellness Center will be closed on the following holidays:

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)

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.





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 Email: info@moahawaii.org ✧ Website: www.moahawaii.org

MAY 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
April 27	April 28	April 29	April 30	1 5:00 pm MOA Executive Comm. Meeting Lunch-Grilled Chicken 	2 5:30 pm Okazaki / Liu Flower Class	3 *10:00 am Nakata / Hamada/Kanno Flower Class
4	5	6 Tofu Poke Bowl	7 9-11 am MOA Hawaii Team Staff Meeting	8 Lunch-Garlic Shrimp	9	10 ➤*10:00 am Takane Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
11 	12	13 Tofu Poke Bowl	14 6:30 pm MOA Board of Directors Meeting	15 Lunch-Fish	16 9 am–1 pm Lifestyle Improvement Program	17 ➤9:00 am Goshi-Otaguro Flower Class ➤1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
18 *9:00 am Nature Garden Volunteer Day	19 6:00 pm Tom Flower Class	20 Tofu Poke Bowl	21	22 Lunch-Tofu Stirfry	23	24 ➤1:00 pm Tea Practice (Goshi-Otaguro) ➤Pick-up ODEN orders!
25	26 	27 Tofu Poke Bowl	28	29 Lunch-Fish	30	31 *9 am Help set-up for Sunday's Plant Sale & More! (6/1). 

Requesting help for 6/1 plant sale: pricing, weeding, etc. Contact Teri 808.497.8538.

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

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



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

BECOME A MEMBER OF MOA HAWAII !

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 other friends of MOA who are dedicated volunteers.