



## 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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JUNE 2025



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

## MOA Happenings!

### The MOA Youths' OPT Day



On Sunday, April 6th from 9 a.m. to noon, we made a difference. Normally "experienced" older therapists offer Purifying Therapy at the Wellness Center but on that day 4 young therapists, Shannon and Sage Kanemaru, Karli Hamada, & Fay Ichikawa (in photo above) were available to administer Purifying Therapy. They worked on a whopping 14 clients, yielding very positive results. Some clients came to try the therapy for the first time.

Go Karli, Fay, Sage, and Shannon!



### April Arts and Culture Tour to Japan

Although the tour was reduced by half due to cancellations, the group of 7 received extra special care from Steve Ichikawa with the *akarui* (happy and bright) help of veteran MOA tour participants, Christine Kanemaru and Ogi Matsubara. In fact, Mokichi Okada's vision to help others and create families filled with beauty was easily met on the first night! It started when, prior to boarding, their



The group stands below Atami's Crystal Hall that overlooks Sagami Bay atop a hill profuse with blooming azaleas.



Dean and Christine Kanemaru made their very own wagashi sweets.

plane to Hokkaido was hit by lightning! As the 2nd plane was being prepared for boarding, it was also struck by lightning! And after a three-hour delay, the 3rd plane they boarded finally arrived in Hokkaido at 11 pm. Did anyone complain? Absolutely not, thanks to Christine who animatedly entertained the group with jokes and regaled

(continued on page 2)

## Happy 108th Birthday to Mrs. Fujie Inouye



Our member Mrs. Fujie Inouye officially turned 108 years old on April 12<sup>th</sup>. She celebrated this milestone on Saturday, April 19<sup>th</sup> surrounded by family, friends, including Lt. Gov. Sylvia Luke (at left). Born in Kealahou Kona, Mrs. Inouye was the oldest of nine children and worked on her family's coffee farm. Her family said her secrets to long life are a healthy diet rich in veggies & fish, very little medication, and a daily dose of soap operas including, "Young and the Restless" and "Days of Our Lives." [photos thanks to Patty Low and Norman Inouye.]



## April Arts and Culture Tour to Japan (continued from page 1)



them with many stories.

Among the many things they experienced, they discovered that the tofu sections in Japanese supermarkets have a type called "Beyond Tofu" that has flavors such as sea urchin (uni), etc.!

First time participants Mike and Karen Wong of Kona:

*The MOA Arts and Culture Study Tour to Japan was an amazing adventure. It was extremely well organized, and Steve Ichikawa provided incredible experiences for everyone. From the beautiful hotels, scrumptious buffets, relaxing hot springs and massages, excellent shopping opportunities to the wonderful sights and activities, this trip encompassed everything.*

*The highlight of the trip was visiting Shinsenkyo in Hakone, Zuiunkyo in Atami, and the MOA Wellness Center in Sapporo. Offering prayers in the new Ancestral Hall and at Mokichi Okada's mausoleum in Hakone, visiting the amazing MOA Museum of Art and the Crystal Hall in Atami were all incredible experiences. The views and beautiful gardens were simply breathtaking.*

*We highly recommend this Study Tour with Steve Ichikawa and look forward to participating in it again.*

Above: Mike and Karen Wong stand in front of the MOA Museum's King and Queen statue by Henry Moore. Below Ogi and Carl Matsubara pose in front of a giant crab, and at right: Steve Tomino enjoys a leg of king crab, a Hokkaido specialty!



True words, the group thoroughly enjoyed this tour that included Hokkaido.

## 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

Tour includes: 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](mailto:stevetichikawa@moahawaii.org)



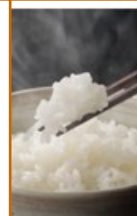
Above: Fall colors in the Toyama Unazuki Hot Springs area.

At right: UNESCO World Heritage Site, Sado Island Gold Mine.



#### **Shiro Ebi**

A rare species that makes its home in Toyama Bay, shiro ebi or white shrimp are famous for their delicate flavor and refined sweetness. They are delicious as sashimi or sushi, or topping a fresh bowl of rice.



#### **Koshihikari Rice**

Koshihikari is one of Japan's premier varieties of rice, and is said to taste different from region to region. Niigata is a prime grower of this strain, which is famous for its pearly look and rich aroma.



#### **Sake**

Japan's national beverage, known locally as nihonshu, has a rich history and a spectrum of flavors similar to wine. With its cold winters and temperate summers, Niigata produces some of Japan's finest nihonshu.



## More MOA Happenings!

### MOA Flower Circle at the Lanakila Volunteer Appreciation Day

MOA Hawai'i was asked by Suzanne Chun Oakland, Program Director of the Lanakila Multi-Purpose Senior Center (LMPSC), which is managed by the Catholic Charities Hawai'i, to help them show their appreciation to their hundreds of volunteers at the LMPSC's luncheon on April 16, 2025. The flower circle activity proved to be very popular and our team was kept busy until the end.



MOA Volunteers, front row, left to right: Judy Shaw, Jeff Okazaki, Frances Okazaki, Phyllis Tom, Suzanne Chun Oakland (LMPSC Program Director), Roy Goshi-Otaguro, a Lanakila Volunteer, and Teri June Amuro. Back row, left to right: Debra Goshi-Otaguro and Talia Goshi-Otaguro.



MOA volunteers and attendees at the MOA Flower Circle section.

### 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)*



Now to July 19th			Accepting donations for August Rummage Sale. [See calendar, page 5, for details.]
June 1	Sunday	9am-1pm	MOA Plant Sale & MORE-Youth carwash @Toho No Hikari (Nature Garden) <b>[*need help, please!]</b>
June 1	Sunday	9:00 am	Arts and Culture Instructors Meeting
June 29	Sunday	9:00 am	Wellness Center Clean-up <b>[*]</b>
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) <b>[*]</b>
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) <b>[*]</b>
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

## ❖ '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.

**BIG RAINBOW SALAD (HALF)-\$8**   **MAC NUT PESTO-\$6**   **ORGANIC (FREE RANGE) EGG SANDWICH-\$5**  
**KINAKO BLISS BALL-\$5**   **TOFU CREAM CHEESE-\$4**

**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 SHOT-\$3**

(Please return the Mason jars, thank you!)

### ❖ Healthy Lunches made by MOA Healthy Food Advocates! ❖

**\$3 Jimami Tofu**

**On Tuesdays - \$6 Tofu Poke Bowl**

**\$8 Thursdays: 6/5-Grilled Chicken 6/12-Garlic Shrimp 6/19-Fish 6/26-Tofu Veggie Stir-fry**

❖ **ODEN is available for \$5. Please let the Front Desk know asap to guarantee your order! Pick-up is on Sat. 6/28.** ❖

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

From Na'o Leonard from HEALING KITCHEN.

First, I really want to say, Thank you and I really appreciate everyone at the MOA Wellness Center.

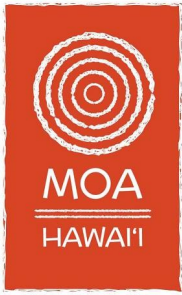
Jennifer Terukina, a super active member of MOA Hawai'i, introduced me to MOA and Steve Ichikawa. Connecting to all good people made me want to come here, and I was given the opportunity to serve food at the MOA Wellness Center.

After Covid, thinking about my fur-son Bradley, I started my own company, micro-bubble baths for pets. I always wanted to be a vendor at the farmers markets, so I created my Rainbow Sandwich. This was perfect—working for animals and humans. I'm so happy to be at the MOA Wellness Center providing a new kind of caring medicine for YOU. Mahalo for supporting me.



**6/29 is a 5th Sunday & that's our time to scrub & scour OUR Wellness Center 'til it's spic & span!**  
**9:00 am-12 noon.      Won't you help us?**

<p><b><u>Lifestyle Improvement Program</u></b> (by reservation)  <b>Okada Purifying Therapy and Flower &amp; Tea</b>  (includes lunch)  Third Friday of each month  9:00 am – 1:00 pm</p>	<p><b><u>MOA Healthy Food Program</u></b>  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 4<sup>th</sup> Saturday.  (Refer to the MOA monthly newsletter and calendar for updated selections.) Pre-ordering is recommended.</p>
<p><b><u>Continuous Care</u></b> (by appointment)  Tuesdays, Thursdays, and Saturdays  9:00 am – 5:00 pm</p>	<p><b><u>MOA Wellness Center Clean-up Day 5<sup>th</sup> Sunday</u></b>  June 29, August 31, and November 30</p>
<p><b><u>Extended Care</u></b> (by appointment)  Wednesday s and Fridays  9:00 am – 1:00 pm</p>	<p><b><u>Wellness Center will close at noon on the day before Thanksgiving, Christmas, and New Year's:</u></b>  November 26, December 24, and December 31</p>
<p><b><u>MOA Nature Garden Volunteer Day</u></b>  Third Sunday of each month at Toho no Hikari  9:00 am</p>	<p><b><u>Wellness Center will be closed on the following holidays:</u></b>  1/1 (Wed), 1/2(Th), 7/4 (Fri), 11/27 (Th), 11/28 (Fri), 12/25 (Th), 12/26 (Fri), 1/1/26 (Th), 1/2/26 (Fri)</p>
<p><b>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.</b></p>	



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# JUNE 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
<b>1</b> *9 am—1 pm MOA Plant Sale & More! Along w/the Youth Car Wash 	<b>2</b>	<b>3</b>  Tofu Poke Bowl	<b>4</b> 9-11 am MOA Hawaii Team Staff Meeting	<b>5</b> 5:00 pm MOA Executive Comm. Meeting  Lunch-Grilled Chicken	<b>6</b> 5:30 pm Okazaki / Liu Flower Class	<b>7</b> *10:00 am Nakata/Hamada/Kanno Flower Class
<b>8</b>	<b>9</b>	<b>10</b>  Tofu Poke Bowl	<b>11</b> 6:30 pm MOA Board of Directors Meeting King Kamehameha Day	<b>12</b>  Lunch-Garlic Shrimp	<b>13</b>	<b>14</b> ➤*10:00 am Takane Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
<b>15</b> *9:00 am Nature Garden Volunteer Day	<b>16</b> 6:00 pm Tom Flower Class	<b>17</b>  Tofu Poke Bowl	<b>18</b>	<b>19</b>  Lunch-Fish	<b>20</b> 9 am—1 pm Lifestyle Improvement Program	<b>21</b> ➤*9:00 am Goshi-Otaguro Flower Class ➤*1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
<b>22</b>	<b>23</b>	<b>24</b>  Tofu Poke Bowl	<b>25</b>	<b>26</b>  Lunch-Tofu Stir-fry	<b>27</b>	<b>28</b> ➤1:00 pm Tea Practice (Goshi-Otaguro) ➤Pick-up <a href="#">ODEN</a> orders!
<b>29</b> 9:00 am Wellness Center Clean-up! 	<b>30</b>	<b>July 1</b>	<b>July 2</b>	<b>July 3</b>	<b>July 4</b> = <b>CLOSED</b> =	<b>July 5</b>
Doing some cleaning? Down-sizing? Save for our Rummage Sale! We are welcoming gently-loved clothing, knick-knacks, toys/games/puzzles, things that can be carried by a single person., small appliances that work. Thus, we won't accept beds, dining room tables, large furniture. Drop off at: MOA Wellness Center or Toho No Hikari Church (3510 Nuuanu Pali Drive). Last drop off is by 3 p.m. on Saturday, July 19th. The Sale is Saturday, Aug. 2nd from 9 am to 1 pm at Toho no Hikari.						

“\*” 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](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 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. **A HUGE MAHALO to the numerous friends of MOA who are dedicated volunteers, including for this Newsletter: all contributors and especially Joyce Masui for her expert skills in proofreading and printing.**