



MOA
HAWAII

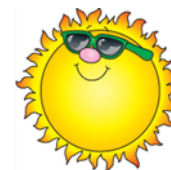
Hours of Operation:

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.

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



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JULY 2025



HAPPY JULY! 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!

Aloha & Mahalo to Alan Aranaydo, MOA Hawaii Board of Directors and Secretary



Alan Aranaydo worked for the Hawaii State Department of Education for over 32 years as a teacher, counselor, and administrator. He also coached football, baseball, track, and golf.

In 2000, he had a stroke and was partially paralyzed but with the assistance of daily Purifying Therapy from his family and members of MOA, incredibly, he was working again in just three months! His case inspired many people to practice Purifying Therapy on a daily basis.

Alan has been a member of MOA for many years now. He began serving on the MOA Hawaii Board of Directors in 2010. From 2015 until the pandemic temporarily closed the Center, he volunteered in a number of areas where he felt the Wellness Center could use his help—cooking lunches, cleaning the bathrooms, being a Purifying Therapy therapist, and assisting in overseeing

the daily operations of the MOA Wellness Center.

In 2019 he was diagnosed with a malignant tumor in his left kidney. And again with the help of daily Purifying Therapy, when the tumor was surgically removed, it was found to be encapsulated and had not spread, and no further treatments were recommended!

Alan recently announced his retirement from the MOA Board.

MOA Hawaii expresses its profound thanks to Alan and his wife Wanda! We are deeply grateful for their years of service that positively influenced so many people through their inspiring dedication to carry out the mission of the Mokichi Okada Health and Wellness Program, which is to improve the lives of individuals and their families in spirit, mind, and body.

Congratulations on your retirement, Alan, wishing you and Wanda, years of good health, fulfillment, and happiness.



Mokichi Okada's Teachings

From *Toward Families Filled with Beauty* (booklet, English edition Nov. 2005):

Page 18: *Surely it is the mission of art to elevate human sentiments, enrich life, and make life more meaningful and enjoyable. People with literary or artistic training experience an ineffable pleasure when they look upon the flowers of spring, the brilliant foliage of autumn, or the scenic beauty of the mountains or the sea. Paradise on earth—our ideal—can rightly be called a “world of art.” It is a paradise of truth, virtue, and beauty—and art is indeed the manifestation of that beauty.* (September 5, 1948)

Page 19: Okada explained, *“Our health method—the life of our organization—and cultivation without fertilizers, are both materializations of truth, virtue, and beauty. Moreover, Okada Purifying Therapy is a remodeling of [the] body, of course, and mind. In addition, it is essential to uplift people’s hearts through beauty.”* We understand that [Okada] tried to build up “people who are pure of heart,” who are psychologically and physically healthy, through the three major enterprises [Purifying Therapy, Arts & Culture, and Nature Farming/Natural Foods].

MOA Arts and Culture Study Tour November 4-18, 2025

2025 Special Arts and Culture Study Tour to Japan (with Steve Ichikawa)

(as of June 6, 2025 – subject to change without notice)

It's FUN; it's ENTERTAINING; it's AMAZING. It's the lowest cost in town; it's MEMORABLE! 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 illnesses and conflicts (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, hospitality, and GOOD FOOD.

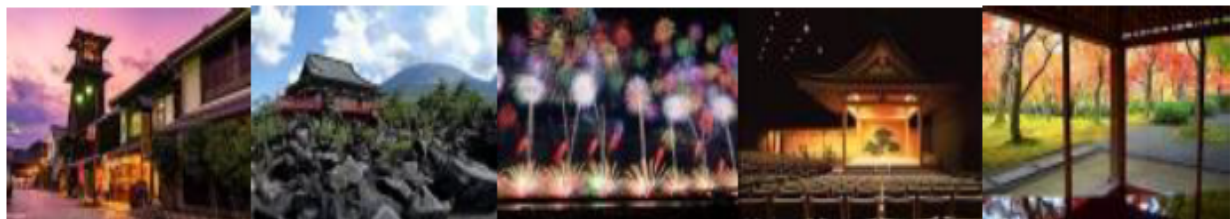
Jennifer Terukina, who is overcoming various issues and has participated on five tours since November 2022, stated, “After my conversation with Steve regarding life-changing events, I started thinking about his trips and how they changed my life. He reopened up the world of travel to me when I thought 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.”

Fall Arts and Culture Tour to Toyama, Niigata, Gunma, Saitama, Shizuoka, Kanagawa, Osaka, and Kyoto **Nov 4 - Nov 18 (15 days/13 nights)**

The itinerary includes:

- The Shinsenkyô garden (designated as a National Place of Scenic Beauty by the Japanese government) and the Hakone Museum of Art in Hakone (the Moss Garden filled with red colored maple trees at this most beautiful time).
- The MOA Museum of Art in Atami (which was chosen as the “too beautiful art spot” on the TikTok site by 180,000 young people in Japan in 2023) and view the fine arts collected by Okada and loved by all ages.
- The Oku-Atami Wellness Center located at the Ohito Zuisenkyô (health oasis and Nature Farming research farm), and many other locations.

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



2025 Special Arts and Culture Study Tour to Japan (with Steve Ichikawa)

Itinerary as of June 6, 2025 (subject to change without notice):

Air from Honolulu to Haneda and Kansai to Honolulu is on your own. As of June 6, the round-trip fare is from \$701. Please inform Steve Ichikawa when you have purchased your tickets.



Day 1 Nov 4 (Tue): Honolulu. Depart from HNL on HA863 at 1:10PM.

Day 2 Nov 5 (Wed): Tokyo. Arrive at Haneda Airport at 5:10PM; after processing through immigration and customs, group to gather, may ship your luggage to the hotel in Toyama (optional), Keikyu Train to Kamata Station (22 mins), check-in at APA Hotel Keikyu Kamata Station, dinner on your own. [Wayne and Irene Koga from LA to meet us at the hotel.]

Day 3 Nov 6 (Th): Tokyo - Unazuki (Toyama Prefecture). Breakfast (hotel), check out, Kamata Station to Tokyo Station by Keikyu Train (24 mins), Tokyo to Unazuki by Bullet Train (2 hours 30 mins), lunch on your own, 5 mins to the hotel, then take Torokko Train for Super Beautiful Foliage View in the mountains, back to hotel, dinner at the hotel, onsen hot springs.

Day 4 Nov 7 (Fri): Unazuki - Toyama (Toyama Prefecture). Breakfast (hotel), check out, Unazuki to Toyama by bullet train, leave your luggage at the hotel, Glass Museum, lunch on your own, attend tea ceremony, dinner on your own, optional walking tour of the beautiful park surrounding Starbucks, hotel near Toyama Station.

Day 5 Nov 8 (Sat): Toyama - Niigata (Niigata Prefecture). Breakfast (hotel), check out, 10:00AM Yamakawa-san Bus Tour to Niigata begins, lunch on your own at Expressway SA, Yahiko Shrine/Ropeway, Tsubame City Stock Busters (discount store for the famous Niigata kitchen utensils like knives, etc.), dinner on your own, hotel in Niigata City.

Day 6 Nov 9 (Sun): Niigata - Sado Island - Niigata (Niigata Prefecture). Breakfast (hotel), ferry boat to Sado Island, travel by small buses on the island, Tub Boat, Museum of History and Legends (group lunch), Sado Gold Mine (historic site), Ferry back to Niigata City, lodging in Niigata City, dinner on your own.

Day 7 Nov 10 (Mon): Niigata - Nagaoka (Niigata Prefecture). Breakfast (hotel), Museum of Northern Culture (former house in the Edo period), Shirone Kite Museum (mini-kite making), Hometown Village (group lunch), Senbei Okoku (Rice Cracker Kingdom) (hand-grilled senbei), dinner on your own, lodging in Nagaoka.

Day 8 Nov 11 (Tue): Nagaoka - Takasaki or Maebashi (Gunma Prefecture). Breakfast (hotel), check out, Sake Brewery tour, Nagaoka Fireworks Museum. Lunch on your own at the food court, dinner on your own, sightseeing on the way (TBD), lodging in Gunma's Takasaki City or Maebashi City.

Day 9 Nov 12 (Wed): Takasaki or Maebashi - Ayamegahara - Takasaki - Takasaki or Maebashi (Gunma Prefecture). Breakfast (hotel), lunch and dinner on your own, Oni Ogre Oshidashi Garden (group lunch), Konnyaku Park, Daruma Temple, etc. lodging in Takasaki City or Maebashi City.

Day 10 Nov 13 (Th): Takasaki or Maebashi - Kawagoe (Saitama Prefecture) - Atami (Shizuoka Prefecture). Breakfast (hotel), check out, bus to Atami, Kawagoe (old town from Edo period) in Saitama Prefecture, lunch on your own, lodging at Atami Oedo Onsen Monogatari Premium, onsen, sauna, buffet dinner at the hotel (seasonal foods including sashimi, sushi, tempura, steak, Haagen-Dazs).

Day 11 Nov 14 (Fri): Atami - Hakone (Kanagawa Prefecture) - Izunokuni (Kanagawa Prefecture) - Atami (Shizuoka Prefecture). Breakfast (hotel) 8:00AM bus departs, 9:00AM Hakone Shinsenkyo [Japan's National Place of Scenic Beauty; most beautiful fall foliage color of the moss garden with maple trees], 11:30AM bus departs, 12:30PM Ohito Zuisenkyo Health Oasis [Okada Health and Wellness Program: healthy lunch, Purifying Therapy, Arts and Culture Program; study session on MOA Nature Farming Method], 4:30PM return to Atami Oedo Onsen Monogatari Premium, buffet dinner (hotel).

Day 12 Nov 15 (Sat): Atami - Osaka (Osaka Prefecture). Breakfast (hotel) check out, leave your luggage at the lobby for Mr. Yamakawa, taxi to the Crystal Hall Observatory, 9:30AM MOA Museum of Art (tea included, voted as the most beautiful museum among the younger generation of Japan), 11:30AM Yamakawa bus to pick us up, lunch on the bus (Steve to purchase various lunch items to distribute), bus to Osaka with many fun toilet-breaks and mini shopping time, dinner on your own, lodging in Osaka. [Wayne and Irene Koga to Haneda Airport on their own after the MOA Museum.]

Day 13 Nov 16 (Sun): Osaka. Breakfast (hotel) free day (no tour bus), Osaka EXPO (TBD), lunch and dinner on your own, lodging in Osaka.

Day 14 Nov 17 (Mon): Osaka - Kyoto - Osaka. Breakfast (hotel), 9:00AM Yamakawa bus resumes, Kyoto sightseeing (Heiankyo Garden, etc.), Lunch (included), 4:00PM return to hotel, dinner on your own, lodging in Osaka.

Day 15 Nov 18 (Tue): Osaka - Kansai Airport - Honolulu Airport. Breakfast (hotel), Check out, bus tour of Osaka (TBD), arrive at Kansai Airport at 6:00PM, check-in, lunch and dinner on your own, depart from Kansai on HA850 at 8:45PM, arrive in Honolulu at 9:35AM (same day). [Steve to return on Nov 21 by HA832 from Haneda.]





蒟蒻・大豆・えんどう豆麺 Low Calorie noodles made of Konnyaku, Soybeans and Peas

UDON, RAMEN, and PASTA noodles are so GOOD and so TASTY, which can lead to overindulging in them! Tofu made from soybeans and konnyaku noodles are very healthy but usually found as side dishes. Today, many Japanese companies are trying to produce udon, ramen, and somen, using tofu, konnyaku (made from the konjac yam), and peas, as healthier alternatives for anyone watching their weight, etc.

Christine Kanemaru and Jennifer Terukina, MOA-certified Healthy Food Advocates, will be preparing and serving NOODLES in soup with garnishes. Come and ENJOY a bowl of noodles GUILT-FREE—super low in sugar and calories!

Please RSVP to reserve your spot and choose from: Konnyaku Ramen, Konnyaku Udon, Soybean Ramen, Soybean Udon, or Pea Ramen.



Friday, July 25, 2025

11:30 am – 12:30 pm

MOA Wellness Center 'Ohana Room'

600 Queen Street, C-2

Free parking; entrance from South Street

\$8 for MOA and Lanakila members

\$10 for Non-members

\$5 for participants 18 years and younger

***** No cancellation 48 hours prior to the event *****

RSVP - MOA Wellness Center – (808) 952-6900

❖ '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 BANCHI 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: 7/3-Chicken 7/10-Shrimp 7/17-Fish 7/24-Tofu Stir-fry 7/31-Shrimp

❖ **ODEN is available for \$5. Please let the Front Desk know asap to guarantee your order! Pick-up is on Sat. 7/26.** ❖

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

To ALL Volunteers & Customers!
We are so grateful for your support of
our June 1st Plant Sale & Youth Car
Wash Fundraiser!



Happy Retirement!

to Roy & Debbie Goshi-Otaguro



Please save the date!

Sunday, August 24, 2025

12:00-2:00 p.m.

Toho no Hikari Social Hall

3510 Nuuanu Pali Drive

Cost will include a light lunch and their gift.

Details regarding RSVP, cost, etc., will be forthcoming.

Rest in Love

Sen Ichikawa, son of Steve and Kimiko Ichikawa, was born on January 4, 2004. He passed away on May 20, 2025 surrounded by his loving family members, including his big sister Fay.

Sen was named after Mokichi Okada's ShinSENkyo Garden in Hakone, a miniature paradise on earth, and his name literally means *angel*. Living up to the name, Sen was quite the angel to his family and many other people who he inspired through his courageous battles with illness.

Thank you to All who have supported Sen and wished him well through his 21 years. His funeral was held on Monday, June 30th at Toho no Hikari Church.



Deepest condolences to Sen's family and may he rest in PEACE.

Did you know that you can learn more about Purifying Therapy on YouTube?
A three-part video series on Purifying Therapy:

I: <https://www.youtube.com/watch?v=JKm1E9xGVhQ&t=4s>

II: <https://www.youtube.com/watch?v=mfOEIvCXNRE>

III: <https://www.youtube.com/watch?v=DgK1W5nzVLg>



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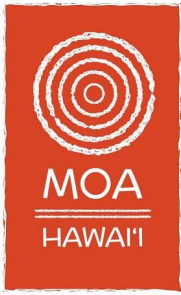


MOA provides the Okada Health and Wellness Program at the Wellness Center centered on Purifying Therapy as our Lifestyle Care for individuals and families. With your help, we shall promote Integrative Medicine—a new kind of medicine—with Caring Support for everyone.

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 29	Sunday	9:00 am	Wellness Center Clean-up [* need help that day]
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) [* need help (sorting & on that day)]
August 31	Sunday	9:00 am	Wellness Center Clean-up [* need help that day]
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) [*need help (to prep & that day)]
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





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

july 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
June 29 9:00 am Wellness Center  CLEAN UP DAY	June 30 <div style="border: 1px solid red; padding: 5px;"> We need help please in JULY on the weekends at Toho, to sort & price for the August 2nd rummage sale. Please contact the Front Desk (808) 952-6900 or Teri June. (808) 497-8538. MAHALO!!! </div>	1 Tofu Poke Bowl	2 9-11 am MOA Hawaii Team Staff Meeting	3 5:00 pm MOA Executive Comm. Meeting Lunch-Chicken	4  =CLOSED=	5 *10:00 am Nakata/Hamada/Kanno Flower Class
6	7	8 Tofu Poke Bowl	9	10 Lunch- Shrimp	11 5:30 pm Okazaki / Liu Flower Class	12 ➤*10:00 am Takane Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
13	14	15 Tofu Poke Bowl	16 6:30 pm MOA Board of Directors Meeting	17 Lunch-Fish	18 9 am-1 pm Lifestyle Improvement Program	19 ➤*9:00 am Goshi-Otaguro Flower Class ➤*1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro) ➤Last day to drop off rummage donations
20 *9:00 am Nature Garden Volunteer Day (working on the rummage sale)	21 6:00 pm Tom Flower Class	22 Tofu Poke Bowl	23	24 Lunch-Tofu Stir-fry	25 11:30 am-12:30 pm Pick-up your Noodle Order! By Healthy Food Advocates Christine Kanemaru & Jennifer Terukina	26 ➤1:00 pm Tea Practice (Goshi-Otaguro) ➤Pick-up ODEN orders!
27	28	29 Tofu Poke Bowl	30	31 Lunch-Shrimp	August 1 	August 2  * 9am-1pm

“*” 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 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? <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 Hawai'i</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: 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, Teri June Amuro, Nature Farming Program Coordinator; and Sage Kanemaru, Youth Development Manager.

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 those who contribute to its making.**