



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



VOLUME 12, ISSUE 9

SEPTEMBER 2025

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 Arts & Culture July Tour Report by Brenda and Darian Kanno

MOA Arts and Culture Japan Trip—July 3-17, 2025

Report by Brenda Kanno (Day 1 to Day 8)

and Darian Kanno (Day 9 to Day 14)

Our taxi got lost. We went to hell and came back, literally. How's that for the start of the July 2025 MOA Arts and Culture Study Tour! Steve's "Twelve Treasures" shared endless laughter, indulged in countless buffet breakfasts and dinners (with no shortage of seafood



and other 'ono delights!), and turned our adventures into unforgettable memories. Day 1: We arrived at Haneda Airport tired and hungry but quickly cleared customs and immigration. Our taxi driver took some wrong turns but with Darian's help, we arrived at the hotel! There was no need to unpack since we

had a morning flight to Chitose, so we called it a day after a quick bite and shower.

Day 2: It was off to Haneda on the 6:30 am shuttle. The ANA check-in process was quite an experience, but all of us and our luggage arrived in Chitose! A chartered bus awaited us, driven skillfully by Haba-san. Hell (Noboribetsu Hell Valley) was our first stop. Then it was on to the Bear Park to see the well-fed bears. Before heading to our hotel, we had some photos taken with the benevolent Oni ogres, especially the giant one. Hotel Mahoroba Noboribetsu was onsen-

(Continued on page 2)

MOA Happenings! JULY 25th UDON LUNCH

Udon, Pasta, Ramen are all tasty, but they can contribute to weight-gain.

Some healthier, guilt-free noodles are, *konnyaku* (from the konjac plant) and soy beans or peas, which are high in protein, low calorie, and no sugar. Although they are not yet available in Hawaii markets, Healthy Food Advocates Christine



Kanemaru and Jennifer Terukina with Steve Ichikawa held a Healthy Noodle Lunch Event on July 25th, Friday.



Over 30 bowls of noodles were sold and enjoyed guilt-free by participants!!! The konnyaku noodles came in

soba, ramen, or udon style. The noodles made with soy bean or peas were either in ramen or udon form.

People chose one type to try, although they could have tried them all because of the nearly ZERO calories! Were you able to have some?



Mokichi Okada Waka Poems on Makoto

Makoto, true love,
Is a most priceless treasure
Cherished in the hearts
Of sincere, honest persons
In whom there is no falsehood.

Even though awkward,
Stumbling and poor, words of love
Spoken from the heart
Have the power to affect,
To move the hearts of others.

Whatever problems.
Troubles, may arise in life,
Those who choose pure love
As their guiding principle
Will not ever be afraid.

MOA Arts & Culture July Tour Report, continued from page 1

heaven for many, and the buffet dinner with the all-you-can-eat crab was the start of our “ate too much” journeys.

Day 3: Today, we enjoyed Showa Shinzan (volcano) and experienced the Usu ropeway, which offered a spectacular view of Lake Toya and Mt. Showa, Japan's newest mountain. The observation deck at the top provided more breathtaking views and a nice rest break—complete with Hokkaido's must-have soft serve for some! Next was a swan boat ride on Lake Toya. Yikes, how are we going to maneuver the boat! Well, our fearless leader Steve scored us a ride on the jet boat instead. The trusted driver provided a thrilling ride, which included looping around the island in the middle of the lake, something swan boats could not manage. We're sure the swans were watching us in envy! Soaking in the onsen at the Toya Sun Palace Resort and Spa was a perfect way to end the day, along with the amazing fireworks show later that evening.



Day 4: The Silo Observatory offered another panoramic view of Lake Toya. The Noboribetsu Date Historic Village was our next stop, where we experienced Edo period street fronts, enjoyed the ninja and Oiran shows (Dick Mills was the featured shogun of the latter), and dressed in Edo period costumes complete with a memento photograph. We spent the night at the Toyako Manseikaku Hotel and enjoyed another spectacular fireworks show. The onsen beckoned many and washed away our aches and pains.

Day 5: We left the Lake Toya area and began our long bus ride to Asahikawa. Along the way, we stopped at the Sunagawa Highway Oasis, an upscale rest stop with restaurants and omiyage stores galore. Next, we created our masterpiece bowls or plates at the Daisetsuzan Ceramic Studio. We then sampled some award-winning sake at the Otokoyama Sake Factory and the special spring water used to make it. Hotel Amanek Asahikawa was our home for the next two nights. It was in a great location with an Aeon Mall a block away with a Daiso (100 yen shop) and many eating places. Who can resist Daiso while in Japan???!! The hotel was the place to be for those who craved more onsen soaks.

Day 6: We visited the Asahiyama Zoo, where we saw giraffes face-to-face, walked through a glass tunnel penguin pool, saw cranes, seals, wolves, and much more. The weather was a bit warm so we cut short our time there. From the hot, we went to extreme cold. We experienced Asahikawa's coldest temperature of -41C at the Ice Pavilion. And, surprise, we had to take a roller-coaster-like sled ride to exit the Pavilion...yes, many screams could be heard. Our next stop was the Workman's Shop, which started as a store catering to industrial workers providing affordable, working wear but now appeals to the general public (and tourists!) with their expanded offerings. After returning to the hotel, many spent the evening at the Aeon Mall.

Day 7: The Shirogane Blue Pond was picturesque with its gorgeous turquoise blue water. It was beautiful, yet mystical and eerie with dead trees scattered among lush greenery. Next was Shikisai No Oka, the breathtaking patchwork fields of vibrant colored flowers. Lavenders galore created another beautiful landscape and smelled heavenly at the Tomita Lavender Farm! We couldn't leave without having the delicious lavender soft serve—slightly floral, smooth, and refreshing! The Jasmac Plaza Hotel was our home for the next 4 nights (yeah!!!). Many of us had a massage or Akasuri scrub (removal of dead skin). It was divine!

Day 8: We visited the MOA Sapporo Wellness Center and learned about the MOA philosophy, experienced Okada Health and Wellness Program including Purifying Therapy and flower therapy, and enjoyed the tranquility of the tea ceremony. A delicious, all-natural food lunch capped off our visit.

Brenda's Comments: *The flower therapy taught me that flowers are not only beautiful but have the power to heal and bring peace. The formality of the tea ceremony urged me to clear my mind and enjoy the moment. Purifying Therapy always leaves me feeling more energized and with a more positive mindset. One can never get enough Purifying Therapy!*



(Continued on page 3)

MOA Arts & Culture July Tour Report, continued from page 2

The Center gifted us with a beautiful vase, hand-crafted with recycled waste materials. Our visit gave us a deeper appreciation of MOA's role in promoting holistic well-being, peace, and happiness. After returning to the hotel, we had a little free time before going to Mt. Moiwa for a ropeway ride to enjoy the striking night views of the city. It was a great way to end the day.

Day 9 When Grandma (Brenda Kanno) asked me to come on Uncle Steve's MOA tour with her, I was shocked. As someone who has grown up around MOA and has taken many trips with Uncle Steve (mostly Nakata Family trips, but that's neither here nor there), I had a decent idea of what to expect. However, Grandma was still relatively new to MOA, so I was surprised when she expressed interest in the tour. But she also likes to travel, so I suppose I shouldn't have been as surprised as I was. Following our day at the MOA Wellness Center in Sapporo, we took it



pretty slow. At least, until the late afternoon when we had a baseball game to attend. Last year when we watched the Nippon Ham Fighters play at home, my cousin, Kalen Hamada, asked Uncle Steve why he hadn't gotten us seats in the cheering section—offhandedly, as a joke. Which was how this year's tour group ended up in the cheering section, putting us on the receiving end of some strange looks when we weren't cheering. Not to mention a few of us having to take off Hanshin Tigers jerseys because the staff didn't want to deal with hate crimes against oblivious tourists, but I digress. It was an experience to be in the heart of the ultimate fan zone. While some of us might have been tired after sitting down and standing up each time the home team came up to bat, I think

we all agreed that it was a fun atmosphere to be in. The fireworks that followed the game was an added bonus, too.

The next day, we were day-drinking! As if drinks being brought to our seats at the baseball game the night before weren't enough, we visited the Sapporo Beer Factory for a tour and got a taste of the "Classic" beer that's only available in Hokkaido. I'm no connoisseur, I don't even care for beer, not really—I much prefer the sweeter blends of wine, thank you very much—but even I can admit that the beer was good. Refreshing, especially against the summer heat that really shouldn't have been as bad as it was, though the residual alcohol in my system did me no favors when walking through the streets of Otaru. What I remembered of Otaru from last year—other than the music boxes and beautiful glasswares—was a single cream puff. Partially because it was the only place I found that had the specific sort of cream puff I wanted, but either way, Grandma and I scoured the entire street looking for the place. We looked at the glass wares and everything as well, but my attention was dedicated solely to finding this cream puff place because, while I had forgotten what it was called, I remembered what it looked like. As our time in Otaru was winding down, I finally found it! Only to discover that they were sold out of cream puffs for the day, which had me banging my head against a metaphorical (maybe) wall. If I had found it quicker, would I have been able to buy my cream puff? Would it have made a difference? Maybe the universe was telling me to stop eating. A sign I completely ignored and consoled myself with a soft serve. At least someone else out there was happily enjoying a cream puff.

We departed Hokkaido the next day, heading for Atami and much more familiar grounds. While I had visited the MOA Museum of Art many times before, I never had the opportunity to visit the Crystal Hall until this past June as part of the Youth Tour. Up until this point, everything was fairly standard, as far as tours go. My worry, however, was Hakone. Being the epicenter for everything Toho No Hikari [Light from the East] church-related, I was nervous to see how Grandma would react. Grandma was only recently introduced to MOA and is not particularly religious, so she wasn't familiar with what the place represents.

My nervousness only grew when we were being herded into the Bright Light Hall, because I wasn't expecting to be allowed access to the space. But stepping into the Bright Light Hall, I felt some of my worries cease. While many in our group were MOA members and might have understood a little bit about the significance of the place, I think we could all sense, in some inexplicable way, that there was something much larger than we could comprehend. I was exceedingly grateful that we were allowed to pray and sit in that space. Beyond the Gomenkai tour, I didn't think I would have the opportunity, and certainly not so soon after the Youth Tour had concluded. But there must have been a reason that Mokichi Okada brought us there. While I might not understand it fully, I'm no less grateful for it. Despite my initial reservations, Grandma was open-minded and receptive, which was something I couldn't have been more grateful for. I was mentally preparing myself to field suspicious and skeptical questions, but there was no need. Everything proceeded as expected. We prayed at the new Shibikyu Ancestral Hall, walked through Shinsenkyô garden, and enjoyed tea at the gardens. I tried to explain as much as I could to Grandma and anyone else who decided to tag along with us, but my explanations were shoddy at best (which said a lot about my memory, considering I had just gotten these explanations a month ago).



Our trip concluded with a free day, which many of us used to go shopping—female-heavy as our tour group was. All in all, the tour was beyond successful. I couldn't have asked for a better group. We helped each other and we had fun, all while enjoying the numerous activities Uncle Steve had arranged.

Darian's Comments: I am glad I joined both the June Youth Tour and July's tour to learn further about MOA's movement to further the mind and body health of individuals and families by actively providing Integrative Medicine (new kind of medicine; caring medicine) through experiencing the Okada Health and Wellness Program centered on the Hakone and MOA Museum and the wellness centers.



Our MOA Hawaii
August Rummage Sale
was a wonderful success.
We are truly grateful for
your generous donations
and your continued patronage.

Thank you so much for supporting our Rummage Sale!!!



On Saturday, August 2nd, a crowd of people eager for great bargains converged upon the Toho No Hikari Social Hall in Nuuanu. As usual, the sale had everything you could imagine—from Japanese dolls, key chains, and shoes to yummy foods (a variety of bento, musubi, desserts made by Scott Amuro, Aisha Asami, Kimiko Ichikawa, Christine Kanemaru, Dawn Kanno, and Jan Mills).

Lots of beautiful dishes, flower vases, designer handbags. Clothes on the table went for a dollar a piece what a steal (and extra cool when you could snag a designer brand like Versace)!!

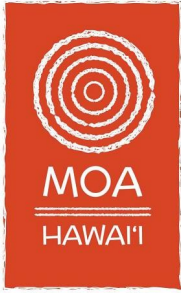


Taking a step-by-step approach, Teri June Amuro, Charlene Gray, Laurie Ide, and other dedicated volunteers spent several months sorting, compiling, and pricing items as they came in. The hours they put in showed in how well the areas and

tables were organized.

On both August 1st and 2nd for prepping to the day of for monitoring, cashiering, and cleaning up, we had over 25 wonderful volunteers to help out, including Stephen and Hiromi Bashore of Arizona who used their valuable vacation time to help us out!





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SEPTEMBER 2025



HOURS by appointment only:

- Purifying Therapy & 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
Aug 31 [Update: Clean-up at the MWC on this date has been cancelled. We are sorry for the inconvenience!]	1  We salute all the hard-working individuals who make our community thrive! MAHALO!	2 Tofu Poke Bowl	3 	4 5:00 pm MOA Executive Comm. Meeting	5 5:30 pm Okazaki / Liu Flower Class	6 *10 am Nakata/Hamada/Kanno Flower Class
<div> <div>Foodland's Give Aloha fundraiser runs from Sept. 1-30, 2025</div>  </div>						
				Lunch-Chicken		
7	8	9 Tofu Poke Bowl	10 9-11 am MOA Hawaii Team Staff Meeting	11 Lunch- Shrimp	12	13 ➤*10:00 am Takane Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
14	15 6:00 pm Tom Flower Class	16 Tofu Poke Bowl	17 6:30 pm MOA Board of Directors Meeting	18 Lunch-Fish	19 9 am-1 pm Lifestyle Improvement Program	20 ➤*9:00 am Goshi-Otaguro Flower Class ➤*1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice (Goshi-Otaguro)
21 *9:00 am Nature Garden Volunteer Day	22 Last day to sign up for Aisha's free Kimchi workshop	23 Tofu Poke Bowl	24	25 Lunch-Tofu/veggie Stir-fry	26	27 ➤12-3pm Aisha's free Kimchi Workshop ➤1:00 pm Tea Practice (Goshi-Otaguro) ➤Pick-up ODEN orders!
28	29	30 Tofu Poke Bowl	Oct 1	Oct 2	Oct 3	Oct 4 

“*” 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 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 Shinsenyō 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 Zuisenkyō (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.org



Foodland's Give Aloha Campaign Sept. 1-30

Donations can be made at checkout at all Foodland, Foodland Farms, and Sack N Save stores statewide.

Organizational code is: 78653

Clip this out for your reference.

Support Hawaii's Non-Profit Organizations, including MOA Hawaii

Give Aloha, Foodland's Annual Community Matching Gifts Program, was created to honor Foodland's founder, Maurice J. "Sully" Sullivan and continue his legacy of giving back to the community. Each year during the month of September, customers are invited to make a donation at Foodland to their favorite participating Hawaii non-profit organizations. Since the program began in 1999, a total of more than \$38 million has been raised for Hawaii's charities.

Is there a donation limit per customer?

Customers may make a donation to one or more organizations, up to \$249 per organization, per Maika'i card. Donations exceeding \$249 per person, per organization will not be matched. Customers must make their donation using their own Maika'i Card. Customers may not make a donation on behalf of others nor use another person's Maika'i Card to make a donation for them.

So sorry, last month's issue didn't give the url link!

Did you know that you can view our newsletter in color on our MOA Hawaii website?

Click on: [MOA Hawaii Website Newsletter](#)

Or type this link into your browser:

<https://moahawaii.org/elementor-5530/>

Scroll down, click on a year, then a month.

You can also view newsletters from previous years.

If you would like to help us save in postage costs, please sign up for an email notification.
Thank you so much!

Newsletters By Year

2025	2024	2023	2022	2021	2020	2019	2018
Jan	Feb	Mar	Apr				
May	Jun	Jul	Aug				
Sep	Oct	Nov	Dec				

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

(Note: this Itinerary is subject to change without notice)

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

Day 2 Nov 5 (Wed): Tokyo. Arrive at Haneda Airport at 5:10 pm; after going through immigration and customs, group meets, optional to ship luggage to the hotel in Toyama, Keikyū Train to Kamata Station, check-in at APA Hotel Keikyū Kamata Station, dinner on your own.

Day 3 Nov 6 (Th): Tokyo - Unazuki (Toyama Prefecture). Breakfast (hotel), check out, Kamata Station to Tokyo Station by Keikyū Train, Tokyo to Unazuki by Bullet Train, lunch on your own, check-into the hotel (tbd), take train to Kurobe-Unazukionsen Station, then take Torokko Train for Super Beautiful Fall Foliage View through 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, Toyama Castle, lunch on your own, attend tea ceremony at Toyama Castle, optional walking tour of the beautiful Kansui Park surrounding Starbucks, hotel near Toyama Station, dinner on your own.

Day 5 Nov 8 (Sat): Toyama - Niigata (Niigata Prefecture). Breakfast (hotel), check out, board Yamakawa-san Bus Tour for sightseeing of Niigata, 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.), lodging in ANA Crowne Plaza Hotel Niigata, dinner on your own.



Day 6 Nov 9 (Sun): Niigata - Sado Island - Niigata (Niigata Prefecture). Breakfast (hotel), jetfoil ferry boat to Sado 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), Sake Factory, Senbei Okoku (Rice Cracker Kingdom) (hand-grilled senbei), Niigata Hometown Village (group lunch), Shirone Kite Museum (mini-kite making), lodging at New Otani Hotel Nagaoka, dinner on your own.

Day 8 Nov 11 (Tue): Nagaoka - Takasaki (Gunma Prefecture). Breakfast (hotel), check out, Nagaoka Fireworks Museum, lunch on your own, sightseeing tour of Takasaki City, Konnyaku Park, lodging in APA Hotel Takasaki-Ekimae, dinner on your own.



Day 9 Nov 12 (Wed): Takasaki - Ayamegahara - Takasaki (Gunma Prefecture). Breakfast (hotel), Shorinzen Daruma Temple (mini daruma making), Mizusawa Kannon Temple (group lunch), Onioshidashi (Ogre) Park, etc., lodging in Takasaki City, dinner on your own.

Day 10 Nov 13 (Th): Takasaki - Kawagoe (Saitama Prefecture) - Atami (Shizuoka Prefecture). Breakfast (hotel), check out, bus to Atami via Kawagoe (like a mini Kyoto from Edo period) in Saitama Prefecture, lunch on your own, lodging at Itoen Atami Kan Hotel, onsen, group dinner.



Day 11 Nov 14 (Fri): Atami - Hakone (Kanagawa Prefecture) - Izunokuni (Kanagawa Prefecture) - Atami (Shizuoka Prefecture). Breakfast (hotel), bus to Hakone Shinsenkō (Japan's National Place of Scenic Beauty; most beautiful fall foliage of the maple trees among the moss gardens), various Toho no Hikari sites, including the Inner Sanctuary, Mokichi Okada Mausoleum, Shibikyū Ancestral Hall, Hakone Museum of Art, matcha tea service at Shinwatei Tea House. Bus to Ohito Zuisenkō Health Oasis for Okada Health and Wellness Program: healthy lunch, Purifying Therapy, Arts and Culture Program; study session on MOA Nature Farming Method; lodging in Atami, buffet dinner at the hotel.

Day 12 Nov 15 (Sat): Atami - Osaka (Osaka Prefecture). Breakfast (hotel), check out, leave your luggage at the lobby for Mr. Yamakawa, visit the Crystal Hall Observatory (Suishoden), MOA Museum of Art (voted as the most beautiful museum among the younger generation of Japan), tea included. Take Yamakawa bus to Osaka, lunch during the bus ride--many fun rest-breaks and mini shopping time, lodging at Dormy Inn Premium Namba in Osaka, dinner on your own.

Day 13 Nov 16 (Sun): Osaka - Nara - Osaka. Breakfast (hotel), Yamakawa bus tour resumes, Nara sightseeing (Kofukuji, Todaiji Daibutsu, Nara Deer Park), lodging in Osaka, lunch and dinner on your own..

Day 14 Nov 17 (Mon): Osaka - Kyoto - Uji City - Osaka. Breakfast (hotel), Yamakawa bus tour of Kyoto sightseeing (Heiankyō Garden, Arashiyama, etc.), tofu lunch included, Byōdōin and Uji River Boat Ride, lodging in Osaka, crab dinner included.

Day 15 Nov 18 (Tue): Osaka - Kansai Airport - Honolulu Airport. Breakfast (hotel), check out, bus tour of Osaka: Abeno Harukas Building, Kishiwada Danjiri Festival Hall; shopping at Aeon Mall, lunch on your own. At Kansai Airport, check-in at Hawaiian Airlines counter, depart on HA850 at 8:45 pm, arrive in Honolulu at 9:35 am (same day). [Steve to return on Nov 21 by HA832 from Haneda.]

MOA Happenings!

Nature Garden Volunteer Day Sunday, September 21st from 9 a.m.

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.

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
 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.

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>

2025 Key Dates to Remember

(subject to change; refer to the MOA monthly newsletter and calendar)

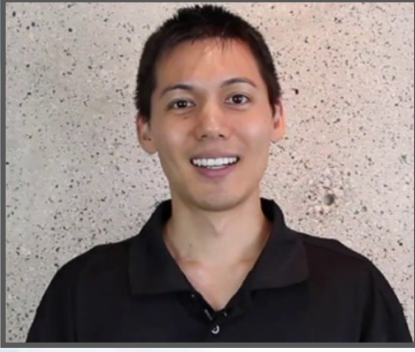


MOA provides the Okada Health and Wellness Program at the Wellness Center centered on Purifying Therapy as our Lifestyle Care for individuals and families. With your help, we shall promote Integrative Medicine—a new kind of medicine—with Caring Support for everyone.

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

Rest in Love

Kai Morigawara, DPT



I was first introduced to and fell in love with physical therapy through my volunteering experiences where I was exposed to the fruitful interactions of helping people improve how they feel and move... People are very observant of their therapists and truly appreciate dedication and kindness. My sincerity allows me to connect with patients and convey my desire to improve their quality of life.

Dr. Kai's words about himself reflect how we will remember him—a skillful and dedicated doctor of physical therapy and an immeasurably warm and kind person. He had been using our facility as a base for his Prime PT Hawaii practice for nearly ten years until he was able to open an office space in Aiea. Godspeed, Dr. Kai, too soon were you taken, your considerable impact and presence will be sorely missed.

[photo by Dr. Kai]

<https://www.primepthawaii.com/about>

<https://www.primepthawaii.com/national-digest-article-1>

Hiroe Suenaga (née Uekama) was born in Kobe, Japan and later moved to Makurazaki, Kagoshima, a town well known for its katsuobushi (bonito flakes.) Upon graduating high school, she went to work for the Church, then known as Sekai Kyusei Kyo in Kagoshima, Japan. A sensei recommended a marriage prospect, Rev. Moriyoshi Suenaga, from her hometown of Makurazaki, who had attended their home gatherings when she was about ten years old. The two were married at the main church in Atami in December 1966 and moved to Valley Center, California to begin their life on a 100-acre farm to promote nature farming.

Due to Rev. Suenaga's work as a minister of Toho no Hikari (fka Church of World Messianity), the family moved often: California, Honolulu, Nanakuli, Manoa, Kona, Hilo, and Wahiawa before settling in Pearl City upon his retirement in September 2001. They had five children, Lisa, Robert, Julie, Patricia, and Grace. Mrs. Suenaga also received her ministerial assistant certification and Dai Komyo in 2009, which she took to heart and carried out her duties whenever she had the opportunity.

Her ikebana journey began in 1975 with Sogetsu Ryu, then subsequently received her certification as an assistant instructor for Kado Sangetsu School in 1977. She taught ikebana classes as a volunteer instructor and arranged flowers in community spaces such as libraries, hospitals, government offices; participated in ikebana shows, special events, and much more. Teaching and arranging flowers were her pride and joy. One such place that she continued to arrange flowers on an almost weekly basis for over 25 years was the East West Center on the UH Manoa campus. She retired from teaching MOA Kohrinka ikebana classes in 2021.

Mrs. Suenaga had enrolled in a variety of classes to improve her health and well-being, such as, taichi, yoga, Fukiya (Japanese blowgun), harmonica, taishōgōto (Nagoya harp, a Japanese stringed musical instrument), Japanese chanson and choir classes, and bon dance classes. She always had a zest for life, food, and people. She enjoyed making others happy, especially through flowers. She strived to show that she was strong, capable, and independent in spite of her health challenges, determined to go to church or do her floral arrangements even when she wasn't feeling up to par.

Mrs. Suenaga passed away at home on Wednesday, July 23, 2025 at the age of 84.

Thank you for sharing your love of flowers and beautiful ikebana with everyone! Otsukaresamadeshita.



Deepest Condolences to their 'Ohana



Make and Take:
Aisha's kimchi
SATURDAY SEPT 27TH
12:00 PM - 3 PM
FREE WORKSHOP!

Help make a big batch of vegan kimchi to sell at the Wellness Center. Learn how she makes it and take some home to eat and share.

SIGN UP
by Tuesday,
Sept. 22nd
at the
Front Desk.



Senne Souki
Exhibition
M.O.A. Gallery

On display now through mid-October.

In collaboration with Project 222.



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.

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MOA Newsletter volunteers and contributors.