



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 12 DECEMBER 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 steveichikawa@moahawaii.org.

Meet Ms Hideko Toshimi!



Hideko-san with her son Harrison and daughter-in-law Xiao.

Hi, I am Hideko Toshimi. Currently I am 85 years YOUNG, thanks to the Okada Health and Wellness Program, I am blessed with health and happiness. When I was 7 years old, my mother, Mitsu Toshimi, and her friends went to the lectures offered by Mokichi Okada. They were so impressed with Okada's vision and wellness programs that they joined the movement. My mother said Okada was so charismatic and his vision and mission of eliminating human sufferings and bring about an eternal happy civilization of unity of east and west and religion and science really touched her. She added that this is the movement she was looking for, and she dedicated

the rest of her life toward expanding it.

Eventually, my mother helped so many people with Purifying Therapy, she was able to establish a MOA Branch of her own with membership she guided. By then I was 12 years old, so I too requested to study and begin my practice of Purifying Therapy. My older sister Yukiko even began closely serving Okada in his residence both in Hakone and Atami as his secretary.

According to Yukiko, one day Okada told her that he would send our mom to Hawaii to promote Purifying Therapy and his movement. He asked her to keep it in her heart. After Okada's passing to the heavenly realm in 1955, this "secret" was shared to the executives of MOA by Yukiko, and my mother was asked to move to Hawaii. My mom, not wanting to say NO to Okada's will, chose to move to Hawaii in 1956, leaving 5 daughters in Japan. Instead of being sad, I was excited that my mom's mission expanded beyond Japan. I thank my sister Sadako who took care of her 3 younger sisters including myself. (When I was 4 years old my father died from Malaria in 1944 in Burma while fighting as a soldier in World War II.)



We visited Mokichi Okada in the summer of 1954 in Shinsenyô. My family: standing, L to R, Yukiko, our mother Mitsu, and Teruko; sitting, my youngest sister Masako and me.

(Continued on page 2)

MOA Gallery Artist Highlight



Bernadette Chan with her artwork.

On November 15, MOA Hawaii and Project 222, which promotes fine arts and beauty to the community, held a reception for featured artist Bernadette Chan's work that will be on display at the MOA

Gallery through the end of the year.

In 2015, Bernadette chanced upon a hand-dyed paper collage exhibition that sparked her passion for creating inspirational images using hand-dyed paper. From there, she expanded her artistic interests into ceramics. Bernadette loves to explore and experiment with different forms, textures, and colors throughout her work. She finds art to be both a meditative and therapeutic process—whether she is throwing clay on the pottery wheel, feeling the rhythm of the spin and the upward movement of the form, or carefully crafting a hand-dyed paper collage.

In her collage process, Bernadette cuts hand-dyed paper into various shapes and pastes them onto a canvas. Once the desired image emerges, the finished surface is varnished to enhance and preserve the colors.

In creating porcelain pieces, she first forms the shape on the potter's wheel, then applies under-glazes to paint delicate details before the initial firing. A clear glaze is then added to complete a functional and expressive work of art.

By sharing her artwork, Bernadette hopes to inspire others to explore their own creativity and to experience the calming, healing power of making art—just as she was inspired by that art show in 2015.

What Is Purifying Therapy?

By Steve Ichikawa

The goal of Mokichi Okada, founder of MOA, was to have many “Families Filled with Beauty” in order to create a New Civilization. His objective was to manifest a world civilization in which people can live long lives with ease and without anxiety. To obtain that objective, he recommended that individuals respect and live in accord with Nature and help others in need while avoiding the increase in spiritual clouds and toxins in their bodies. For that purpose, he established Purifying Therapy.

To disseminate Purifying Therapy further, we have prepared Virtual Seminars on Purifying Therapy for you to view using your computer and smartphones. As a first step, we have prepared seven videos:

- ◆ a three-part video on the Introduction to Okada Purifying Therapy
- ◆ four videos for the Continuing Education Series: Balanced and Recurring Purification, Backstage and Onstage, Headache; Hypertension.

In addition to holding in-person study sessions, we hope we can reach more people in this way, including people on the neighbor islands, mainland, and other English-speaking people worldwide, to deepen their comprehension of Purifying Therapy and help to further disseminate Purifying Therapy as a daily practice towards creating Families Filled with Beauty.

In a general session of Purifying Therapy, a therapist would determine the person's condition through a short interview, such as shoulder stiffness, discomfort of the lower back, etc. Based on the symptoms, the therapist would determine several spots to work on to relieve the symptoms. Based on Okada's view on human beings, the aim is to also reduce spiritual clouds from their spiritual body and the toxins from their physical body. It is also good to educate and help that person to begin living a lifestyle that prevents the increase of spiritual clouds and/or toxins from entering the physical body.

In the case of shoulder stiffness, the therapist would ask the person to indicate exactly where the stiffness is. The therapist would then confirm if there is any heat/concretion there. In addition, the therapist would obtain permission to do a thorough detection for concretions in other areas, which may be affecting that stiffness, such as the occipital bone (lower back edge of the skull), both sides of the neck, and/or back of the shoulders (close to the neck).

Since Purifying Therapy enhances the innate ability for one to heal by reducing their spiritual clouds, it is also called the Healing Art of the Kidneys. From the time of Okada's practice, therapists have been working to reduce toxin concretion from the back of the kidneys and lower regions of the kidneys to also encourage the enhancement of purification of the whole body.

In general, the important areas to administer Purifying Therapy are the center of the top of the head and/or between the eyebrows, left and right side of the shoulders, and the kidneys.

Personally, when receiving Purifying Therapy, I ask the therapist to also work on the tight areas of the occipital bone (lower back edge of the skull) and spots (both left and right) between the spine and shoulder blades.



From MOA International:

<https://moainternational.or.jp/en/science/effectiveness-and-safety-of-the-okada-purifying-therapy>

Meet Ms Hideko Toshimi! (continued from page 1)

In 1958, the board members of Hawaii approved my mom's family to move to Hawaii. I was a high school student, but I took the offer with my two other sisters Teruko and Masako, and we rejoined our mother.

It's been 67 years since I moved to Hawaii. Many members tell me how impressed they are about how active I am with MOA and its programs. As my mother continued to serve in Hawaii, I was trying to help her if needed but I was not truly living by Okada's philosophy, like I am today. However, I became very active around the 1980s when I suffered from various purifications. I finally chose to really seek the solution from Okada's books. I was determined to find ways to obtain "happiness." In particular I was struck with two laws he taught us: "the Spirit Precedes the Physical" and "the Status in the Spiritual Position." I realized that my life and its focus was on the physical side, opposite of Okada who taught us to focus on the invisible and spiritual matters.

I also realized that I must raise my spiritual position of my invisible body in order to obtain happiness. Also 3 other teachings of Okada developed in my mind and action after that are, "Consume Healthy Food," "Be Humble," and "Accumulate Hidden Virtues."

After being "activated" by Okada's philosophy, I felt I must do more to help enlarge the movement. From 1981 to 2006 for 25 years, I worked as a staff of MOA. I am delighted to serve at a time when the movement went beyond exchanging Purifying Therapy at many centers my mother helped to build in the 1960s. With membership support and together with medical professionals, MOA began to open up to the public, facilities that offer Purifying, Art, and Healthy Food therapies all in the same place. I hope I did my part to serve in the movement positively.

Presently, every Tuesday at the Wellness Center, after receiving a good Purifying Therapy session, I offer Purifying Therapy to 2 clients. I also make a number of visits to administer Purifying Therapy to clients who are unable to visit the Wellness Center. Over 70 years in serving Mokichi Okada's cause, I am glad and honored that I can still be useful. I purchase MOA products, vegetables grown by the Nature Farming Method, and healthy foods from the Wellness Center [and Whole Foods Market]. With that, I see my doctor ONLY once a year and he encourages me to live with whatever that's keeping me healthy; thus, he prescribes ZERO medicine and supplements for me. I hope to maintain my health so that I can be involved in this positive movement to bring about happiness and health to as many people as possible toward creating a new kind of medicine in which, thank goodness, my mother got me involved.

Thank you for your dedicated service, Toshimi-san! You are an inspiration to us all!

2026 Spring Arts and Culture Study Tour to Japan & South Korea with Steve Ichikawa

April 17 – May 1, 2026 (15 days 13 nights)

(as of Oct 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 some who participate every year or every tour! Repeat travelers are WELCOME; any AGE WELCOME.

Toward the ultimate goal of creating a New Civilization 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, hospitality and GOOD FOOD.

Tentative Spring Tour Itinerary:

- **Hakone:** Shinsenyô garden (National Place of Scenic Beauty) and the Hakone Museum of Art
- **Atami:** MOA Museum of Art in Atami (in addition to the fine arts collected by Okada that are loved by all ages, the Museum was chosen as the “*too beautiful art spot*” on the TikTok site by 180,000 young people in Japan in 2023)
- **Oku-Atami Wellness Center** located at the Ohito Zuisenkyô Health Oasis and Research Farm
- **Kyushu:** Oita, Miyazaki, Kagoshima, and Kumamoto
- **Republic of Korea, aka South Korea:** Busan, Gyeongju, and Seoul



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

Autumn Arts and Culture Tour
November 5-18, 2026 (14 days 12 nights)
Hakone and Atami sites and TOHOKU region

The Plants Weren't the Only Ones Wet at the Plant Sale

The second MOA Plant Sale (and More) of 2025 was held on Sunday, November 2. Over 15 volunteers supported Teri June Amuro and Charlene Gray, who organized the event. Despite the on and off heavy rains, many plants donated by members and friends were sold along with the plants, cuttings and seedlings, etc. that Teri had cultivated. Healthy Food Manager Aisha Asami prepared her famous Vegan Kimchi. Other food advocates supported her healthy food promotion by making other goodies. Jan Mills prepared fantastic hijiki sushi, broiled smoked salmon sushi, flan, prune mui and other sweets. Christine Kanemaru prepared miso salmon bento with yakisoba and asparagus. Steve and Kimiko Ichikawa prepared salmon musubi, corn and bamboo shoot musubi,



2026 Plant Sales - June 7 & Nov 1



**MAHALO for kindly donating to MOA Hawaii via
Foodland's Give Aloha Program.**
Your generous donations totaled \$23,864.95!!!
Members: \$17,322 and Matching \$6,542.95



With GRATITUDE, MOA Hawai'i Presents FREE "TOSHIKOSHI SOBA (Year-End Buckwheat Noodle)" 年越し蕎麦

TOSHIKOSHI SOBA literally means "year-end buckwheat" and is a tradition recorded in the early 1800's. Even today, the busiest day for many SOBA shops in Japan is on the 31st of December. There are a number of theories as to why this tradition still exists:

- Soba noodles are thin and long, and they symbolize "longevity"
- Soba noodles are easily cut, symbolizing "the end of all suffering one experienced during the past year (2025) and to celebrate a fresh new year (2026)"
- Buckwheat grows in colder regions and its "toughness" symbolizes the "family bonding together to welcome in a healthy new year"

Take part in this Japanese tradition and enjoy a healthy, nutritious and savory Japanese dish!



If you helped the MOA Cause in 2025, we thank you. Please pick up your one FREE MOA ORGANIC SOBA with MOA ORGANIC DIPPING SAUCE.

If your family of four also helped MOA, please pick up four FREE soba.

(If you are bringing home more than one soba and sauce, you may want to bring your own tray, etc.)

Additional orders are \$5 per order.

- **Sunday, Dec. 28 - Pick up at Toho No Hikari from 9:30 am to Noon**
- **Tuesday, Dec. 30 - Pick up at the MOA Wellness Center from 10:00 am to 4:30 pm**

**RSVP: ORDERS must be placed with the Front Desk by SATURDAY, DEC. 20th
MOA WELLNESS CENTER – (808) 952-6900**

MOA Hawai'i • 600 Queen Street, C-2 • Honolulu, HI 96813 • Ph. (808) 952-6900 •

Toho no Hikari • 3510 Nu'uuanu Pali Drive • Honolulu, HI 96817 •

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



Na' Ohana Piha I Ke Aloha
Families filled with Beauty

MOA Hawaii is hosting an:

**AMERICAN HEART
ASSOCIATION**

CPR CLASS

Friday, January 16, 2026

Session I: 8:30 am - 12:30 pm

Session II: 1:30 pm - 5:30 pm

(Limited to 16 participants per session.)



Basic Life
Support

The Basic Life Support Class is a healthcare provider level CPR class. Upon completion of the course and passing the exam, you earn a 2 year certification card. Participants will receive all necessary materials and a completion certificate from the American Heart Association.

THE INSTRUCTORS WILL CONDUCT THESE SESSIONS AT A GENEROUSLY DISCOUNTED RATE TO PROTECT AND ENHANCE THE SAFETY OF OUR COMMUNITY:

Michael Fong (MS, CPC)

Cecilia Ladao (MSN, BSN, RN, PHN), is a registered nurse, plant-based advocate, and staunch MOA supporter.



Phone :
(808) 952-6900



Address :
600 Queen Street Suite C-2



Save the Date!

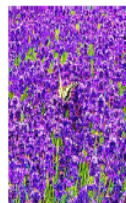
MOA is a Pathway to Happiness

Raleigh Awaya and Jennifer Terukina

*present an afternoon sharing their gratitude to
Mokichi Okada, founder of MOA, for his philosophies
and the Health and Wellness Program
which brought them "happiness."*



- ❖ Come and enjoy their photo display on "Nature"
- ❖ Greeting by Takemasa Kawai, MOA General Manager
- ❖ Harp performance by Dustin Ebesu
- ❖ Pūpū prepared by Nao Leonard of Healing Kitchen
- ❖ Ikebana flower arrangements, organic matcha tea, Purifying Therapy, and MOA!



Sunday, January 11, 2026

2:00 – 4:00 p.m.

MOA Wellness Center

RSVP to MOA Wellness Center by Tuesday, December 30

Rest in Peace and Love



Kimiko Takamiya passed away on October 29 at the age of 93. She joined MOA on the island of Maui. She wanted to master Purifying Therapy to help her husband and others in need. After her husband passed away, she moved to Oahu where her daughters live. She lived in an apartment near the MOA Wellness Center that had just opened in 2013. For the first 5 years of the Wellness Center operations, Kimiko was there almost daily to help out with administration of Purifying Therapy with Norman Oshiro, attended Toshiko Dial's Okinawan food classes, and attended Jessie Nakata and Steve Ichikawa's Kohrinka class. Rest in Peace, Kimiko.



Norman Takashi Inouye passed away at the age of 84. Heading home from Las Vegas, he had a head injury at the airport. He was in the hospital for about two weeks and passed away on September 15, 2025. Norman graduated from the University of Hawaii at Manoa and worked for Japan Airlines in New York City for many years. He came home to be with family and worked at Japan Airlines in Honolulu. Norman loved attending his weekly karaoke class and gardening. He also took voice lessons and had a nice voice. He sang to his mother many times at her birthday parties. He was a kind and thoughtful person. I know that he wanted to say "Thank You" to everyone who prayed for him. We all miss him so much and will never forget him. Let God's Light Shine on Norman.



Sharon Keiko Kaneshiro of Mililani passed away on July 28, 2025 at the age of 74 and joined her husband Jerry. She was born in Honolulu, grew up in Wahiawa, and was a retired secretary of Servco Toyota.

Sharon and Norman were both loved by their families and friends and helped many people in the Mililani and Pearl City districts with their loving hearts and by practicing Purifying Therapy. Rest in peace, Sharon and Norman.

Gratitude Journal Workshop



We are grateful for MOA Hawaii and its community of caring individuals who inspire us to live more fulfilling lives filled with art, beauty, and wellness. How do we "give back" and show our gratitude? I thought holding a workshop that people might be interested in might introduce others to MOA, while the class fee donation would be a fundraising opportunity.

Our "Gratitude Journal" workshop with five attendees was a fun time filled with learning, creating, and enjoyable fellowship. Japanese stab binding is a traditional hand-sewn bookbinding technique. Every journal was different and beautiful. Each creator chose their covers made with yukata, kimono, eco-dyed handmade paper, and printed papers. They

coordinated them with colors and threads to make each art journal its own masterpiece!

Mokichi Okada said, "Art and beauty have the power to uplift the human spirit and bring joy and happiness. Without our being aware of it, it gradually elevates our character and breeds feelings of tranquility and goodwill". These creators of beautiful artists' handbound books went home feeling great! Living a life of aloha and gratitude contributes to long life, inner peace, and happiness. — Jan Mills

MOA Hawaii End-of-Year Campaign

All of us at MOA Hawaii are grateful for your continued support throughout the 2025 year. Thanks to your generosity and support, the Okada Health and Wellness Program continues to help in improving people's lifestyles and spiritual wellness. You will be receiving a formal letter about our annual year-end donation campaign. We humbly ask for your continued support by making a pledge to donate. Mahalo!



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.

2026 Key Dates to Remember

February 22	Sunday	11am-2pm	* MOA Annual Membership Meeting at Toho No Hikari Social Hall Please RSVP by Tuesday, February 10 to the Front Desk (808) 952-6900 .
March			MOA Board of Directors Election
April 17 – May 1			Study Tour to Japan & Korea (15 days/ 13 nights)
May (TBD)			* MOA Museum of Art Children's Painting Exhibitions and Awards (District and State Ceremonies)
June 7	Sunday	9am-1pm	* MOA Plant Sale and MORE at Toho No Hikari Nature Garden
August 1	Saturday	9am-1pm	* MOA Rummage Sale at Toho No Hikari Social Hall
September 1-30			Foodland Give Aloha Campaign (MOA Code – 78563)
November 1	Sunday	9am-1 pm	* MOA Plant Sale and MORE at Toho No Hikari Nature Garden
November 5-18			Study Tour to Japan (14 days/ 12 nights)
December 1-31			MOA Year-end Donation Campaign
December 29 & 30	Tues. & Wed.		End of the Year \$5 Soba (One free order for anyone who helped the MOA cause in 2026; RSVP required)
			*help is needed to organize before/during/take-down.

Lifestyle Improvement Program

**Okada Purifying Therapy , Flower, and Tea
(includes lunch, by reservation)**

Third Friday of each month

9:00 am – 1:00 pm

MOA Healthy Food Program

Assorted fresh produce, bento, Rainbow sandwiches, musubi, etc. are available for purchase at the Wellness Center on Tuesdays, Thursdays, and Saturdays (prices & selections vary).

\$5 Oden will now be offered on the 4th Thursday of each month (except April, November and December). Pre-ordering is recommended. Refer to the MOA monthly newsletter and calendar for updated selections or consult our friendly Front Desk staff.

Continuous Care (by appointment)

Tuesdays, Thursdays, and Saturdays

9:00 am – 5:00 pm

MOA Wellness Center Clean-up Day on the 5th Sunday

March 29, May 31, August 30, and November 29

We welcome the help of all MOA members.

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:

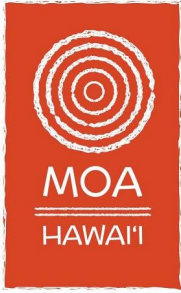
1/1 (Thurs), 1/2 (Fri), 7/4 (Sat), 11/26 (Thurs), 11/27 (Fri), 12/25 (Fri), 12/26 (Sat), 1/1/27 (Fri), 1/2/27 (Sat)

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.



2026 Calendar Year: Individual \$25 or Family \$50

For more information, please see the last page of this newsletter or talk with our friendly and helpful Front Desk Staff.



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

December 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
Nov 30 9:00am-12:00pm CLEAN UP DAY	1	2	3 9:00am - 11:00am MOA Hawaii Team Staff Meeting	4 5:00 pm MOA Executive Comm. Meeting Lunch- Chicken	5 5:30 pm Okazaki / Liu Flower Class	6 *10:00 am Nakata/ Hamada/Kanno Flower Class
7	8	9 Tofu Poke Bowl	10	11 ➤RSVP Soba Order 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 ➤Pick-up ODEN orders! 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	23 Happy Heavenly Birthday, Mokichi Okada! Tofu Poke Bowl	24 Closing at Noon	25 Closed	26 Closed	27 ➤1:00 pm Tea Practice (Goshi-Otaguro)
28 *9:30am-12pm Year-End Soba Pick-up at TNH	29	30 10:00am-4:30pm Year-End Soba Pick-up at MWC Tofu Poke Bowl	31 Closing at Noon	Jan 1, 2026 Closed	Jan 2, 2026 Closed	Jan 3, 2026
				Jan 1, 2026 Closed	Jan 2, 2026 Closed	

“*” 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

Please use this form to join the MOA HAWAI'I 'Ohana! Already a member? You can renew for 2026 now.

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 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: 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; 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: Sharon Matsumoto and Lei Sakamoto.

MOA Newsletter volunteers and contributors.