



## 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 13, ISSUE 1

## JANUARY 2026



### 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).

## Nov. MOA Arts & Culture Tour to Japan

By Steve Ichikawa

After conducting successive tours in April and July to Hakone, Atami, and Hokkaido, I took 10 participants to Toyama, Niigata, Gunma, and Saitama prefectures prior to enjoying their favorite MOA places in Japan—Hakone and Atami. We also visited Osaka and Nara before coming home. In Toyama, we enjoyed the beautiful autumn foliage colors on mountain after mountain, especially in the Unazuki area (see photo at right). In Niigata we enjoyed the famous Koshihikari rice and Hiyama udon. In Gunma we enjoyed soba and their famous konnyaku (made from the corm of the konjac plant). At the Konnyaku Park, we had a buffet of zero-calorie konnyaku of different flavors. Plus we enjoyed yakiniku kalbi, yakisoba, ramen, kakiage (burdock and carrots) tempura, pudding—all made of konnyaku. In Saitama, we enjoyed going back to the Edo period (over 200 years ago) by walking through the Kawagoe area filled with old houses and shops. We also challenged ourselves to make our very own rice crackers and colored Daruma Buddhas.



Bev Hashimoto with Wayne & Irene Koga.

Mokichi Okada completed Shinsenkyô in 1953. Today, the house he purchased and all of his structures (tea house, museum, home, garden) are recognized by the Japanese government as national important properties. Shinsenkyô's most beautiful

(Continued on page 2)

## MOA Gallery— Spotlight Artists Raleigh Awaya & Jennifer Terukina

Sunday, January 11, 2 pm to 4 pm Opening Reception

### RALEIGH AWAYA

I have always been captivated by the camera and art. There is always something that only Nature can reveal—the beauty of the flowers, scenery, architecture, etc. The brilliant colors and unique combinations make them stand out. For the camera, it's also the composition that makes the captured view interesting. Mokichi Okada states it simply: *"HAPPINESS can be found through beauty in everything."* It's what you see with your eyes that captures the scene but what is important is what you see with your heart.



Feelings take you to a different place. Feelings remove worries and bring back memories. Feelings of enjoyment of that beauty are a part of art and photography. The task is to share and involve the viewer in a peaceful state of joy. Helping others, sharing and caring for others are healing messages. Enjoy the photos and the placements to capture the moment and build wonderful memories.

(Continued on page 4)

## ***What Is Purifying Therapy?***

By Steve Ichikawa, Operations Manager and Purifying Therapy Section Manager

The goal of Mokichi Okada, founder of MOA, was to have many “Families Filled with Beauty.” His objective was to manifest a world in which people can live long lives with ease and without anxiety. To obtain that objective, he recommended that individuals respect Nature and help others in need while avoiding the increase of spiritual clouds and toxins in their bodies. For that purpose, he established Purifying Therapy. During the COVID era, therapists were often not allowed to visit people at hospitals, care homes, and/or at their homes.

Now, based on your requests, some of our Healthy Life Networks are resuming the Purifying Therapy visitations. We may not be able to accommodate all of your requests but do not hesitate to let me know if you or your loved ones would like to receive Purifying Therapy or to study about it outside of the MOA Wellness Center. In the post-COVID-19 world, it is our hope that globalism—where we think of the happiness of people worldwide; and altruism, where we respect and support one another—will be popularized. We want to expand the heart of Okada from his essay entitled, “The Person That I Am,” where he taught us how he spent his time, from morning to late at night, thinking and doing something to help his family and others. He added, “Unless we make others happy, we ourselves can never become happy.”

To learn about Purifying Therapy, various classes—including in-person and/or virtual educational videos—are available to fit your needs. Please call me at (808) 222-2183 or email: [stevetichikawa@gmail.com](mailto:stevetichikawa@gmail.com) to find out how we can help you. Together, let us increase the number of people who live a healthy lifestyle and offer support to help others in need by utilizing Purifying Therapy.

### **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>

#### **MOA ARTS & CULTURE TOUR TO JAPAN** (continued from page 1)



Heiankyô Bamboo Garden.

season is between November 15 to 30 when the maple trees change color from orange to red. We were astonished by the beauty of the garden. We then went to a larger scale garden that Okada established in Atami. We rushed to eat organic handmade soba with dipping sauce and various goodies like tempura, etc. so we could explore an exhibition specializing in Rinpa style artists, including Okada’s favorite Ogata Kôrin. Before heading to Osaka, we enjoyed the stunning view of Sagami Bay from the Crystal Hall Observatory, which was the last building constructed (December 1954) by Okada before his passing (February 1955).

In Kyoto, we had a private tour of the garden Okada had purchased to create his third miniature paradise on earth. We strolled through the garden filled with trees in their full fall color raiment and we received a special treat—allowed to enter the Shunjuan (Spring and Fall House that Okada used as his residence in Kyoto) and enjoyed matcha tea.

On this November 2025 Arts and Culture Tour, we deepened our understanding of MOA and its goals and action plans, while having a great time together observing beauty, enjoying good food, and quality time.



# 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:** Shinsenkyô 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](mailto:stevetichikawa@moahawaii)

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

**ODEN**

is available for **\$5**. Pick-up is on Thursday, Jan. 22nd.

Let the Front Desk know asap to guarantee your order. (808) 952-6900!



## Nature Garden Volunteer Day Sunday, January 18th 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.

**RENEW YOUR  
MEMBERSHIP**

**For the 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.

## MAKOTO

*Know the happiness  
Which we feel when  
we bring joy,  
Make others happy,  
Is a greater happiness  
Than any other on  
earth.*

—Mokichi Okada

The greatest blessing that comes to us when we bring happiness to others is the happiness we ourselves experience. Nothing else gives us as much fulfillment as the feeling that fills our being when our actions have been of real service to others. This gives us greater courage and strength, and brings us still more happiness.

Mokichi Okada said that love for others is the very core of man's genuine feeling of joy and exaltation.



## 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 pm**

**MOA Wellness Center**

RSVP to MOA Wellness Center by Tuesday, December 30

*"Health" "Live in tune with Nature" "Flowers" "Healthy Foods"  
"Energy Healing" "Sacred Grounds (miniature paradise)" "Music"*

600 Queen Street, C-2 • Honolulu, HI 96813 • Phone: (808) 952-6900

Website: [moahawaii.org](http://moahawaii.org) • Email: [info@moahawaii.org](mailto:info@moahawaii.org)

## MOA Gallery— Spotlight Artists *(continued from page 1)*

### JENNIFER TERUKINA

My interest in travel photography began at age 13 in Nikko. Being from Hawaii, I had never seen such brilliant and exquisite fall colors. I was overwhelmed by Nikko's red, orange, yellow, and crimson maple trees. I always treasured those first photos of autumnal beauty. Since then, I have had a camera with me whenever I travel throughout the world. I try to capture the natural beauty of scenic areas, often focusing on flowers but also capturing other subjects of interest. In Turkey or Italy, I often included a bit of the traditional architecture with the photos. Golden Week in central Japan offered the trip of a lifetime to see the wisteria, azaleas, poppies, nemophila, and other flowers in bloom. Not to be outdone, Hokkaido showed off its lavender, sunflowers and flower fields in July.

Mokichi Okada firmly believed that art, beauty, and service to others were important in achieving happiness and a balanced spiritual life. Not only do I find delight in the subjects of my canvases, but they also bring to mind special memories of people, places, and events. They warm my heart. It is my hope that my photos convey a message of JOY, HAPPINESS, and PEACE to the guests of this exhibit.







Na' Ohana Piha I Ke Aloha  
Families filled with Beauty

MOA Hawaii is hosting an:

## AMERICAN HEART ASSOCIATION

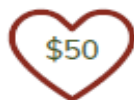
### CPR CLASS

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)

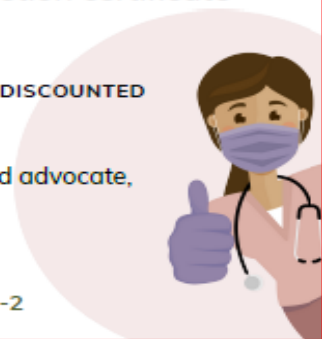
Cecilia Ladao (MSN, BSN, RN, PHN), is a registered nurse, plant-based advocate, and staunch MOA supporter.



Phone :  
(808) 952-6900



Address :  
600 Queen Street Suite C-2



### ❖ '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: 1/8 Chicken 1/15-Shrimp 1/22-Fish 1/29-Tofu Stirfry**

❖ **ODEN is available for \$5. Please let the Front Desk know asap to guarantee your order! Pick-up is on Thu. 1/22.** ❖

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



## 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**

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

February 22	Sunday	11am-2pm	* MOA Annual Membership Meeting at Toho No Hikari Social Hall <b>Please RSVP by Tuesday, February 10 to the Front Desk (808) 952-6900 .</b>
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)
			<b>*help is needed to organize before/during/take-down.</b>

#### **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 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 5<sup>th</sup> 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)**

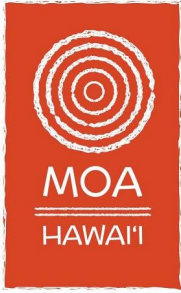
**Sessions are subject to change, please refer to the monthly MOA newsletter and calendar for updates and additional events and seminars on Integrative Medicine, Purifying Therapy, Healthy Food, Nature Farming, and Arts and Culture. For reservations, please contact the MOA Hawaii Wellness Center at (808) 952-6900.**



#### **Can You Help?**

Whether you have an hour or a whole day to spare, you can make a difference. We are looking for volunteers to help with purifying therapy, food preparation, arts events, etc. [See **Key Dates to Remember** above, some events require extensive prep work that we'd welcome your help with.]

Please call the Front Desk at (808) 952-6900 or Steve Ichikawa at (808) 222-2184, or email us at [wcooperations@moahawaii.org](mailto:wcooperations@moahawaii.org). Thank you so much!



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

# JANUARY 2026

## 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: 3<sup>rd</sup> Friday of every month from 9 am to 1 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 28 *9:30-12 noon Soba pick-up at Toho no Hikari	Dec 29	Dec 30 ➤9:30-12N Soba pick-up ➤RSVP due for 1/11/26 MOA is a Pathway to Happiness (see p4)	Dec 31  <i>Happy New Year</i>	<b>1</b> Closed	<b>2</b> Closed	<b>3</b> ➤*10:00 am Nakata/ Hamada/Kanno Flower Class ➤1:00 pm Tea Practice
<b>4</b>	<b>5</b>	<b>6</b>  Tofu Poke Bowl	<b>7</b> 9:00am - 11:00am MOA Hawaii Team Staff Meeting	<b>8</b> 5:00 pm MOA Executive Comm. Meeting  Lunch – Chicken	<b>9</b>	<b>10</b> ➤*10:00 am Takane Flower Class ➤1:00 pm Tea Practice
<b>11</b> 2:00 - 4:00 pm MOA is a Pathway to Happiness	<b>12</b> 6:00 pm Tom Flower Class	<b>13</b>  Tofu Poke Bowl	<b>14</b> 6:30 pm MOA Board of Directors Meeting	<b>15</b>  Lunch - Shrimp	<b>16</b> CPR Course Sess I :8:30-12:30 Sess II :1:30-5:30 (No Lifestyle Improve- ment Program)	<b>17</b> ➤*9:00 am Tom / Nakano Flower Class ➤*1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice
<b>18</b> *9:00 am Nature Garden Volunteer Day	<b>19</b> I HAVE A DREAM MARTIN LUTHER KING JR. DAY	<b>20</b>  Tofu Poke Bowl	<b>21</b>	<b>22</b> Pick-up ODEN orders  Lunch – Fish	<b>23</b>	<b>24</b> 1:00 pm Tea Practice
<b>25</b>	<b>26</b>	<b>27</b>  Tofu Poke Bowl	<b>28</b>	<b>29</b>  Lunch – Tofu Stirfry	<b>30</b>	<b>31</b> 1:00 pm Tea Practice

“\*” 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 HAWAII 'Ohana! Already a member? Time to renew!**

**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](mailto: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](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: 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.**