



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 13, ISSUE 2 FEBRUARY 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).

### Meet Mrs. Grace Shigeta



Grace Shigeta with her late husband, Don..

By Lori Murakami

Mrs. Grace Shigeta is 96 years young and an active member of MOA Maui for 5 decades. In 1974 due to her migraine headache and dizziness, her brother Alan Ping recommended her to try Purifying Therapy. Her initial reaction to the therapy was that she felt heat. Her condition improved every time she tried the therapy. Thus, she chose to obtain her MOA pendant to begin practicing

Purifying Therapy.

Her loving husband Dan was skeptical of the therapy; however, in the 1990s, as he had several health issues, Grace administered Purifying Therapy every night while he slept. His health issues resolved one by one. One day, Grace told him of the treatments she gave him at night. He became a practitioner too so he could administer to Grace and others in need.

She had opened her home for anyone to receive Purifying Therapy and or single floral therapy. She experienced many miracles of Okada Health and Wellness Program especially with Purifying Therapy and has guided many people to MOA.

(Continued on page 3)

### Meet Ms Rie Matsuoka

Hi, I am Rie Matsuoka from Sapporo, Japan. I stayed in Honolulu to volunteer for 9 days. All my life I have been associated with and practicing Okada Health and Wellness Program thanks to my grandma and mom. Naturally, I grew up in the environment of Purifying Therapy practice, healthy meals, and enjoyment of art like flower arrangements. Currently I attend a monthly tea ceremony practice.

I was able to help make and distribute 160 packages of organic buckwheat noodles to members, as well as offer matcha tea to visitors at the Wellness Center. Despite the busy holiday season, I administered Purifying Therapy at the Wellness Center and the Steve Ichikawa residence.

I stayed with Steve Ichikawa and his family. His wife Kimiko operates the Ichikawa Care Home so I had fun playing games and eating meals with Obāchan grandmas. Initially I was not accustomed to the difference in culture, so every day was a learning experience. The Ichikawas and MOA members created a very comfortable



environment for me to enjoy every day. I was reminded of how important it is to be thoughtful and kind to others.

I thank YOU for this once-in-a-lifetime treasured opportunity.



Above, Rie serves tea in the Golden Tea Room and a view of Diamond Head during her free time.

### How Your Mind, Speech, and Actions Should Be

**Mokichi Okada** believed that the elimination of spiritual clouds from the spiritual body and toxins from the physical body is the way to improve ourselves and our lives. He recommended a step-by-step approach to do so. Okada built two museums and surrounding gardens, established the Purifying Therapy and Nature Farming Methods, and recommended living in accord with Nature while enjoying the fine arts. As we begin this new year of 2026, we hope these will be helpful ideas to improve yourself and your lives.

- A. Entrust Everything to God after Doing Your Best
- B. Eliminate Ego and Obsession
- C. Observe Order
- D. Be Aware of the Importance of Time
- E. Start Small
- F. Be Aware of the Importance of Season
- G. Respond to Time, Situation, and Position
- H. Act in Accordance with Reason
- I. Improve Step-by-Step
- J. Human Beings Depend Entirely on Thoughts
- K. Enjoy Blessings
- L. The Secret of Happiness and Good Fortune—Performing Good Deeds
- M. A Pleasant Person
- N. Common Sense
- O. Kindness, Modesty, and Refinement
- P. Enjoying Virtue
- Q. Makoto [sincerity; love]
- R. The Practice of Great Humility
- S. Do Not Get Angry!
- T. Do Not Be Judgmental!
- U. Do Not Be Hated!
- V. The Genuine Strong Person
- W. Indignation Toward Evil
- X. Development
- Y. Be Broad-minded!
- Z. Body and Soul of Izunome, not right or left but right in the middle

**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 HAWAII GENERAL MEMBERSHIP MEETING**

**SUNDAY, FEBRUARY 22, 2026 11 am - 2 pm, Toho no Hikari, 3510 Nuuanu Pali Dr.**

**RSVP to the Front Desk by Tuesday, Feb. 10: (808) 952-6900**

**Actively seeking nominations for the**

**MOA Hawaii Board of Directors**

**Please submit to Steve Ichikawa or the Front Desk staff  
by Tuesday, February 10th**

## Meet Mrs. Grace Shigeta (continued from page 1)

Dan and Grace also enjoyed going to visit the MOA Zones of Japan, including Hakone's Shinsenkyo garden, the MOA Museum in Atami, and Tokyo Wellness Center.

Grace no longer drives so she's unable to visit the MOA Maui Center daily like before. She appreciates Norman Oshiro and Lori Murakami providing her daily Purifying Therapy treatment that guided her to the philosophy of the founder Okada and his health and wellness program and ultimately to a much happier life.

Today, she is continuing to support MOA by making monetary donations and making flower containers from milk containers for the Flower Circle. She would make so many in case Norman Oshiro or Lori Murakami conducted MOA activities for the community.

Grace is very happy that the MOA Wellness Center opened over a decade ago in Kakaako providing Integrative Medicine to the community and moving forward with creation of a new kind of medicine Okada had envisioned 90 years ago.

**Thank you, Grace, for your sincere dedication and support of MOA Hawaii!**



MOA Hawai'i participated in the **Mililani Lions Annual Family Health and Wellness Fair** at the Mililani Town Center on Saturday 1/17. It was the 2nd time in 3 years that we've had a booth. The response was wonderful! People waited patiently for a seat to either make a flower circle arrangement or to receive Purifying Therapy. Attendees of all ages



were delighted at how pretty their arrangements were and/or how much better they felt after receiving purifying therapy! Many thanks to Takemasa Kawai, Dawn & Darian Kanno, Lester Nakamura, Charlene Gray, and Steve Tomino for volunteering for this event (without whom we could not have run the booth) Many thanks to Lester for the water, Dawn for the apples and containers, & Justin Kaneshiro, Dawn, and Megan Tomino for the variety of greens!



-by Gale Eckerd

## Next Nature Garden Volunteer Day Sunday, Feb. 8th from 9 a.m.

[Normally, it's every 3rd Sunday from 9 am.; however, the date had to be changed for February.]

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.



On Sunday, 1/18/26, under cloudy skies making for a thankfully cool day, a hardy crew industriously worked to clear overgrown areas, transplant/re-locate veggies, move planter bricks/panels, etc. to get ready for a new project that's now in the works. Pictured here are Warren Shoda, Jeff Eckerd, Ranie Mulligan, Teri June Amuro (our Nature Farming Program Coordinator), and Steve Tomino (Steve Ichikawa and Gale Eckerd also helped.)

## ***MOA is a Pathway to Happiness***

### **Reception in the Gallery for Jennifer Terukina and Raleigh Awaya**

On Sunday January 11<sup>th</sup> an Opening Reception entitled, "MOA is a Path to Happiness," was held to showcase the photographic artworks of Raleigh Awaya and Jennifer Terukina. Over 50 people attended the jubilant celebration.



The event was kicked off by a speech by General Manager Take Kawai. Attendees were treated to Dustin Ebesu's melodic harp performance. MOA-certified Arts & Culture Instructor Phyllis Tom made a beautiful flower arrangement for the occasion.



MOA-certified Therapists Sage Kanemaru, Darian Kanno, and Chieko Nitta administered purifying therapy to those who were interested.



Everyone enjoyed the delicious organic hors d'oeuvres by Nao Leonard and MOA Healthy Food Advocates.



(continued on page 5)

**MEMBERSHIP  
RENEWAL  
TIME**

**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.



Kankyuan School of Tea certified practitioner Dick Mills delivered a Bontemae-style matcha tea experience in the Golden Tea Room. He was assisted by Phyllis Tom and Wendy Fujimoto, an MOA-certified Art Advocate.



Raleigh and Jennifer shared so much about how MOA and its philosophy have benefited them. They praised the many MOA practitioners of flower, tea, and energy healing. They support the on-going Hakone Construction Project by making yearly visits to Hakone and through monetary donations. Recently in Atami, Japan, Raleigh was certified as a Kankyuan School of Tea Bontemae Practitioner. He has also received his MOA Purifying Therapy Basic Level Practitioner certification in Honolulu. Raleigh also showed his talent in carpentry by creating 3 new display walls for the Wellness Center's Gallery. We all enjoyed the beautiful photos taken by the artists and deeply appreciate their immense talent.

This year, Jennifer and Raleigh are going on to the Intermediate Level for administering Purifying Therapy. Both of them are now carrying out a number of MOA activities to move forward with creating Healthy, Mind, and Body Individuals and Communities.



If you missed the opening, please stop by the Gallery in the MOA Wellness Center to view their beautiful works.

### ❖ '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**

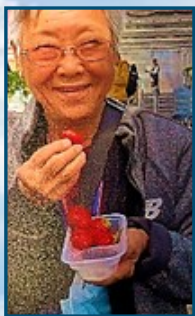
**On Tuesdays - \$6 Tofu Poke Bowl**

**\$8 Thursdays: 2/5 Chicken 2/12-Shrimp 2/19-Fish 2/26-Tofu Stirfry**

❖ ODEN is available for \$5. Please let the Front Desk know asap to guarantee your order! Pick-up is on Thu. 2/26. ❖

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

## Rest in Love, Jane Arellano



Jane Arellano of Hilo was born on March 4, 1944, and on January 2, 2026, passed away at the age of 81. She joined MOA in 1969 and obtained certification to practice Purifying Therapy. For over 50 years, she spent many hours helping people in need Purifying Therapy. She often joined MOA Arts & Culture tours to Japan and enjoyed visiting Hakone and Atami. She always brought CDs of *Enka* (Japan folk songs she enjoyed listening to with her mother) for the tour bus to play her favorites while traveling with others.

Jane was so beloved by her network members since she really showed her lifelong dedication to helping others. Rest in peace, Jane!

*Deepest Condolences to her 'Ohana*



### 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
August 1	Saturday	9am-1pm	* MOA Rummage Sale at Toho No Hikari
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
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>

### Autumn Arts and Culture Tour

**November 5-19, 2026 (15 days & 13 nights)**

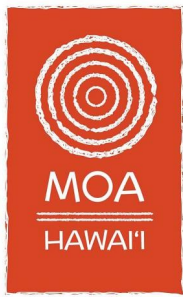
**Hakone and Atami sites and other regions to be advised**

**ODEN**

**is available for \$5. Pick-up is on Thursday, Feb. 26th.**

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





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)



# 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
<b>1</b> *10:00 am Arts & Culture Instructors' Meeting	<b>2</b>	<b>3</b>	<b>4</b> 9:00am - 11:00am MOA Hawaii Team Staff Meeting	<b>5</b> 5:00 pm MOA Executive Comm. Meeting  Lunch – Chicken	<b>6</b>	<b>7</b> ➤ *10:00 am Nakata/ Hamada/Kanno Flower Class ➤ 1:00 pm Tea Practice
<b>8</b> *9:00 am Nature Garden Volunteer Day	<b>9</b>	<b>10</b> RSVP due for MOA General Membership Meeting attendance & Nominations for Board of Directors Tofu Poke Bowl	<b>11</b>	<b>12</b>  Lunch – Shrimp	<b>13</b>	<b>14</b> ➤ *10:00 am Takane Flower Class ➤ 1:00 pm Tea Practice  
<b>15</b>	<b>16</b> 6:00 pm Tom Flower Class 	<b>17</b> Tofu Poke Bowl  Lunar New Year	<b>18</b> 6:30 pm MOA Board of Directors Meeting	<b>19</b>  Lunch - Fish	<b>20</b>  Lifestyle Improvement Program 9 am-1 pm	<b>21</b> ➤ *9:00 am Tom / Nakano Flower Class ➤ *1:00 pm Nakano Flower Class ➤ 1:00 pm Tea Practice
<b>22</b> *11 am-2 pm <b>MOA General Membership Meeting</b>	<b>23</b>	<b>24</b>  Tofu Poke Bowl	<b>25</b>	<b>26</b> Pick-up <b>ODEN</b> orders  Lunch – Tofu Stir-fry	<b>27</b>	<b>28</b> 1:00 pm Tea Practice

### **Notes:**

“\*” 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? Did you 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.**