



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 3 MARCH 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.

Meet: Delphine Shea

Hi, I am Delphine Shea. I was born and raised on the island of Kauai. Around 2004, I was very ill and my friend from Honolulu introduced me to MOA and its Purifying Therapy. I was then introduced to Mr. "Super Nice" Wesley Shoda [Wes passed on to heavenly realm on May 13, 2013] and his wife Tamayo who were living on Kauai at that time. Wes offered plenty of Purifying Therapy for me and made me energized. I was so impressed with the MOA for helping me out so much when I needed the help despite me not being a long-time member or supporter.

In 2008 when I moved to Honolulu to be closer to my mom Dolores Peralta [she passed away on August 18, 2017, may she rest in peace], I was introduced to much larger MOA networks like Hideko Toshimi, Roy Goshi-Otaguro, Alice Suma, Janet Oda, Yasuo Kikuchi, and Steve Ichikawa. Since then, I also obtained the MOA pendant to practice Purifying Therapy on me, my family, and MOA members. In 2019, Hideko and Alice asked me to visit MOA's Hakone and Atami's museums with them, so I traveled to Japan with Steve's tour. The beauty of man-made combined with Nature, the founder Okada created amazed me. By visiting Japan, I was able to grasp the international level and large scale of the positive work MOA is carrying out (helping as many people as possible) through a Nature-based lifestyle, energy, healthy food, nature farming methods, exercise, and enjoyment of beauty.

Last year, with help from Steve, I was able to move into an apartment right across from the Wellness Center. Steve teased me by saying, "I will see you every day." Sure enough, thanks to a recertification course on the Basic Level Purifying Therapy offered by Sage Kanemaru, I was able to gain confidence in its practice. Today I am a volunteer on Tuesdays to administer Purifying Therapy at the Wellness Center. It's been 2 decades since I started to include the MOA lifestyle in my life. Thanks to all of your support, I have

regained my health and am enjoying my life. If we have not met, please come see me on Tuesdays

[Note from the MOA Wellness Center Front Desk: Delphine is a good baker. She often bakes sweets that she shares with volunteers. You may get to taste her baked sweets on Tuesdays]



Above, Delphine joins Sage Kanemaru in administering purifying therapy to a client.

CPR Certification Training on January 16, 2026

By Sage Kanemaru

On Friday, January 16, MOA held a Cardio-pulmonary Resuscitation (CPR) certification course under the careful guidance of Cecilia Ladao (MSN, BSN, RN, PHN) with her partner Michael Fong (MS, CPC), Cecilia helped fourteen participants earn their American Heart Association® Basic Life Support certificates. Students practiced: giving high-quality compressions and breaths, operating an automated external defibrillator (AED), and performing duties as part of a larger emergency



Above, Cecilia Ladao and Michael Fong conducted CPR certification training, including demonstrations and hands-on practice..



response team. The course concluded with a short, written examination, for which everyone felt very well prepared. Thanks to Cecilia's vast knowledge gained from working in a clinical setting, as well as the feature-rich practice gear that she brought from California, the course was highly hands-on and deeply informative.

(Continued on page 2)

CPR Certification Training (continued from page 1)



Cecilia serves as a nurse at the nationally acclaimed University of San Francisco Medical Center. She has over a decade of experience teaching CPR and holds additional qualifications as a plant-based cooking advocate and MOA's Basic Certification in Purifying Therapy. She is passionate about dietary and heart health and consistently makes an effort to strengthen the valuable relationship MOA has with her during her brief stays in Honolulu.

Since becoming connected with MOA in 2024, Cecilia explained that she has witnessed remarkable improvements in her parents' condition through the Okada Health and Wellness Program, particularly through their regular Purifying



Therapy appointments. In her own words, providing this course was a big way of giving back to the MOA community using her unique skills as a medical practitioner. MOA extends a big mahalo to Cecilia, Mike, and the Ladao family for generously giving their time and resources to enrich the safety of the MOA community.



Courtesy of the MOA Museum of Art's Instagram account.

An exhibition of the National Treasure "Red and White Plum Blossoms" screens by Ogata Kōrin began on January 30th and runs till March 18th at the MOA Museum of Art in Atami, Japan.

moa_museum_of_art
MOA MUSEUM OF ART



moa_museum_of_art 国宝3件同時公開

本展では、「紅白梅図屏風」をはじめ京焼の大成者・野々村仁清作「色繪藤花文茶壺」、三大手鑑の一つとして著名な手鑑「翰墨城」の国宝3件の同時公開!
日本庭園「茶の庭」の梅の花も合わせてご覧ください

名品展 国宝「紅白梅図屏風」

2026.01.30(金) - 2026.03.18(水)

<https://www.moaart.or.jp/event/bestcollection2026/>

Three National Treasures on Public Display Simultaneously
MOA Museum of Art presents three National Treasures from its collection in this periodical exhibition. The curation includes the "Red and White Plum Blossoms" by Ogata Korin, the "Tea-leaf Jar with design of Wisteria" by the legendary Kyoto ware potter Nonomura Ninsei, and the "Tekagami Kanbokujo," one of Japan's three best known calligraphic albums.

The plum orchard located adjacent to the museum will also be at its best. We invite you to enjoy the seasonal beauty of the garden alongside these masterpieces.

Masterpiece Exhibition: National Treasure "Red and White Plum Blossoms" Dates: Jan 30 (Fri) - March 18 (Wed), 2026

URL: <https://www.moaart.or.jp/en/event/bestcollection2026-2/>

#moa美術館 #moamuseumofart #熱海 #国宝 #紅白梅図屏風



MOA WELLNESS CENTER
Sunday, Mar. 29th
From 9 am - 12 pm
We are grateful for the help!

This month's Nature Garden Volunteer Day is Sunday, March 8th from 9 a.m.

[Usually 3rd Sundays from 9 am at Toho no Hikari Nature Garden: 3510 Nuuanu Pali Drive.]



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. MAHALO!

Volunteer help is intrinsic to the success of our programs.



Back row, Steve Tomino, Gale Eckerd, Darian Kanno, Lester Nakamura, Takemasa Kawai. Front row, Charlene Gray and Dawn Kanno.

This photo was taken of our helpers at a recent wellness fair at the Mililani Town Center by the Mililani Lions Club photographer.

Please consider joining in on MOA Hawaii activities, there's sure to be one that piques

2026 Arts and Culture Study Tours to Japan & Taiwan with Steve Ichikawa

(as of January 27, 2026 – 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 on 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 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.

**Fall Arts and Culture Tour to the Sanin/Sanyo Districts (Shimane, Tottori and Yamaguchi) – Izunokuni - Atami – Hakone – Taiwan (Republic of China)
November 5–19, 2026 (15 days 13 nights)**

TENTATIVE ITINERARY:

- **Shinsenkyō Garden** (Designated as a national historical site and Place of Scenic Beauty) and the **Hakone Museum of Art**
- **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 Zuisenkyō Health Oasis and Research Farm

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





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

March 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: 3rd Friday of every month from 9 am to 1 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Tofu Poke Bowl	4 9:00am - 11:00am MOA Hawaii Team Staff Meeting	5 5:00 pm MOA Executive Comm. Meeting Lunch – Chicken	6	7 ➤*10:00 am Nakata/ Hamada/Kanno Flower Class ➤1:00 pm Tea Practice
8 *9:00 am Nature Garden Volunteer Day 	9	10 Tofu Poke Bowl	11 6:30 pm MOA Board of Directors Meeting	12 Lunch – Wafu Hamburger	13	14 ➤*10:00 am Takane Flower Class ➤1:00 pm Tea Practice
15	16 6:00 pm Tom Flower Class	17 Tofu Poke Bowl 	18	19 Lunch - Fish	20 Lifestyle Improvement Program 9 am-1 pm	21 ➤*9:00 am Tom / Nakano Flower Class ➤*1:00 pm Nakano Flower Class ➤1:00 pm Tea Practice
22	23	24 Tofu Poke Bowl	25	26 Pick-up ODEN orders Lunch–Tofu Stir-fry  Prince Kuhio Day	27	28 1:00 pm Tea Practice
29 9:am-12N Wellness Center Clean-up  CLEAN UP DAY	30	31 Tofu Poke Bowl	April 1	April 2	April 3	April 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.

Rest in Love, Lorna Taketa



Lorna Taketa was born on December 17, 1952, and at the age of 73 passed away on January 22, 2026. She began practicing Purifying Therapy from December 1, 1964. As a longtime resident of the Pearl City District, she took part in the Healthy Life Network by assisting many people in need, especially by administering Purifying Therapy.

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)

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 5-19			Study Tour to Japan & Taiwan (15 days/13 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.

ODEN

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

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



If you've noticed that you aren't receiving your copy of the newsletter, please make sure we have your correct address, or better yet, your email address. We encourage our readers to go paperless to help us save on costs for printing & postage as one 8-paged newsletter or 1 ounce is now 78 cents. Please let us know either by email at wcooperations@moahawaii.org or by giving us a call at (808) 952-6900. Many thanks! [Emailed newsletters are in color! Mailed ones are in black & white!] You can also view the newsletter on our MOA Hawaii website: <https://moahawaii.org/elementor-5530/>

Thank you!!!



MOA Hawaii
 600 Queen Street, C-2
 Honolulu, HI 96813

Please use this form to join the MOA HAWAII 'Ohana! Already a member? Have you renewed?

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 wcooperations@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.