



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 7 JULY 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.

Roosevelt HS Mini-Reunion—Enjoying Tea & Flower Therapies by Jennifer Terukina



Kathleen Adachi, Gayle Yamami, Jennifer Terukina, Sue Adachi, and Joycelyn Kashiwamura.

At the end of May, Dick Mills, a certified *Bontemae* Tea Ceremony therapist, welcomed 5 Roosevelt High School friends of many years to the MOA Wellness Center's Golden Tea Room.

Dick started out by discussing the historical importance of the Golden Tea Room. He then had the ladies do a single flower arrangement. First of all, he explained the importance of the Kohrinka style flower arrangement where we focus on enjoying the beauty of the flower rather than trying to arrange it beautifully. The ladies then selected their flowers and vases. They proceeded to admire the flowers as instructed, decide on the best view of the flowers, and appreciate the healing power of the flowers. Their arrangements were lovely.



(continued on page 3)

MEET A HAPPY FRIEND by Raleigh Awaya

Why MOA, you may ask? Taking Kohrinka (flower arrangement) classes from Karen Takane was my introduction to MOA. I was told that if I wanted to attend flower classes in Japan, that I had to learn the basics first. That started me on a journey in 2019. I stopped my classes for a while, but I'm back in action again.



This time I'm delving deeper into MOA, its founder, Mokichi Okada, and what MOA stands for. I took up *Bontemae* Tea ceremony, after an MOA Arts and Culture trip with Steve Ichikawa, just to understand more about the process of Matcha and raku bowls and to appreciate what they signify. I had a great mentor in Roy Goshi-Otaguro (former MOA Arts & Culture Director). With the flower arrangement and tea experience, I started to learn about Purifying Therapy with teacher Sage Kanemaru. Purifying Therapy is an energy healing process that removes spiritual clouds that cause pain to appear in the body. Kohrinka, *Bontemae*, and Purifying Therapy have laid the foundation for a growing feeling of Happiness. This Happiness is the basis for Okada's life and work. There is so much to learn and explore in life.

(continued on page 2)

Purifying Therapy Scheduling Update

Thank you for being an integral part of our community. As our Wellness Center evolves, we'd like to share a shift in our scheduling approach that brings us back to our roots and ensures fairness for both clients and our dedicated therapists.

Since the pandemic, a shortage of volunteers led us into a pattern of booking recurring appointments with specific therapists. While this offered comforting consistency, it placed heavy pressure on our generous volunteers to keep up with weekly demands, and it occasionally created a gridlock where newer clients facing severe health challenges were excluded from care.

Furthermore, our core staff are taking on projects that will dramatically expand the reach of our Wellness Program. We are actively strengthening our mentorship program (which directly translates to deeper, better care for you), launching educational programs in Art Healthcare and Healthy Foods, expanding our Wellness Garden in Nu'uuanu, and joining forces with the MOA Los Angeles team to lay the infrastructure for our upcoming clinic in Long Beach, California.

To support these exciting expansions without burning out our team, **starting in August, the following two changes will take effect:**

- **We will not guarantee recurring time slots.**
- **Clients may not choose a specific therapist.**

We want to gently remind our community that all of our practitioners receive the same comprehensive training. Purifying Therapy is not an individual gift; the healing energy channeled is identical. What matters most is the pure heart of the therapist to help others, and every single certified therapist embodies that spirit.

You will continue to receive the highest quality of care, and we will do our utmost to accommodate your schedule, but we cannot make any guarantees. This protects the time of our valuable personnel and allows us to serve every member of our community with equal fairness.

We welcome your feedback during this three-month transition window. Mahalo for your flexibility and understanding.

Aloha,
MOA Hawaii

MEET A HAPPY FRIEND (continued from page 1)



Raleigh Awaya with
Mayumi Ono.

When anyone thinks they are too old or not smart enough, that is NOT true. Learning never stops and it will even lift your sprits to be Happy, like nothing else will. Why wait? Why not help others? Why not share Joy, Love, and Peace with others? Why not feel the Happiness, too? You can learn and experience life's wonders, but you must be willing to try. MOA and its Wellness Center is a great place to start.

Raleigh is now volunteering as a Purifying Therapy therapist utilizing his MOA Basic Level Certification status on Tuesdays and Tea therapist on Saturdays utilizing his Kankyuan School of Tea *Bontemae* Certification. He is also a regular visitor to Hakone and Atami's MOA museums by traveling with Steve Ichikawa.

22 students from Hawaii & California visited Japan in May to Study Kôrinka Flower Arrangement and Japanese Culture

Group photo below (left to right): 1. Attaché to the MOA Cultural Affairs Dept. Mamiko Fujii, 2. MOA Cultural Affairs Dept. Manager Haruo Kobayashi, 3. Nozomi Okazaki, 4. Rosalind Marks, 5. Anne Tomita, 6. Royce Taba, 7. Dakota Sands, 8. & 10. Leonard & Valeria Brinkers, 9. Alice Fujita, 11. MOA Museum Director Tokugo Uchida, 12. Frances Hokama, 13. Margaret Mason, 14. Steve Tomino, 15. Hau Ling Wong, 16. Darrell Hee, 17. Susan Takeda, 18. Martha Sloan, 19. Nathan Hokama, 20. Shawn Nakata, 21. & 23. Edwina & Brian Nakano, 22. Lisa Hee, 24. Anna Kim, and 25. Lina Kikuta.



Above at a flower arranging workshop at the MOA Museum of Art: Martha, Susan, Nathan, Frances, Hau Ling, Steve, and Margaret carefully examine their branches.

Roosevelt HS Mini-Reunion (continued from page 1)

The tea bowls were wrapped in wooden boxes, so each person selected a wooden box and unwrapped it to uncover their Tea Bowl. There were Raku Bowls, Hagi Bowls, and porcelain bowls. Dick explained the differences in texture and style. He proceeded with the *Bontemae* Tea Ceremony and explained the steps along the way. One of the ladies brought sweets from Mt. Aso in Kyushu. The sweets went well with the organic Matcha Tea. Before leaving, I pointed out a proverb popularized by 16th Century Tea Master, Sen no Rikyū: “*Ichigo, Ichie*”



(*一期一会) displayed on the dais. [* translates to "one time, one meeting" - meaning that you treasure each encounter as a once-in-a-lifetime experience.] It was a special gathering at the Golden Tea Room of these high school friends, never to be duplicated. Thank you so much, Dick Mills!



Comments from my friends: “For me, it was a new experience. Please thank Jan and Dick. It was wonderful.” “It was so relaxing and peaceful.” “Thank you for the Tea and Flower experience.”

Dick Mills offers his tea and floral therapies on Tuesdays and/or by appointment. If you are interested, please call Steve Ichikawa at (808) 222-2183 or the Wellness Center Front Desk at (808) 952-6900.

Photos courtesy of Jan Mills.

Kitchen help needed every 3rd Friday for the Lifestyle Improvement Program (LIP) at the MOA Wellness Center from 9 am-1 pm



Get recipes and level up your cooking skills
LIP Seasonal menu - mini cooking class topic in ()

- July-nagashi somen (homemade mentsuyu)
- August-corn potage with musubi & baked chicken/vegetables (shoyu/shio koji sauce)
- September-lentil soup & grilled sandwich (lentil soup)
- October-pumpkin curry (curry)
- November-mushroom mixed rice & pumpkin soup (pumpkin soup)
- December-vegetarian temari sushi (cute-themed sushi)

If interested, please contact the Front Desk at (808) 952-6900 or Aisha Asami at (808) 722-8020.
*Note: menus and cooking class topics are subject to change

Won't you join us? November 2026 Arts & Culture Tour Schedule

(as of June 1, 2026 - Subject to Change without Notice)

November 5 – 19, 2026 (15 days 13 nights)

Please contact Steve Ichikawa if you have any questions about the tour (808) 222-2183. Please inform Steve Ichikawa before you purchase your own Honolulu - Kansai and Haneda - Honolulu air tickets. Includes 26 meals [10 breakfasts, 10 lunches, and 6 dinners].



DAY 1 HONOLULU

11/5 (Th) Depart from Honolulu on Alaska Airlines Flight 849 at 1:45PM.

DAY 2 OSAKA

11/6 (Fri) Arrive at Kansai International Airport at 6:45PM. Immigration & Customs on your own, find Steve Ichikawa after exiting Customs. Walk to & ck into Hotel Nikko [aka JAL] Kansai Airport. Dinner on your own at the Airport.

DAY 3 OSAKA – MATSUE (Shimane Prefecture)

11/7 (Sat) 5:45AM Fantastic Buffet Breakfast - Brasserie (hotel) w/various Kansai area products. Ck out 9AM. Join Mr. Suguru Yamakawa Bus Tour. Lunch on own at the Highway Stop [aka Service Area "SA"]. 2:30-4PM Matsue Vogel Park <https://www.ichibata.co.jp/vogelpark/en> (Japan's largest heated indoor park w/over 10K flowers (begonia/fuchsia, etc.) & birds from all over the world). 5-6PM Japanese Cuisine Dinner at a Yuushien Park restaurant (including crab mini hotpot). Enjoy walking in the illuminated Maple Tree Park. 7:30PM ck into Hotel Route Inn Matsue (2 nights). Enjoy Onsen Hot Springs (3PM-2AM; 5AM-10AM). Coin laundry available.

DAY 4 MATSUE – IZUMO (Shimane Prefecture) – MATSUE

11/8 (Sun) 6:30AM Buffet Breakfast w/freshly baked bread & various Japanese/Western foods at the Nagomi (hotel); 8:30AM Bus departs. 9:30-10:30AM Izumo Taisha Shrine [1 of the most important Japanese shrines <https://sanin-japan.com/featured/izumotaisha/>; bow once before walking thru the torii entrance (avoid walking in middle); 1 of Japan's largest shimenawa (sacred straw rope). Several shrines to offer prayers at: do not throw the donation coin in, just offer it by dropping it from the top of the donation box; 2 bows-4 claps-1 more bow to offer prayer]. 10:45AM-12PM Shimane Winery. Japanese Cuisine Lunch. 1:15-3PM Yasukibushi Entertainment Hall to see traditional Izumo Song & Yasukibushi Dance. 2-4PM Adachi Museum (known as the #1 Japanese garden filled with galleries to showcase great works by Japanese artists like Yokoyama Taikan's paintings & Kitaoji Rosanjin's ceramics). 5PM back to hotel. Dinner on own. Optional drop-off at Aeon Mall Shopping Center & Food Court, return to hotel by taxi on your own.

DAY 5 MATSUE – TOTTORI (Tottori Prefecture)

11/9 (Mon) Buffet Breakfast (hotel). Ck out. 8:30AM Bus departs. 11:30AM- 2:30PM Tottori Sakyu Sand Dunes (largest sand dunes in Japan <https://www.japan-guide.com/e/e8102.html>) & the Sand Dune Museum (sculptures w/Spain as Nov.'s special theme). Seiro Mushi (bamboo basket steamed rice) Lunch. 3-4PM making Tofuchikuwanosato, Tottori's favorite tofu chikuwa. [In Edo period Tottori Port was underdeveloped, so the Tonosama Lord Ikeda required people of Tottori to eat more tofu instead of fish, thus fishcake-like tofu TOFUCHIKUWA (70% soybean/30% fish) evolved into a traditional food.] 4:45PM ck into Hotel New Otani Tottori. Dinner on your own [3 min to the Tottori Train Station so you will find many eateries nearby].

DAY 6 TOTTORI – IZUSHI (Hyogo Prefecture) – KYOTO (Kyoto Prefecture)

11/10 (Tue) 7AM Buffet Breakfast including Tottori favorites at the Parrière 2nd floor (hotel). Ck out. 9AM Bus departs. 11AM-2PM Walk the old town of Izushi <https://www.japan.travel/en/experiences-in-japan/190/> (make your very own coin purse). Izushi Traditional Soba Buckwheat Lunch. 3-4PM Cable Car to Kasamatsu Park to see great view of Amanohashidate (a sandbar covered with pine). 5PM ck into Hotel Kyoto Eminence. Buffet Dinner. Enjoy Onsen Hot Springs, jacuzzi, sauna, etc. (5PM-10AM; 3PM-3AM). Available on own: ♦Massage from 11AM-1AM. ♦Akasuri Scrubbing from 11AM-10PM. ♦Ganbanyoku Low Heated Lying Down Stone Sauna from 5AM-1AM (for 1,100yen).

DAY 7 KYOTO – SHIGA (Shiga Prefecture) – HAMAMATSU (Shizuoka Prefecture)

11/11 (Wed) 7AM Buffet Breakfast hotel 1st floor. Ck Out. 8:30AM Bus departs. 11:30AM-12:15PM Sake Factory Visit. Lunch on own at the SA. 4:30PM ck into Hotel Wellseason Hamanako. Buffet Dinner (hotel) including Hamanako's UNAGI (eel), make your own seafood bowl, Shizuoka beef steak.

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DAY 8 HAMAMATSU – MISHIMA (Shizuoka Prefecture)

11/12 (Thurs) 7AM Hamamatsu Power Food. [Many lords of Hamamatsu Castle went on to be great lords, including Tokugawa Ieyasu; Hamamatsu's been Japan's longevity city for the last 3 years & is known to have ocean, river, mountains of Great Nature.] Buffet Breakfast (hotel). Ck out. 9AM Bus departs. 10:30AM-12:30PM Kadode Ooigawa Green Tea Tours to experience steaming/MOMU/firing the green tea. Plenty of local vegetables used in Buffet Lunch to enjoy w/your five senses. 1:30-3PM Mishima Skywalk <https://mishima-skywalk.jp/>, a bridge in the mountains w/incredible view of Mt. Fuji, over 1300 feet above the ground. Various athletic activities available including a Long Zip Slide you can try on your own. 3:10-4PM Izu Fruits Park to pick and taste Mikan (Japanese orange). 4:30PM ck into Toyoko Inn Fujisan Mishima-eki. Dinner on your own [2 mins to the JR Mishima Train Station so you will find many eateries nearby]. Coin laundry available.

DAY 9 MISHIMA – IZUNOKUNI (Shizuoka Prefecture) – GORA (Kanagawa Prefecture) – ATAMI (Shizuoka Prefecture)

11/13 (Fri) 6:30AM Buffet Breakfast in hotel lobby [6-6:30AM only coffee & toast served]. Ck out. 8AM Bus departs. 9AM-1PM Ohito Zuisenkyō: largest research farm in Japan, MOA's production farm, tea farm, organic farmers school, MOA School for truants, and Purifying Therapy & Horticultural Therapy at the Oku-Atami Wellness Center. Natural Food Lunch at Ohito. 2-4PM Shinsenkyō: Toho No Hikari Light from the East Church Sanctuary, Okada's Mausoleum, Ancestral Hall [optional], Hakone Museum of Art (first public museum opened to everyone in Japan in 1953) and the Moss and Rock Gardens. Fall season maple trees in Beautiful REDS. <https://moaart.or.jp/hakone/en/shinsenkyo/> 5PM ck into Prince Inn Atami (twin) and Toyoko Inn Atami Ekimae (single). Mr. Yamakawa Bus Tour Ends. Dinner on your own [5 mins to the JR Atami Train Station so you will find many eateries within the building adjacent to the station or Shopping Street near the station]. Coin laundry available.

DAY 10 ATAMI – TOKYO



11/14 (Sat) For Prince Inn-go to hotel's Tully's Coffee Shop to pick up your breakfast. For Toyoko Inn 6:30AM Buffet Breakfast (6-6:30AM only coffee & toast served). 9AM Ck out. Bus to Crystal Hall. 9:30AM Walk to the MOA Museum of Art (established in 1982 to commemorate Okada's 100th Birthday & today it's the most popular museum for young ladies). <https://www.moaart.or.jp/en/about/> Single Floral Therapy & Kaiseki Course Lunch at the Museum and Matcha Tea at the Ippaku-an Teahouse (pictured at left). Bus to Hotel JAL City Haneda. Dinner on own. Optional—shipping your large suitcase to Haneda Airport Terminal 3 for 3,000 yen. Coin laundry available.

One may leave from Haneda to Honolulu if not interested in visiting Taiwan.

DAY 11 TOKYO – TAIPEI (Republic of China, sks R.O.C or Taiwan)

11/15 (Sun) 5AM Buffet Breakfast (hotel). Go to Haneda Airport Terminal 3 by Hotel Shuttle Bus or Taxi (3 people, 11 mins 2,200 yen) or 3 min walk to the Anamoriinari Station and take Keikyu Line 3 (8 mins) to the Terminal 3 (200 yen, 5:24–5:27AM 2 stations away). China Airlines (CI) #223 departing 7:55AM. [Required-ONLINE registration in advance: <https://twac.immigration.gov.tw/> and enter name, passport #, hotel, etc.] Arrive 10:55AM Taipei. Immigration & Customs on your own. Meet Mr. Tei, MOA staff. Bus to Lunch 12:55-2:00PM (beef noodles). 2:30PM Ck into the MGH Mitsui Garden Hotel Taipei Zhongxiao (4 nights). 3-5PM MOA Taiwan Tea Party. 5:30-7PM Taiwanese Traditional Dinner. 7:30PM bus back to hotel. Enjoy hotel's large Public Furo Bath w/evening view of Taipei City (3PM-12AM; 6–10AM). Massage available on your own (10AM-12AM).

DAY 12 TAIPEI – JIUFEN - TAIPEI

11/16 (Mon) 6:30AM Buffet Breakfast including Taiwanese Chicken & Pork Miso Grilled, melt-in-your-mouth Pork over rice (hotel 1st floor). 9AM Bus departs. 10-11AM City Tour, including Sky Lantern Flying. 12-1PM Country Cuisine **lunch**. 1-3PM Jiufen sightseeing & shopping <https://girleatworld.net/jiufen-old-street/#spirited-away> (time travel to a nostalgic era; a town that evokes Miyazaki Hayao's movie, "Spirited Away"), enjoy tea and sweets at the Amei Teahouse (over 100-years old & Jiufen's most scenic spot); 4-5PM Chiang Kai-shek Memorial Hall; 5:30-7PM Better than China's Peking Duck Dinner. 7:30PM Return to the hotel. Optional-tour Raohe Street Tourist Night Market (over 2000 feet of street markets with good food and sweets; taxi back to the hotel).

DAY 13 TAIPEI

11/17 (Tue) Breakfast on your own with Mr. Tei. 8:30AM Bus departs. 8:50-9:30AM Sightseeing: Longshan Temple built in 1738 <https://www.smithsonianmag.com/travel/longshan-temple-180952606/>; Presidential Office Building built in 1919. 10:30-11:30AM Taipei 101 Observatory Building (1200 feet high observatory or outside deck Skyline 460 (1500 feet high). 11:30AM–12:30PM Dim Sum Lunch. Beitou Museum (beautiful architecture & gardens). 1:30-2:20PM Fort San Domingo (a Spanish fort built in 1629) & Danjiang Bridge. 5:30-7PM Taiwanese Vegetarian Dinner. 7:30PM Return to hotel. Optional-Taiwanese massage after dinner (taxi back to hotel).

DAY 14 TAIPEI

11/18 (Wed) Breakfast on your own with Mr. Tei. 8:30AM Bus departs. 8:50-9:20AM Loyalty Shrine (national cemetery). 9:45-11:15AM National Palace Museum w/over 8,000 artworks. 11:45AM-1PM Zhejiang cuisine. 1:30-3:30PM Maokong Gondola ride. 4-5PM Strolling Dihua Street. 5:20-6:20PM Dinner on your own at the Ningxia Night Market. 7-9PM Traditional Peking Opera Show. 9:30 Return to hotel.

DAY 15 TAIPEI – TOKYO - HONOLULU

11/19 (Thurs) Ck out. 6:30AM Bus departs for the Airport. Ck in. Breakfast on your own. CI.#220 9AM departure, arrive Haneda Airport Terminal 3 at 12:50PM. Immigration & Customs on your own. Gather before walking to the Alaska Airline area. Pick up luggage shipped from Atami & combine luggage. 6PM ck in. Depart from Haneda on Alaska Airline 832 at 9:20PM. Arrive in Honolulu at 9:35AM.

Another Successful Plant Sale & More! on Sunday, June 7th

Although we got the usual mauka rains, these were not enough to dampen the spirits of the volunteers and eager shoppers looking for just the right plant/s for their home or garden.



Thank you to all of you who over the last few months helped us get ready for the sale, donated plants, set-up, and made the delicious food we all ate up while browsing or working! Thanks also go to Dustin Ebesu for his relaxing massage booth.



Volunteers: Back, Jan & Dick Mills, Teri June Amuro, Lei Sakamoto, Talia Goshi-Otaguro, Christine Kanemaru, Dustin Ebesu, & Steve Ichikawa. Front: Laurie Ide & Aisha Asami. [Photos courtesy of Charlene Gray, Steve Ichikawa, & Kyle Ino.]



Next Nature Garden Volunteer Day is Sunday, July 5th from 9 a.m. Please contact Teri June Amuro, Program Coordinator, if you are interested at (808) 497-8538. MAHALO!

[Note: Sunday, November 1st is our last Plant Sale & More! for 2026.]

Rest in Love

Mary Sumiko Suzuki, born on September 15, 1932, passed away on March 31, 2026.

Michael Hitoshi Inouye, born on October 4, 1929, passed away on May 23, 2026.

We thank them for their years of support to advance the MOA cause and pray for their peaceful transition into the spiritual world. Deepest condolences to their 'Ohana.

Saturday, July 18st is the last day to donate to our **August 1st Rummage Sale.**

Drop off points, either at the MOA Wellness Center during business hours, or at Toho no Hikari, 3510 Nuuanu Pali Drive, Monday through Saturday, from 10 am - 4 pm, except holidays.

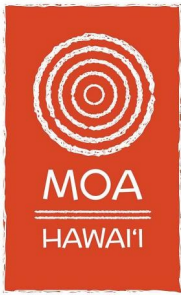
Donations can be left behind the curtain of the Social Hall stage. THANK YOU SO MUCH!

Please contact the Wellness Center Front Desk at (808) 952-6900 or Steve Ichikawa at (808) 222-2183 for more information. [Kindly ensure that your donated items are clean and/or operable. We are unable to accept large appliances and furniture pieces, such as beds/chairs/desks.]

NOTE: On this same day, there will be a CRAFT SUPPLY SALE from 9 am—12 noon at Toho no Hikari Social Hall. New and used craft supply items, including paper, pastels.

ODEN

is available for **\$5**. This month, pick-up is on Thursday, July 23rd. 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 ✧ Website: www.moahawaii.org



JULY 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
June 28 	June 29	June 30	1 9:00am - 11:00am MOA Hawaii Team Staff Meeting	2 5:00 pm MOA Executive Comm. Meeting Lunch – Chicken	3	4 Wellness Center is CLOSED 
5 *9:00 am Nature Garden Volunteer Day	6	7 Tofu Poke Bowl	8	9 Lunch – Wafu Hamburger	10	11 ➤ *10:00 am Takane Flower Class ➤ *1:00 pm Kanno/ Nakata Flower Class ➤ 1:00 pm Tea Practice
12	13	14 Tofu Poke Bowl	15 6:30 pm MOA Board of Directors Meeting	16 Lunch - Fish	17 9am-1pm Lifestyle Improvement Program	18 ➤ *10:00 am Nakano Flower Class ➤ *1:00 pm Nakano Flower Class ➤ 1:00 pm Tea Practice ➤ Last day to drop off Rummage Sale Donations!!! ➤ * 9am-12N CRAFT SUPPLY SALE
19	20 6:00 pm Tom Flower Class	21 Tofu Poke Bowl	22	23 Pick-up ODEN orders Lunch–Tofu Stir-fry	24	25 1:00 pm Tea Practice
26	27	28 Tofu Poke Bowl	29	30 Lunch - Chicken	31 <div style="border: 1px solid black; padding: 5px; display: inline-block;"> *Set up for the Rummage Sale! From 4pm </div>	August 1 *Rummage Sale!!! 9-1

“*” 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 Hawaii
 600 Queen Street, C-2
 Honolulu, HI 96813

Please use this form to join the MOA HAWAII 'Ohana!

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: Dustin Ebesu, Gale Eckerd, Dick Mills, Brian Nakano, Jennifer Terukina, and Steve Tomino.
MOA Wellness Center Staff: Takemasa Kawai, General Manager; Jody Kanemaru, Administrator; Steve Ichikawa, Operations Manager; Kenji Mayeda, Purifying Therapy Section Manager; Aisha Asami, Natural Foods Program Manager; Teri June Amuro, Nature Farming Program Coordinator; and Sage Kanemaru, MOA Certification Seminar Section Manager and Youth Development Manager.
Front Desk: Chartene Gray, Laurie Ide, Teri June Amuro, and Aisha Asami.
Front Desk Volunteers: Sharon Matsumoto and Lei Sakamoto.
MOA Newsletter volunteers and contributors.