



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 8 AUGUST 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.

Healing Through Art: A Journey of Connection, Resilience, and Hope

by Natalia Grass Lukey, MOA Wellness Center Featured Artist



A special Artist's Reception was held on June 20th at the MOA Wellness Center Gallery featuring the works of Natalia Grass Lukey.

Art has been part of my life for as long as I can remember. My first and greatest inspiration was my mother, whose creativity touched every aspect of my life. She was an artist not only in the visual arts, but also in cooking, fashion, floral design, literature, music, and education. She had an extraordinary gift for transforming ordinary moments into something beautiful.

Although we lived a comfortable middle-class life, it was her imagination and appreciation for beauty that made our home and

childhood experiences truly extraordinary.

I also grew up surrounded by the remarkable biodiversity of Brazil, where the Atlantic Forest, Brazilian Savanna, and Rupestrian Grasslands meet in the state of Minas Gerais. As a child, my walks to school or to a friend's house became opportunities to admire butterflies, birds, reptiles, insects, and the brilliant blossoms of the trumpet trees. Nature became one of my earliest teachers, nurturing both my curiosity and my artistic spirit.

When I was fourteen, our lives changed dramatically. An economic collapse in Brazil affected my parents' marriage and careers, leading my mother to return with my brothers and me to her homeland, Russia. The 1990s were difficult years there as well, yet I witnessed the remarkable resilience of the Russian people. Despite economic hardship, the country's commitment to education, culture, and the arts remained strong. We received an excellent education, healthcare, housing, and access to museums, concerts, and theaters at little or no cost. Living in

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Jade Chan, Chinese Tea Master by Jennifer Terukina

Chinese tea Master, Jade Chan (pictured below), graced MOA's Tea Room with her presence during the practice of Bontemae on one Saturday in June. Her quiet demeanor laced with spirituality and meditative calm, she demonstrated the steps of the Chinese Tea Ceremony.



The focus is always on the tea and the water, as they embody patience, flow, resilience, and clarity. In time, the participants learn from these qualities. The Tea leaves were of the highest quality from Taiwan. At first, they looked like little pellets but with succeeding bowls of Tea, the pellets blossomed into lovely leaves. As you observe the preparation of Tea, you'll begin to feel the Qi (life force energy). According to excerpts of a poem that Ms. Chan shared with us, the first bowl of Tea moistens my lips, the third bowl clears my mind of words, thoughts,

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UPDATED ITINERARY!

2026 Arts and Culture Study Tours to Japan with Steve Ichikawa

(as of July 5, 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 FIVE tours with Steve, which shows how many people are REPEATING to participate; 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 & culture, HOT SPRINGS, hospitality and GOOD FOOD.

November 5–17, 2026 (13 days, 11 nights) TENTATIVE ITINERARY:

- Flowers and Birds Park, Tanbanosato Japanese Garden and its illumination at night, the home of Japan's Shrine "Izumo," Yasugibushi Dance & Adachi Museum [often voted as the BEST Japanese Garden] in Shimane
- Japan's biggest sand dune, Sand Sculpture Museum in Tottori, Amanohashidate Bridge (top 3 views of Japan) in Kyoto
- Speed Boat & Fishing in Hamamatsu; Making your own tea bowls
- Mishima Skywalk (Mt. Fuji view), Orange picking, Green Tea Making in Shizuoka
- **Oku-Atami Wellness Center** located at the Ohito Zuisenkyō Health Oasis and MOA Nature Farm
- **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)
- **Shinsenkyō Garden** (Designated as a national historical site and Place of Scenic Beauty; most popular foliage season) and the **Hakone Museum of Art**



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



DAY 1 HONOLULU or LOS ANGELES

11/5 (Th) Depart from Honolulu on Alaska Airlines Flight 849 at 1:45PM; Noriko Naruishi will depart from LAX.

DAY 2 OSAKA

11/6 (Fri) Arrive at the Kansai International Airport at 6:45PM; Immigration and Customs on your own; find Steve Ichikawa [already in Osaka] when you walk out from Customs; Walk to the hotel; Check into hotel; Dinner on your own at the Airport; Lodge at Hotel Nikko [AKA JAL] Kansai Airport; Noriko to check in on her own.

DAY 3 OSAKA – MATSUE (Shimane Prefecture)

11/7 (Sat) 5:45AM Fantastic Buffet Breakfast at the Brasserie with various Kansai area products (hotel); Check Out; 9:00AM Mr. Suguru Yamakawa Bus Tour begins; Lunch on your own at the Highway Stop (AKA SA/Service Area); 2:30–4:00PM Matsue Vogel Park (Flowers and Birds Theme Park of Japan Largest Heated Indoor Park of Japan with over 10,000 Flowers [Begonia, Fuchsia, etc.] and Birds from around the world); 5:00–6:00PM Japanese Cuisine Dinner at a restaurant within the Yuushien Park (including mini crab hotpot); 6:00–7:00PM Enjoy walking in the illumination of the Maple Tree Park; 7:30PM Check into Hotel Route Inn Matsue (2 nights); Enjoy Onsen Hot Springs [3:00PM–2:00AM; 5:00AM–10:00AM]; Coin Laundry available. Shimane prefecture is the 2nd least populated prefecture followed by Tottori. Known for its Nature and Profound History.

DAY 4 MATSUE – IZUMO (Shimane Prefecture) – MATSUE

11/8 (Sun) 6:30AM Buffet Breakfast with freshly baked bread and various Japanese and Western foods at the Nagomi (hotel); 8:30AM Bus departs; 9:30–10:30AM Izumo Taisha Shrine (known as the most important shrine of Japan; one bow before walking under the torii entrance; avoid walking in the middle; several shrines to offer prayers; do not throw in the donation coin, 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–12:00PM Shimane Winery; Japanese Cuisine Lunch Wagyu Beef or Vegetarian to choose (included); 1:15–3:00PM Yasukibushi Entertainment Hall to see the traditional Izumo Song and Dance Yasukibushi; 2:00–4:00PM Adachi Museum (known as the #1 Japanese garden filled with galleries to showcase great works of Japanese artists like Yokoyama Taikan's paintings and Kitaoji Rosanjin's ceramics); 5:00PM back to hotel; Dinner on your own; Optional Drop Off at the Aeon Mall Shopping Center [3 Coins+, Can Do 100yen shop, Mujirushi, GU] and Food Court [return to hotel by taxi on your own].

DAY 5 MATSUE – TOTTORI (Tottori Prefecture)

11/9 (Mon) Buffet Breakfast (hotel); Check Out; 9:00AM Bus departs; 11:30AM–2:30PM Tottori Sakyu Sand Dunes (largest sand dune of Japan) and the Sand Dune Museum (sculpture with special theme of Spain in Nov); possible CAMEL ride [assuming no long lines]; Seiro Mushi [bamboo basket steamed rice] Lunch (included); 3:00–4:00PM Tofuchikuwanosato (making Tottori's favorite tofuchikuwa; Edo period Tottori Port was under developed so the

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Updated Itinerary for November 2026 Arts and Culture Study Tour to Japan *(continued from page 2)*

Tonosama Lord Ikeda required people of Tottori to eat more tofu instead of fish thus fishcake like tofu TOFUCHIKUWA [70% soybean, 30% fish] developed as a traditional food); 4:45PM Check into Hotel New Otani Tottori; Dinner on your own [3 min to the Tottori Train Station; you will find many eateries and shops nearby]. Tottori is the least populated prefecture of Japan; and like Shimane, there is no bullet train station.

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

11/10 (Tue) 7:00AM Buffet Breakfast including Tottori favorites at the Parier 2nd floor (hotel); Check Out; 9:00AM Bus departs; 11:00AM-2:00PM Walk around the old town of Izushi (making your very own coin purse); Izushi Traditional Soba Buckwheat Lunch (included); 3:00-4:00PM Cable Car to the Kasamatsu Park to see the great view of Amanohashidate [a sandbar covered with pine]; 5:00PM Check into Hotel Kyoto Eminence; Buffet Dinner; Enjoy Onsen Hot Springs, Jacuzzi, Sauna, etc. (5:00PM-10:00AM; 3:00PM-3:00AM); Massage available from 11:00AM-1:00AM \$ on your own; Akasuri Scrubbing available from 11:00AM-10:00PM \$ on your own; Ganbanyoku Low Heated Lying Down Stone Sauna available from 5:00AM-1:00AM 1,100yen. Over 1,000 years of historical sites, over tourism is making it harder and harder for regular citizens' basic lifestyle. Over 1,600 temples and 800 shrines; almost every block has such sacred area.

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

11/11 (Wed) 7:00AM Buffet Breakfast 1st floor(hotel); Check Out; 8:30AM Bus departs; 11:30AM-12:15PM Shiga Sake Factory: Lunch on your own at the SA; Pottery Shop [make your tea bowl and something else (2 pieces)]; shopping for tea bowls, floral vases, etc.; 4:30PM Check into Hotel Well Season Hamanako (2 nights); Buffet Dinner including Hamanako's UNAGI eel, Hamamatsu Gyoza dumplings, make your own seafood bowl, Shizuoka beef steak (hotel); Enjoy Onsen Hot Springs [One is open from 5:30AM to 9:00AM and 10:00AM to 12:00AM with outdoor and indoor plus silk bath, mist sauna; second one is open 5:30AM to 9:30AM and 2:00PM to 12:00AM and is a large hinoki bath made of cedar tree; 3:00PM-2:00AM; 5:00AM-10:00AM].

DAY 8 HAMAMATSU

11/12 (Thurs) 7:00AM Hamamatsu Power Food [Many lords of Hamamatsu Castle went on to be a great lord, including Tokugawa Ieyasu; Hamamatsu has been known as a longevity city of Japan for the last 3 years; Hamamatsu is known for its ocean, rivers, mountains of Great Nature] Buffet Breakfast (hotel); 9:30-10:30AM Speed Boat Ride (Hamanako Lake) and Fishing; 11:30-1:00PM Hamamatsu Sea Food Lunch (included); 2:00PM Back to the Hotel Well Season Hamanako; Optional Tour with Steve to the Music Box Museum at the top of the mountain using the ropeway; Buffet Dinner (hotel); Shizuoka is known for Mt. Fuji and its warm weather; very convenient location between east and west.

DAY 9 HAMAMATSU– MISHIMA (Shizuoka Prefecture) – ATAMI (Shizuoka Prefecture)

11/13 (Fri) 7:00AM Hamamatsu Power Food Buffet Breakfast (hotel); Check Out; 9:00AM Bus departs; 10:30AM-12:30PM Kadode Ooigawa Green Tea Tours to experience MUSU Steaming/MOMU Kneading/HIIRE Firing the Green Tea Leaves; Plenty of Local Vegetables Used Buffet Lunch (included), enjoy with your five senses; 1:30-3:00PM Mishima Skywalk (a bridge within the mountain area of over 1,300 feet above the ground; various athletic activities available including a Long Zip Slide you can try on your own); 3:10-4:00PM Izu Fruit Park to pick and taste Mikan (Japanese orange); 5PM Check into Check into Prince Inn Atami (twin) and Toyoko Inn Atami Ekimae (single) [3 nights]; Group Dinner at Pasta Ichome [included] at the JR Atami Station; Coin Laundry available.

DAY 10 ATAMI – IZUNOKUNI (Shizuoka Prefecture) –ATAMI

11/14 (Sat) Prince Inn has a different system; Tilly Coffee Shop within the hotel to pick up your breakfast; 6:30AM Buffet Breakfast (Toyoko Inn lobby; 6:00-6:30AM only coffee and toast served); 8:00AM Bus departs; 9:30-2:30PM Ohito Zuisenkyô (largest ORGANIC research farm of Japan; MOA production farm, Organic farmers school, MOA School for truant, tea farm, Purifying Therapy and Horticultural Therapy at the Oku-Atami Wellness Center); Natural Food Lunch at Ohito (included); Coin Laundry available; 4:00PM back to the hotel; 4:30PM Group Dinner at Ban Ban Shokudo [included]; 6:00PM Jennifer Terukina will take the Mushakoji Senke Kankyuan Tea Ceremony School Bontemae certification test from Mr. Ishibashi of MOA Atami.

DAY 11 ATAMI –GORA (Kanagawa Prefecture) – ATAMI

11/15 (Sun) Prince Inn has a different system; Tilly Coffee Shop within the hotel to pick up your breakfast; 6:30AM Buffet Breakfast (Toyoko Inn lobby; 6:00-6:30AM only coffee and toast served); 9:00AM bus departs; 10:00AM – 12:30PM Shinsenkyô (Toho No Hikari Light from the East Church Sanctuary, Okada's Mausoleum, Ancestral Hall [optional], Hakone Museum of Art (the first public museum opened to everyone in Japan in 1953) and the Moss and Rock Gardens; Fall Season Maple Tree in Beautiful RED; 1:00-3:30PM Okada Art Museum [Group Lunch (included), exhibitions, garden and ashiyu (foot bath) café]; 5:00PM Back to the hotel in Atami; Mr. Yamakawa Bus Tour Ends; Dinner on your own Ship your large suitcase to Haneda Airport Terminal 3 [3,000 yen] (Optional, on your own). Kanagawa is the 2nd most populated prefecture of Japan with many historical sights to visit like Kamakura, beautiful place like Hakone and big city like Yokohama.

DAY 12 ATAMI - TOKYO

11/16 (Mon) Prince Inn has a different system; Pick up your breakfast at Tilly Coffee Shop within the hotel; 6:30AM Buffet Breakfast (Toyoko Inn lobby; 6:00-6:30AM only coffee and toast served); Check Out; Leave your luggage at the Front Desk; City Bus or taxi to Crystal Hall (9:00AM); 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 younger female]; Enjoy the exhibition; Ikebana Kôrin Flower Seminar; Kaiseki Course Meal Lunch at the Museum [included] and Matcha Tea at the Ippaku-an Teahouse [included]; Shinkansen Bullet Train [Kodama 822 leaving at 2:35PM from JR Atami Station and arriving 3:11PM at the Shinagawa Station; Course 1 take Keikyu Line to Sengakuji Station and A2 Exit walk 1 min; or Course 2 take JR Yamanote Line off at Takanawa Gateway Station North Exit walk 5 min; Check-in at the APA Hotel Shinagawa Sengakujiekimae; Dinner on your own; Coin Laundry available.

DAY 13 TOKYO – HONOLULU or LA

11/17 (Tue) 5:00AM Buffet Breakfast (hotel); 10:00AM Checkout; Leave your luggage at the hotel lobby; Free time on your own; Lunch & Dinner on your own; Around 1:30PM for Noriko with Steve and 5:00PM for Alaskan Air participants - 2 min. walk to the Keikyu Sengakuji Station; take a Keikyu Line train to Haneda Airport Terminal 3 Station (15 min); arriving at Haneda Airport Terminal 3; (taxi from the hotel to the airport is about 30 min. ride; around 7,000 yen; for 2 passengers around \$20 per passenger; pick up luggage shipped from Atami; 6:00PM check-in; Depart from Haneda on Alaska Airline 832 at 9:20PM; Arrive in Honolulu at 9:35AM; Noriko will depart Haneda for LAX at 4:00PM.



and ego. Six cups and I'm in the world of the Divine. It was truly a unique experience for the practitioners of Bontemae. Like, Jade, we were grateful that "Our Rivers" had crossed.

Pictured going around the table starting from the left: Tracie Shintani, Jade Chan, her husband, Deeshen Shah, Raleigh Awaya, Sheri & Sam Gon, Wendy Fujimoto, and Jennifer Terukina.

Looking for Purifying Therapy Volunteers!

By Steve Ichikawa, Operations Manager

At the Wellness Center we have implemented the practice of having volunteer therapists work together with a Lead Therapist in administering Purifying Therapy. We are currently looking for Basic- and Intermediate-level certified therapists to volunteer on Tuesdays and Thursdays mornings. Please let Steve Ichikawa know:

- ♦ If you are interested in volunteering on Tuesday, Thursday mornings, or,
- ♦ If you are interested in volunteering on other days and times.
- ♦ If you want to become a certified therapist and volunteer at the Wellness Center

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@moahawaii.org for more information. Or Sage Kanemaru at (808) 206-2771 or Kenji Mayeda at (310) 418-6879. 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=DqK1W5nzVLg>



**Saturday, Aug. 1st 9 am - 12N Toho no Hikari
3510 Nuuanu Pali Drive**



**MOA WELLNESS
CENTER
Sunday, Aug. 30th
From 9 am - 12 pm
We are grateful for
the help!**

COMING UP NEXT MONTH!

**Foodland's Give Aloha Campaign
September 1-30, 2026**

Donations can be made at checkout at all Foodland, Foodland Farms, and Sack N Save stores statewide.

Clip this out for your reference.

MOA's organizational code is:

78653



Russia also allowed me to better understand my mother's heritage and, in many ways, my own identity.

After finishing high school with a specialization in medicine and beginning my studies in psychology, I met my husband, whose interest in comparative philosophy eventually brought us to Hawai'i when he was accepted into graduate school. Hawai'i became our home. Here, I earned my master's degree in Educational Psychology from the University of Hawai'i at Mānoa and began working in schools, later in the community, then with the Department of Health, and now at the University of Hawai'i Cancer Center.



Above is Natalia's work, *Beloved*.

Throughout every stage of my life, art remained my refuge. As a child, whenever I felt angry or overwhelmed, I would draw compulsively until I found peace again. My mother used to laugh and say, "Maybe I should make you angry more often so you'll create more art!" Looking back, I realize she understood long before I did that art was my way of healing.

When my children entered elementary school and became involved in after-school programs, I was able to return to full-time work. During those years, I came face to face with the realities many families experience every day: struggles to obtain adequate housing, nutritious food, healthcare, and stability. I also witnessed the growing mental health crisis affecting individuals, families, and entire communities.

Initially, I considered pursuing a degree in art therapy because many of the people with whom I worked found it difficult to express themselves verbally.

Over time, however, I realized that mental illness was often a symptom of larger social, economic, and political challenges. These problems affected not only the people I served but also my own family, my children, and my community. It was then that my artistic practice evolved into what I call activist art.

My work invites viewers to question what we see, what we believe, and how our perceptions are shaped. Are we responding to reality, or to narratives that are presented to us? I explore issues such as democracy, fake news, social media, isolation--forces that influence our lives. History, geography, and civics have become increasingly marginalized in education, leaving many young people without a clear understanding of the places they call home. My art seeks to reopen these conversations and encourage thoughtful dialogue.

At the same time, I have artwork that is deeply personal. It reflects my experiences as a mother, daughter, woman, and caregiver. These pieces often resonate most strongly because they speak to emotions and experiences we all share. They remind us that behind every social issue are individual lives and human stories.

Like many artists, I continue creating despite significant financial challenges. The cost of materials, framing, and exhibition space often exceeds what I can afford, so many of my paintings have remained stored in my home, waiting for the opportunity to be seen.

For that reason, the collaboration between Project 222 and the MOA Wellness Center has been an extraordinary gift. Being invited to exhibit my work was an honor beyond words, and seeing visitors connect with my paintings, and even purchase them, renewed my confidence and hope. This opportunity has encouraged me to continue creating and deepening my connection with the community.

As I learned about the philosophy of Mokichi Okada, I discovered many values that resonated with my own artistic journey. The MOA philosophy speaks of healing through the troubled conditions created by an increasingly materialistic modern civilization. That vision closely reflects the purpose of my own work. Through my paintings, I seek not only to question and raise awareness but also to create spaces for healing, compassion, and human connection.

My featured painting (pictured at right), *Always With Me*, carries special meaning during this chapter of my life. It reflects both personal challenges and the enduring presence of love, hope, and connection that sustain us through difficult times. Exhibiting it at the MOA Wellness Center has made that message even more meaningful. This exhibition is more than an opportunity to share my artwork—it has become part of my own healing journey.

I am deeply grateful to the MOA Wellness Center and Project 222 for creating a space where artists and the community can come together through beauty, reflection, and hope. In many ways, this exhibition reminds me that healing is not limited to addressing specific physiological symptoms, but is a holistic process that unfolds through art, nature, spirituality, energy, compassion, and our willingness to connect with one another.

If you are interested in learning more about my art, please visit my website <https://www.nataliagrasslukey.com/> and join me for an "Artist Talk" at MOA Hawai'i every Saturday from 3:00-4:30 PM, through August 22nd in the Gallery area. I would be happy to meet you in person, share more about my work, and answer any questions you may have. If you plan to attend, please RSVP by texting your name and number of guests to the phone number 808-392-2735 so we can prepare enough refreshments for everyone.



Note: Natalia's exhibit runs through Saturday, August 29th.

Rest in Love

Gladys S. Yoshizawa passed away peacefully at home on June 23, 2026, at the age of 86. She suffered for many years from rheumatoid arthritis, yet after joining MOA in 1973, she always did her best to help others in need by sharing about the Okada Health & Wellness Program and practicing purifying therapy and flower circle activities in the community.



Kimiko Tengan passed away at the age of 97 on July 10, 2026. She and her husband Takejiro had been members since 1954 and helped many people in need on the island of Maui. Their children dedicatedly continue to carry on their legacy of service.

Fay S. Sumida, a long-time member, passed away on July 13, 2026 at the age of 92. She made generous donations to our rummage sales and as well as items needed by our facilities.



We thank these members for their years of unwavering support to advance the MOA cause and pray for their peaceful transition into the spiritual world.

Deepest condolences to their 'Ohana.

Next Nature Garden Volunteer Day Sunday, August 2nd from 9 a.m.

[Now every FIRST Sunday from 9 am. At Toho no Hikari Nature Garden: 3510 Nuuanu Pali Drive.]

Both organic and MOA Nature Farming methods do not use pesticides and chemicals (fertilizers). Organic farming constantly adds organic compost and nutrients to produce healthy vegetables and fruits. The MOA Nature Farming Method respects the soil and believes in the inherent power of the soil to produce and develop robustly on its own.



Today, "organic" items are readily obtained now at many locations, including our own MOA Wellness Center. You can even request fresh salad and brown rice at the hospital. Who could have foreseen this ever happening? Actually, our MOA pioneers from the 1950s did!

Volunteers are welcome to come out to work with our Nature Farming Program Coordinator Teri June Amuro. Weekdays are available, too. If you are interested in seeing what they do and/or want to volunteer, please contact Teri at (808) 497-8538. MAHALO!

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 has recently gone from 78 cents up to 82 cents!!!! Please let us know either by email at wcoperations@moahawaii.org or by giving us a call at (808) 952-6900. [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!!!



❖ '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!)

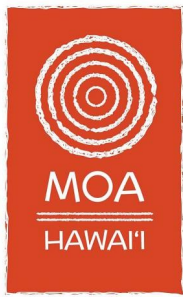
❖ Healthy Lunches made by MOA Healthy Food Advocates! ❖

\$3 Jimami Tofu On Tuesdays - **\$6 Tofu Poke Bowl**

\$8 Thursdays: 8/6 Chicken 8/13-Wafu Hamburger 8/20-Fish 8/27-Tofu Stirfry

❖ **ODEN is available for \$5. Please let the Front Desk know asap to guarantee your order! Pick-up is on Thu. 8/27 ❖**

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



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



AUGUST 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
July 26 	July 27	July 28 	July 29	July 30	July 31	1 * 9 am -1 pm ➤ 1:00 pm Tea Practice ➤ 3-4:30 Artist's Talk with Natalia Grass Lukey
2 ➤ 9 am Nature Garden Volunteer Day ➤ 10 am Kôrinka Instructors & ikekomi meeting	3	4 Tofu Poke Bowl	5 9 - 11 am MOA Hawaii Team Staff Meeting	6 5:00 pm MOA Executive Comm. Meeting Lunch – Chicken	7	8 ➤ 10:00 am Takane Flower Class ➤ 1:00 pm Kanno/ Nakata Flower Class ➤ 1:00 pm Tea Practice ➤ 3-4:30 Artist's Talk with Natalia Grass Lukey
9	10	11 Tofu Poke Bowl	12 6:30 pm MOA Board of Directors Meeting	13 Lunch – Wafu Hamburger	14	15 ➤ 10:00 am Nakano Flower Class ➤ 1:00 pm Nakano Flower Class ➤ 1:00 pm Tea Practice ➤ 3-4:30 Artist's Talk with Natalia Grass Lukey
16	17 6:00 pm Tom Flower Class	18 Tofu Poke Bowl	19	20 Lunch - Fish	21 9am-1pm Lifestyle Improvement Program 	22 ➤ 1:00 pm Tea Practice ➤ 3-4:30 Artist's Talk with Natalia Grass Lukey
23	24	25 Tofu Poke Bowl	26	27 Pick-up ODEN orders Lunch–Tofu Stir-fry	28	29 1:00 pm Tea Practice
30 9am-12N CLEAN-UP DAY 	31	Sept 1 September is Foodland's GIVE ALOHA program	Sept 2 Please	Sept 3 consider	Sept 4 donating to	Sept 5 MOA, MAHALO!!

“*” 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!

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? ☐ Yes ☐ No			
Membership type (choose one):	☐ Individual \$25 or ☐ Immediate Family \$50 ☐ New or ☐ Renewal		
Payment:	☐ Check Enclosed, payable to <i>MOA Hawaii</i> , or		
	☐ Charge my Credit Card: ☐ VISA ☐ MasterCard ☐ 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: Charlene Gray, Laurie Ide, Teri June Amuro, and Aisha Asami.

Front Desk Volunteers: Sharon Matsumoto and Lei Sakamoto.

MOA Newsletter volunteers and contributors.