



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 10      OCTOBER 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).



## NEW PRODUCT!!!

### Sada San's Natto

*A Small-Batch Passion for Tradition, Taste & Wellness*

By: Ray Sadao Kimura



Growing up on the Big Island, natto was not something we could easily find. My parents would occasionally bring home "Maui Natto," and that was really my introduction to it. We never had natto from Japan, but I grew up enjoying this unique traditional food and the memories that came with it.

Years later, making natto started simply as a hobby. I began experimenting at home and sharing small batches with family and friends. I use specially selected, small-sized natto soybeans and make only very small, handcrafted batches at a time. Through a lot of trial and error, I've developed a natto with a somewhat milder aroma while still having plenty of the neba-neba - that wonderfully sticky, stringy texture that natto lovers enjoy.

As more people tried my natto, I became even more excited when they shared what they knew about natto and its connection to health and wellness. It felt good knowing that I wasn't only making something people enjoyed eating, but also sharing a traditional fermented food with a long history in the Japanese diet. That curiosity led me to learn more about the research by Japanese doctors and researchers exploring natto's nutritional value and its potential health benefits. The more I learned, the more fascinated I became.

Some of my greatest compliments have come from my mother-in-law in Japan and my friend Akane. Akane once shared my natto with her mother while she was visiting from Japan. After returning home, she told Akane, "I wish I could get Sada San's Natto in Japan!" I was shocked - and so happy - when I heard that. Coming from someone in Japan who knows natto well, it felt like a wonderful confirmation that I was doing something right.

What began as a simple hobby has become something I truly enjoy: making a traditional food by hand, sharing it with others, and continuing to learn more about the connection between natto, tradition and wellness.

*A little neba-neba wordplay became my slogan:*

**"You'll Neba-Neba want frozen again!"**

I'm grateful for the opportunity to share my natto with the MOA Wellness Center family and to introduce a traditional food that I've come to appreciate even more for its connection to healthy living. I am glad to be a part of a group to push forward a new kind of healthy medicine centered upon the MOA Wellness Center.

Fresh • Small Batch • Handcrafted



Mr. and Mrs. Ray Kimura proudly showing their **Sada San's Natto** that will be delivered every Saturday.

## LET'S MEET: David Guo, PMHNP, APRN (Psychiatric Mental Health Nurse Practitioner)

Aloha everyone! I'm David Guo, a board-certified Psychiatric Mental Health Nurse Practitioner, and I'm excited to be sharing space with the MOA Wellness 'Ohana. Through my practice, *Alani Clinic for Behavioral Health*, I provide psychiatric care (medication management) to clients in person and remotely—so if my office looks quiet, I'm probably doing admin work or having a session—not avoiding anyone!



A bit about my background: I was born in Hong Kong, raised in NYC in a very immigrant neighborhood—think adjacent restaurant windows displaying hanging roast duck and samosas. I began my healthcare career at a community health center located in their Chinatown. After moving to Hawaii roughly 4 years ago, I worked at Queen's Hospital in an outpatient capacity seeing patients in the community and continuing care for patients discharged from inpatient care.

Outside of work, you'll probably find me hunting down Oahu's best hole-in-the-wall food spots and sneaking a sweet treat to my 2-year-old son (when my wife is not looking).

I also speak Cantonese and Mandarin, if that's ever useful around the office.

I am excited to advance a new kind of medicine with everyone at the MOA Wellness Center. Really happy to be here and looking forward to getting to know you all! I can be reached at (808) 670-3271.

# THURSDAY, OCT. 1ST!



## MOA インスタントラーメン

### \$5\* MOA Instant Ramen Noodles

Christine Kanemaru and Jennifer Terukina, MOA certified Healthy Food Advocates, will be preparing and serving MOA's Instant Ramen noodles with soup and garnishes (corn, carrots, green onion, spinach, sprouts, etc.). Come and ENJOY a bowl of Healthy Ramen Noodles with veggies! Steve Ichikawa will ALSO be preparing a healthy bowl of rice with vegetables.

Please RSVP to reserve your spot and your choice of Miso or Shio (salt) (limited # of bowls available). Advance payment appreciated.



**Thursday, October 1, 2026**

**11:00 am – 1:00 pm**

**MOA Wellness Center 'Ohana Room**

**600 Queen Street, C-2**

*Free parking (entrance from South Street)*

**\$5 for \*MOA members**

**\$8 for Non-members**

**\*\*\* No cancellations within 48 hours of the event \*\*\***

**RSVP - MOA Wellness Center (808) 952-6900**

MOA Hawai'i • 600 Queen Street, C-2 • Honolulu, HI 96813 • Ph. (808) 952-6900 • Fax: (808) 566-6911

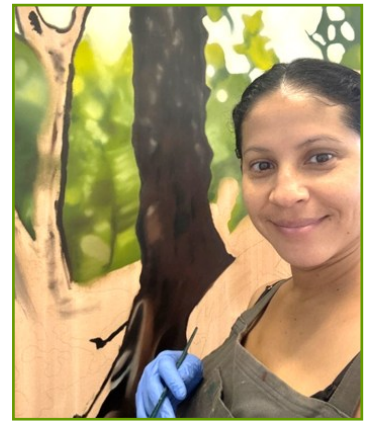
Email: [info@moahawaii.org](mailto:info@moahawaii.org) • Website: [www.moahawaii.org](http://www.moahawaii.org) •



## MOA Hawai'i Art Gallery Featured Artist, Ana Sumpter

**Ana Sumpter** is an oil painter based in Waialua, Hawai'i, currently completing her bachelor's in fine arts in Painting at the University of Hawai'i at Mānoa. Her work explores identity, care, transformation, and broader social and environmental concerns through figurative painting.

Her current exhibition, *In Relation*, brings together two distinct bodies of work. *The Real Cost* reflects on the human and environmental realities connected to cacao production, while three paintings from her motherhood series—*Held*, *Depleted*, and *Interrupted*—explore the emotional, physical, and often unseen labor of caregiving. Though the two series come from different subjects, both invite viewers to look more closely at the relationships, people, and environments that shape everyday life.



Come to the Wellness Center and enjoy her works! This exhibit runs until the middle of January 2027.

## SEEKING NOMINATIONS

The **MOA Hawaii Board of Directors** has started the nomination process for the 2027 annual meeting and election of directors. The terms of two current directors will expire and two director positions will need to be filled. Directors serve as volunteers.

To serve as an MOA director, the candidate must be an MOA member and an active participant in MOA activities. Each candidate must personally submit their nomination by Saturday, November 28, 2026. Submissions should be made to Board President Lester Nakamura at [lesnakamura@moahawaii.org](mailto:lesnakamura@moahawaii.org) or MOA Hawaii Operations Manager Steve Ichikawa at [stevetichikawa@moahawaii.org](mailto:stevetichikawa@moahawaii.org).

## NA'OHANA PIHA I KE ALOHA

FAMILIES FILLED WITH BEAUTY

Our MOA Hawaii website is in need of an overhaul. If you have website design experience won't you please consider helping us update it?

We know we need to clean up the website, especially restore broken links, create concise menus, ensure user-friendly experiences including consistent navigation, and making it secure for those making inquiries, donations, etc.

Please contact the Front Desk at (808) 952-6900 or Steve Ichikawa (808) 222-2183 or [stevetichikawa@moahawaii.org](mailto:stevetichikawa@moahawaii.org). Thank you so much!



### 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

|                   |              |          |                                                                                                      |
|-------------------|--------------|----------|------------------------------------------------------------------------------------------------------|
| Ends September 30 |              |          | Foodland Give Aloha Campaign (MOA Code - 78563)                                                      |
| November 1        | Sunday       | 9am-1 pm | *MOA Plant Sale and MORE at Toho No Hikari                                                           |
| 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.                                                 |

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

#### ❖'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: 10/1 Chicken 10/8-Wafu Hamburger 10/15-Fish 10/22-Tofu Stir-fry 10/29 Chicken**

❖**ODEN is available for \$5. Please let the Front Desk know asap to guarantee your order! Pick-up is on Thu. 10/22**❖

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

# 2027 Arts and Culture Study Tour to Japan (including Ikebana Kohrinka Seminars and Tour of Hokkaido) (as of 08/06/26 - subject to change without notice)

It's FUN; it's ENTERTAINING; it's AMAZING; AND MEMORABLE. It's the lowest cost in town! Over 20 people have participated in more than three tours with Steve; and there are some who participate every year or on every tour! Repeaters WELCOME; any AGE is WELCOME.

In aiming to create a New Civilization as our ultimate goal, where humanity does not face stress over illness and conflict (including wars), this tour hopes to improve the mind and body health of individuals by actively providing Integrative Medicine (new kind of medicine; caring medicine) through experiencing the Okada Health and Wellness Program, quality time together, the beauty of Japan, fine arts and culture, HOT SPRINGS, Japan's famous *omotenashi* (hospitality), EXCELLENT FOOD, and participating in Ikebana Kohrinka Seminars.

## May 12 - 26, 2027 (15 days/13 nights) - Beautiful Hokkaido

- Visit the Shinsenkyô garden (National Place of Scenic Beauty), the Hakone Museum of Art; the MOA Museum of Art (in 2023, the Museum was chosen as the “*too beautiful art spot*” on the TikTok site by 180,000 young people in Japan; in addition to the fine arts collected by Okada that are loved by all ages); and many other locations.
- Participate in Ikebana Kohrinka Seminars at the MOA Museum of Art and single flower therapy at the Sapporo Wellness Center.
- *The World Horticultural Exhibition Yokohama 2027*, themed *Scenery of the Future for Happiness*, will be the first top-class horticultural exposition held in Japan in 37 years. It will share with the world the values that are unique to Yokohama, such as blooming flowers and lush greenery, the richness of agricultural harvests and food, and the diverse interactions between people. It will also strongly contribute to Yokohama's Sustainable Development Goals (SDGs).
- Visit the beautiful island of Hokkaido—*Hakodate, Noboribetsu, Hell Valley, Bear Park, Edo Museum (dress up in Kimono for a photo), Lake Toya, Fireworks, Mount Usu, Silo Observatory, Ceramic Experience in Asahikawa, Experience the Coldest Temperature at the Ice Pavilion, Blue Pond, Patchwork Hills, Tomita Farm, Sapporo Beer Factory or Nikka Whisky Brewery, baseball game at Escon Field (optional), Otaru, Music Box Museum*], the fantastic seafood, the Hokkaido Art Hall (Sapporo Wellness Center), and other sites.



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

[stevetichikawa@moahawaii.org](mailto:stevetichikawa@moahawaii.org)

## OPT SCHEDULING TRANSITION

Thank you for everyone's patience and cooperation during the OPT scheduling transition. We'd like to clarify a few important details about the **monthly booking window**.

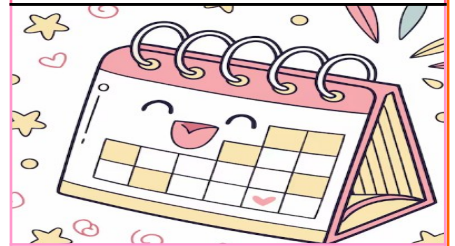
Since volunteer availability changes from month to month, we cannot automatically book recurring appointments for the entire year. Instead, the schedule for each month opens on the 15th day of the preceding month. That means the booking window for the month of November will open on October 15th, and you can book as many appointments as you'd like up through November 30.

Booking opens for all of December on November 15.

This means that now if you have had a recurring appointment, you are not automatically added to the calendar. Please make a habit of verifying your bookings with the Front Desk staff. We will do our best to remind you as the 15th approaches. Appointment times may shift depending on volunteer coverage, and we might not be able to accommodate everyone on congested days (first-come, first-served). If you have any questions, please reach out to Sage Kanemaru at (808) 206-2771 or Aisha Asami at (808) 722-8020.

## SCHEDULE

a Purifying Therapy  
Appointment



November 1st, Sunday  
9 am -1 pm  
3510 Nu'uanu Pali Drive



Above, Warren Shoda, Teri June Amuro, & Charlene Gray are well-protected from the elements. At right Steve Tomino and Dick Mills' hats have both function and style.



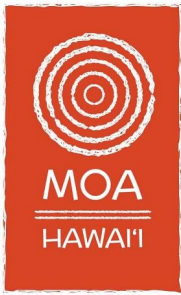
### Volunteers worked hard on Sunday, September 8th!

In the aftermath of Hurricane Lowell, dedicated volunteers converged on the Nu'uanu Nature Garden to clean up. Thanks to Teri June's crew that day: Dick & Jan Mills, Warren Shoda, Steve Tomino, and Charlene Gray for carrying out the once-a-month clean-up.

Per Jan Mills, hurricanes "won't deter the garbage bag fashionistas for the chance to wear their finest to chop trees, pull weeds, and make

the Wellness Garden beautiful!"

Next Nature Garden Volunteer Day Sunday, Oct. 4th from 9 a.m



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)

# October 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                                                                                                                       |
|----------------------------------------------------------------------------------|------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| Sept 27                                                                          | Sept 28                                  | Sept 29                                                                           | Sept 30                                                | <b>1</b> 5:00 pm<br>MOA Executive Comm. Meeting<br><b>11am-1pm MOA RAMEN Instant Noodles (RSVP)</b><br><br>Lunch – Chicken | <b>2</b>                                           | <b>3</b><br>➤*10:00 am Kanno/ Nakata Flower Class<br>➤1:00 pm Tea Practice                                                     |
|  |                                          |  |                                                        | Please consider giving to MOA HI. Foodland's GIVE ALOHA ends on Wed. Sept 30th.                                            |                                                    |                                                                                                                                |
| <b>4</b><br>*9 am Nature Garden Volunteer Day                                    | <b>5</b>                                 | <b>6</b><br><br>Tofu Poke Bowl                                                    | <b>7</b><br>9 - 11 am<br>MOA Hawaii Team Staff Meeting | <b>8</b><br><br>Lunch – Wafu Hamburger                                                                                     | <b>9</b>                                           | <b>10</b><br>➤*10:00 am Takane Flower Class<br>➤1:00 pm Tea Practice                                                           |
| <b>11</b>                                                                        | <b>12</b>                                | <b>13</b><br><br>Tofu Poke Bowl                                                   | <b>14</b><br>6:30 pm<br>MOA Board of Directors Meeting | <b>15</b><br><br>Lunch – Fish                                                                                              | <b>16</b><br>9am-1pm Lifestyle Improvement Program | <b>17</b><br>➤*10:00 am Nakano Flower Class<br>➤*1:00 pm Nakano Flower Class<br>➤1:00 pm Tea Practice                          |
| <b>18</b>                                                                        | <b>19</b><br>6:00 pm<br>Tom Flower Class | <b>20</b><br><br>Tofu Poke Bowl                                                   | <b>21</b>                                              | <b>22</b><br>ODEN pick-up<br><br>Lunch – Tofu Stir-fry                                                                     | <b>23</b>                                          | <b>24</b><br>1:00 pm Tea Practice                                                                                              |
| <b>25</b>                                                                        | <b>26</b>                                | <b>27</b><br><br>Tofu Poke Bowl                                                   | <b>28</b>                                              | <b>29</b><br><br>Lunch – Chicken                                                                                           | <b>30</b>                                          | <b>31</b><br>1:00 pm Tea Practice<br><br> |

“\*” 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](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.

|                                                                                                        |                                                                                                                                                             |                       |                  |
|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|------------------|
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**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.**