MOA HAWAI'I

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

Happy Fall YOU ALL

VOLUME 13, ISSUE 11 NOVEMBER 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.

Thoughts of Gratitude Become Light and Clouding is Removed by Mokichi Okada

Feelings of self-reproach or self-condemnation arise as a result of evil. This very mental anguish is a light purification. At this time it would be better to repent and reform, but since it does not readily work out that way, most people end up repeating wrongdoings and accumulating sins. Although I say clouding, that amount is also commensurate according to the magnitude of sin. But, in addition, there are also cases of that being influenced from outside. That is, when one torments other people, the people who suffer the torment are enraged and bitter. So, those thoughts are transmitted through a form of wireless radio waves called spiritual cords to the person who inflicted the torment and turn into clouding. Contrary to that, when one makes other people happy and practices virtue, the other party's feelings of gratitude form light, which are transmitted and clouding decreases to that extent. However, the reward of God becomes tremendously great as much as one does secret acts of kindness or charity in such a way that the persons receiving such acts are unaware. Nothing can be done about it since this is a strict rule of Heaven—a natural law. Since that is the state of the spiritual world and absolute truth, the only thing human beings can do is believe this and comply with it. True to that, assuming that the purification process of clouding is the source of illnesses and other misfortunes, one would take care so one does not cloud one's spirit by abstaining from evil and practicing virtue if one wants to attain happiness.

(*Analysis of Toxins*; Dec. 1, 1952)



With GRATITUDE, MOA Hawai'i Presents

FREE "TOSHIKOSHI SOBA (Year-End Buckwheat Noodle)"

年越し蕎麦



TOSHIKOSHI SOBA literally means "*year-end buckwheat*" and is a tradition recorded in the early 1800s. Even today, the busiest day for many SOBA shops in Japan is on the 31st of December. There are a number of theories as to why this tradition still exists:

- Soba noodles are thin and long, and they symbolize "longevity."
- Soba noodles are easily cut, symbolizing "the end of all suffering one experienced during the past year (2026) and to celebrate a fresh new year (2027)."
- Buckwheat grows in colder regions and its "toughness" symbolizes the "family bonding together to welcome in a healthy new year."

Please take part in this Japanese tradition and enjoy a healthy, nutritious, and savory Japanese dish!

If you helped the MOA Cause in 2026, we give you our heartfelt thanks. Please pick up your one FREE MOA ORGANIC SOBA with MOA ORGANIC DIPPING SAUCE.

One for every person who helped MOA.

(If you are bringing home more than one soba and sauce, you may want to bring your own tray/box, etc.)

Each additional order is $5.

- **Sunday, Dec. 27 - Pick up at Toho No Hikari from 9:30 am to Noon**
- **Tuesday, Dec. 29 - Pick up at the MOA Wellness Center from 10:00 am to 5:00 pm**
- **Thursday, Dec. 31 - Pick up at the MOA Wellness Center from 9:00 am to 11:30 am**

RSVP: ORDERS must be placed with the Front Desk by SATURDAY, DEC. 19th
MOA WELLNESS CENTER at (808) 952-6900

MOA Hawai'i • 600 Queen Street, C-2 • Honolulu, HI 96813 • Ph. (808) 952-6900 •
Toho no Hikari • 3510 Nu'uanu Pali Drive • Honolulu, HI 96817 •
Email: info@moahawaii.org • Website: www.moahawaii.org •



Clean up Day at the MOA Hawai'i Wellness Center Sunday, November 29th from 9 am to noon.

We welcome all helping hands! Thank you!

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

MOA HAWAII

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2026 Key Dates to Remember

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 & 31	Tues. & Thur.		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)

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 or MOA Hawaii Operations Manager Steve Ichikawa at stevetichikawa@moahawaii.org.



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. Thank you so much!



Age Is Just A Number!

Check out the energy of these "senior citizens," working so deligently in the garden! (Well, the majority are over 60). Not only did they get their Vitamin D for the day but what a workout! All the sweating, bending up and down, and walking. In 3 hours, so much work was done and bush cleared away. Don't get me wrong... it's not required to stay the whole 3 hours. You know your body and you know how much you can do so what ever time you can volunteer in the garden is appreciated. Just know that hats, dark glasses, water, and mosquito spray are major requirements!

We now find ourselves so much closer to the creation of our MOA Wellness Garden. We will very soon give other members the opportunity to plant vegetables/flowers, relax and 'just smell the roses" or just walk around- putting in your steps for the day.













Kenji has already begun planting his garden. He started off planting eggplant, bell pepper, basil and arugula. He discovered that arugula and eggplant are the only vegetables that our healthy snails and slugs at the garden will not eat.



Here's Alan and Wanda, who opted to stay on the parking lot and pull weeds out of the potted plants in preparation for the November plant sale.



Then here I am, preparing the soil for my newest project, microgreens. It's not as easy as it sounds and involves more than just planting seeds and making sure it's watered. The temperature needs to cooperate also. Good thing its hurricane season! Those winds have been helpful.

Thank you to all the volunteers shown and also to Jan, Gale and Steve T., who managed not to be in any of the pictures!

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2027 Key Dates to Remember

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

February 28	Sunday	11a-2:30p	MOA Annual Membership Meeting at Toho No Hikari (Social Hall)
Feb. 28-Mar. 31			MOA Board of Directors Election
May 2	Sunday	9am-1pm	MOA Plant Sale and MORE at Toho No Hikari (MOA Wellness Garden)
May 12-26			Study Tour to Japan (15 days/13 nights)
May (tbd)			MOA Museum of Art Children's Painting Exhibitions and Awards (District and State Ceremonies)
August 1	Sunday	9am-1pm	MOA Rummage Sale at Toho No Hikari (Social Hall)
September 1-30			Foodland Give Aloha Campaign (Code for MOA Hawaii – 78563)
October 3	Sunday	9am-1 pm	MOA Plant Sale and MORE at Toho No Hikari (MOA Wellness Garden)
December 1-31			MOA Year-end Capital Campaign
Dec. 29 & 30	Wed-Thu		End of the Year $5 Soba (One free order for anyone who helped the MOA cause in 2026; RSVP required)
December			Holiday Flower Arrangement Orders

Lifestyle Improvement Program

(by reservation)

Purifying Therapy and Flower & Tea

(Includes lunch)

Third Friday of each month

9:00 am – 1:00 pm

MOA Healthy Food Program

Assorted fresh produce, bento, Rainbow sandwiches, etc. are available for purchase at the Wellness Center during business hours (prices & selections vary).

$5 Oden available on the 4th Thursdays (3rd Thursdays in Nov. & Dec.) (Pre-ordering is recommended.)

Continuous Care (by appointment)

Tuesdays, Thursdays, & Saturdays 9:00 am–5:00 pm

[Please feel free to contact the Front Desk for an appointment that could work around your needs.]

HI Wellness Center will be closed on the following holidays:

1/1 (Fri), 1/2 (Sat), 11/25 (Th), 11/26 (Fri), 12/24 (Fri), 12/25 (Sat), 12/31 (Fri), and 1/1/28 (Sat)

MOA Hawaii Wellness Garden Volunteer Day

First Sunday of each month at Toho no Hikari 9 am

MOA Wellness Center Clean-up Day 5th Sundays

January 31, May 30, June 29, August 29, and October 31.

As sessions are subject to change, from 2027, please refer to the quarterly MOA newsletter (March/June/ Sept./Dec.) and MOA Hawaii monthly calendar for updates and additional events and seminars on Integrative Medicine, Purifying Therapy, Healthy Food, Nature Farming, and Arts and Culture. For reservations and/or more information, please contact the MOA Hawaii Wellness Center at (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

November 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 - 11 am MOA Hawaii Team Staff Meeting	**5** 5:00 pm MOA Executive Comm. Meeting Lunch – Chicken	**6**	**7** ➢*10:00 am Kanno/ Nakata Flower Class ➢1:00 pm Tea Practice
8	**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 Oden pick-up	**20** 9am-1pm Lifestyle Improvement Program	**21** ➢*10:00 am Nakano Flower Class ➢*1:00 pm Nakano Flower Class ➢1:00 pm Tea Practice
22	**23**	**24** Tofu Poke Bowl	**25**	**26** The Wellness Center is closed 11/26 & 27 Happy Thanksgiving	**27**	**28** 1:00 pm Tea Practice
29 9am-12N Clean Up Day at the Wellness Center 	**30**	Dec 1	Dec 2	Dec 3	Dec 4	Dec 5

"*" denotes held at Toho No Hikari, 3510 Nuuanu Pali Drive, Honolulu, HI 96817
Note: event details and food availability & menus are subject to change without notice.

MOA Hawai'i
600 Queen Street, C-2
Honolulu, HI 96813

Please use this form to join the MOA HAWAI'I 'Ohana. You can start renewing your membership for 2027!

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 *MOA Hawaii*, 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.