

**MOA HAWAII
Officers & Directors**

**Frances Okazaki
President**

**Lester Nakamura
Vice-President**

**Alan Aranaydo
Secretary**

**Steve Tomino
Treasurer**

**Jessie Nakata
Asst. Treasurer/Director**

**Brian Nakano
Director**

**Shawn Hamada
Director**

**Gladys Yoshizawa
Director**

MOA HAWAII STAFF

**Norman Oshiro
Executive Director**

**Alan Aranaydo
MOA Wellness Center Director**

**Roy Goshi-Otaguro
Arts & Culture Program Manager**

**Teri June Amuro
MOA Wellness Center
Assistant Director
Healthy Life Network Manager**

**Ruby Gines
Administrative Assistant**

**Dick Mills
Administrative Assistant**

**Daniel Mills
Nature Farm Manager**

**Joseph Wargo
Farm Worker**

**Aimee Metzko
Food Service Worker**

Phone: (808) 952-6900

Fax: (808) 566-6911

E-mail: info@moahawaii.org

Website: www.moahawaii.org

MOA Wellness Center

Office Hours

Mon Tues Th Fri 9:00am-5:30pm

1st Wed 12:00-8:00pm

Sat. 9:00am-1:00pm



MOA Hawai'i Newsletter

VOLUME 3, ISSUE 2

FEBRUARY 2016

Executive Director's Message

Aloha Everyone,

This month's theme is MAKOTO (love, sincerity, integrity, devotion). According to Mokichi Okada, "The key to solving all problems—global, national, and individual—is the single word *makoto*." *Makoto* is the way of truth. What is a person of *makoto* like? Someone who desires the happiness of others, has a spirit of altruistic love, is kind and modest, has a warm personality, and has powerful healing power.

"The number one priority is having a heart of *makoto*. Illnesses will be healed as much as a person is brimming with the great mercy and compassion to save as many people as possible."

The key to developing a spirit of *makoto* is to be mindful of serving others. Always being grateful for everything good or bad (bad is purification and that is ultimately good), perform good deeds at every opportunity (without expecting something back), be a pleasant person (thinking of others before yourself), make others happy ("Unless we make others happy, we cannot become happy ourselves"), be kind, modest and refined ("Having no liking for conflict; kindness wells up in one's heart, and modesty and refinement come into being"), be a modern person ("There really must be progress and improvement of the soul. In short, it is the improvement of character. With this attitude, continue to build your own character [lit., "build oneself"] one step at a time with haste. Of course, you must not be impatient. Even just a little [improvement and progress] at a time is fine. You will inevitably become an honorable person through a long period of time. No, you are already becoming an honorable person with only the attitude that you will try to practice in that manner. If one makes it a rule [to endeavor] in that manner, it is a certainty that one will receive the trust of society, everything will go smoothly, and one will become a happy person.")

Let's try to be a person of *makoto*.

Norman Oshiro
Executive Director

