

**MOA HAWAII  
Officers & Directors**

Frances Okazaki  
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Vice-President

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Secretary

Steve Tomino  
Treasurer

Jessie Nakata  
Asst. Treasurer/Director

Brian Nakano  
Director

Shawn Hamada  
Director

Gladys Yoshizawa  
Director

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**MOA HAWAII STAFF**

Norman Oshiro  
Co-Executive Director

Kathleen Hasegawa  
Co-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  
Operations and Facility  
Assistant Manager

Dick Mills  
Administrative Assistant

Ceronda Encencio  
Administrative Assistant

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MOA Wellness Center

Office Hours

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

Sat. 9:00am-1:00pm



# MOA Hawai'i Newsletter

VOLUME 4, ISSUE 1

JANUARY 2017

## Executive Director's Message

### Hau'oli Makahiki Hou! Happy New Year!

Thank you to all our supporters for giving your time as volunteer therapists and for your generous monetary donations this past year. We've had many challenges but are continuing the vision of Mokichi Okada which serves as the beacon to better health for our community.

Last year was the 80<sup>th</sup> anniversary of the beginning of the Japan Health Society—the predecessor of MOA. On May 15, 1936, Okada inaugurated the Health Association with the objective of eliminating illnesses from the world; illnesses of mind, body and spirit.

Okada said:

*"The ultimate wellness program is making sure the spiritual body is not clouded over. To make sure the spiritual body is not clouded over, make sure the soul—that source of the spiritual body—is not clouded over.*

*Here, suppose there is an individual human being and this person does something wrong. This person would feel guilty if something they had done in secret that was a sort of evil became known to others. Even that alone will cloud over the soul.*

*Moreover, one would feel guilty if one does things of the sort that cause pain or suffering to others. Along with that, thoughts of people to whom one has caused pain or suffering forms clouds and come to one.*

*Now, on the contrary, if one does deeds of the sort that save people, and they feel gratitude; those feelings of gratitude form light and come to one. By means of that, clouding of the spirit will be cleared up to that extent, so that person who does good deeds will always have health and be cheerful. Even judging on the basis of this, the ultimate wellness program is nothing but right and reasonable thoughts and practicing virtue.*

*If that person's actions are nothing to be ashamed of, and their conscience is clear; their mind and soul will always be invigorated and bright. Therefore, one creates illnesses by oneself to a certain extent, and one suffers as a result of that."*

In 2017 we will be reaching out to the community to promote Okada's Ultimate Wellness Program by increasing the various seminars in art and culture, natural foods, Nature Farming, and Purifying Therapy at the MOA Wellness Center and throughout the community. If you are interested in volunteering at these seminars, please contact the wellness center (952-6900). Your continued monetary and volunteer support is vital to our dissemination of Okada's vision and heart.

Thank you very much!

Norman Oshiro  
Co-Executive Director

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### INSIDE THIS ISSUE:

Executive Director's Message

Kohrinka / Supporter

January Calendar

New Year's Resolutions / CSA



# MOA KOHRINKA

MOA Kōhrinka flower classes are based on Mokichi Okada's deep respect for the life of flowers and its positive influence on man. He arranged flowers using and expressing the best features found in Nature.

The Kōhrinka curriculum stresses three basic concepts:

- 1) Care for the flowers
- 2) Care for the implements
- 3) Etiquette in arranging. The joy of arranging beautiful flowers will enrich your life.

## Nuuanu (3510 Nuuanu Pali Drive)

Jessie Nakata

2nd & 4th Tuesday 6:30 pm—8:30 pm

2nd & 4th Thursday 4:30 pm—6:30 pm

## Kahala

Karen Takane

2nd & 4th Saturday 9:30 am—12:00 pm

For more information, please contact Arts & Culture Manager Roy Goshi-Otaguro at 222-2031.

## Cost

- Class Fee: \$10 Per Session (includes flowers)
- \$5 for students under 18 yrs.

## New Students

- One time initiation fee to join MOA (\$25)
- Textbooks
- MOA Kōhrinka Textbook (\$20)
- MOA Kōhrinka Guidebook (\$8)
- Kōhrinka Notebook (\$1)



Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip Code \_\_\_\_\_

Telephone ( ) \_\_\_\_\_

Fax ( ) \_\_\_\_\_

Cell Phone ( ) \_\_\_\_\_

Email \_\_\_\_\_

### TYPE

- \$25 Individual  
 \$50 Family (2 or more individuals)

### PAYMENT

- Check enclosed  
 Charge my credit card  
 VISA  MC  Discover  JCB

Name \_\_\_\_\_

Card no \_\_\_\_\_

Exp. Date \_\_\_\_\_

Security code \_\_\_\_\_

Signature \_\_\_\_\_

Make checks payable to: **MOA Hawaii.**  
Pledges and gifts for higher amounts can be

We cordially invite you to be a part of our MOA Supporter System. MOA Supporters contribute a vital piece to the overall development and expansion of all our outreach and community activities. Together, we will make a difference for the welfare of society.

Questions: please contact us at:

(808) 952-6900 • Email: [info@moahawaii.org](mailto:info@moahawaii.org)

Website: [www.moahawaii.org](http://www.moahawaii.org)

# MOA HAWAI'I JANUARY 2017

MOA HAWAI'I • 600 QUEEN STREET C-2 • HONOLULU, HI 96813  
 Phone: 808-952-6900 • Fax: 808-566-6911 • Website: [www.moahawaii.org](http://www.moahawaii.org) • Email: [info@moahawaii.org](mailto:info@moahawaii.org)  
 MWC Hours of Operation: Mon-Fri 9:00am-5:30pm, Sat. 9:00am-1:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day	2 New Year's Day (Observed)  MWC CLOSED	3  Dr. Garcia 10:00am-12:00pm	4  MOA Board Meeting 6:30pm	5	6	7
8	9	10  Dr. Garcia 10:00am-12:00pm  Nakata *Kohrinka 6:30pm	11	12  Nakata *Kohrinka 4:30pm	13  Okazaki/Liu *Kohrinka 6:00pm	14  Takane *Kohrinka 9:30am-12:00pm  OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
15	16  Martin Luther King Day (Holiday)  MWC CLOSED	17  Dr. Garcia 10:00am-12:00pm  Shoda/Suenaga *Kohrinka, 12:30-2:30pm	18  Iwamoto Branch Continuous Care @ 7:00pm	19	20	21
22	23	24  Dr. Garcia 10:00am-12:00pm  Nakata *Kohrinka 6:30pm	25  OHWP @ Kaneohe Community Center 8:30-10:30am	26  OHWP Extended Session 9:00am-1:00pm  Nakata *Kohrinka 4:30pm	27  OHWP Extended Session 9:00am-12:00pm	28  OHWP Intensive Session 9:00am-4:00pm  Takane/Kikuchi Kohrinka 9:30am-12:00pm  Otaguro/Tom *Kohrinka 10:00am-12:00pm  Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
29  MOA New Year's Party and Membership Meeting @ TNH Social Hall 10:30am-1:00pm	30	31  Dr. Garcia 10:00am-12:00pm				* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive

## New Year's Resolutions Aren't Easy To Keep!

Each January, roughly one in three Americans resolve to better themselves in some way. A much smaller percentage of people actually make good on those resolutions. While about 75% of people stick to their goals for at least a week, less than half (46%) are still on target six months later, a 2002 study found. It's hard to keep up the enthusiasm months after you've swept up the confetti, but it's not impossible. This year, pick one of the following worthy resolutions, and stick with it. Here's to your health!

According to Health.com, the 10 most popular resolutions are: (1) lose weight, (2) stay in touch, (3) stop smoking, (4) save money, (5) cut stress, (6) volunteer, (7) go back to school, (8) cut back on alcohol, (9) get more sleep, (10) travel.



## Support Sustainable Agriculture in Hawaii



Help us bring Mokichi Okada's Nature Farming vision to light by purchasing your weekly CSA box from MOA Hawaii.

Cost: \$20 per week —To order a CSA box, call 952-6900



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