

**MOA HAWAI'I
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MOA Wellness Center Director

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Operations and Facility
Assistant Manager

Administrative Assistants:

Mallori Choy
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Dick Mills
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Website: www.moahawaii.org

MOA Wellness Center

Office Hours

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

Sat. 9:00am-3:00pm

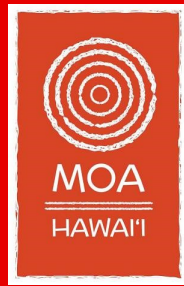
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MOA Hawai'i Newsletter

VOLUME 5, ISSUE 1

JANUARY 2018

EXECUTIVE DIRECTOR'S MESSAGE

Aloha and Happy New Year!

Thank you all for your continued support of our organization and what we stand for. While pondering your new year's resolution, please consider the following from Mokichi Okada who spoke about improving one's self.

"Above all, you should observe Nature. In Nature, progress and improvement are perpetual and continue without a moment's rest. Nature is constantly renewing itself. Look! The number of human beings increases yearly. Yearly, earth's land is also being developed.

Transportation, buildings, and machinery are always progressing. Nothing retrogresses. Grasses and trees continually grow toward the sky; not a single one is growing downward. Every human being should look at Nature, and emulate how, without exception, all things progress and improve. This is truth.

Even I persevere to make the effort not to become neglectful and to keep myself improving and progressing—more this year than last year, more next month than this month. However, while saying that, to only improve your materialistic enterprise, vocation, profession, or station in life alone will be like floating matter without roots—really being just rootless weeds. There certainly must be progress and improvement of your soul, improvement of your character. With this attitude, continue to build your own character one step at a time without haste. You must not be impatient! Even just a little improvement and progress is fine. Inevitably, over time, you will become an honorable person. Look, already you are becoming an honorable person just by having the attitude that you will practice this. If you endeavor steadfastly in that manner, it is certain that you will receive society's trust, everything will go smoothly, and you will become a happy and fortunate person." (Be a Modern Person!; October 11, 1950)

I would like to invite all current MOA Hawai'i members to our Annual Membership Meeting and New Year's Party-Volunteers Recognition, on Sunday, January 21, 2018 at 10:30 a.m. at the Toho No Hikari Hawaii Social Hall at 3510 Nuuanu Pali Drive. Please RSVP to MOA Hawai'i at 952-6900 or by email to: moa808hawaii@gmail.com. See you there!

MOA Seminar: Join us on Wednesday, January 31, 2018 at the MOA Wellness Center from 9:30 to 11:00 a.m. for a discussion on this month's theme: "New Beginnings."

Norman Oshiro
Executive Director



MOA KOHRINKA

MOA Kohrinka 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 Kohrinka 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.

Classes

Jessie Nakata: 2nd & 4th Tuesday - 6:30-8:30 pm
2nd & 4th Thursday - 4:30-6:30 pm

Karen Takane: 2nd & 4th Saturday - 9:30 am -12:00 pm

Roy Goshi-Otaguro / Phyllis Tom: 4th Saturday - 10:00 am -12:00 pm

Brian Nakano / Hiroe Suenaga: 4th Saturday -1:00-3:00 pm

Frances Okazaki / Jon Liu: 2nd Friday - 6:00-8:30 pm

Classes are open to students of all ages. For more information, please contact Arts & Culture Manager, Roy Goshi-Otaguro, at 222-2031.

Cost

- Class Fee: \$10 Per Session
- Students under 18 yrs.: \$5 Per Session
- Plus cost of flowers

New Students

- One time initiation fee to join MOA (\$25)
- MOA Kohrinka Textbook (\$20)
- MOA Kohrinka Guidebook I & II (\$8 each)



The MOA Supporter System

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
Website: www.moahawaii.org

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 made as monthly or quarterly gifts. Donations to MOA Hawaii are tax deductible.

MOA HAWAII'I JANUARY 2018

MOA HAWAII'I • 600 QUEEN STREET C-2 • HONOLULU, HI 96813
 Phone: 808-952-6900 • Fax: 808-566-6911 • Website: www.moahawaii.org • Email: info@moahawaii.org
 MWC Hours of Operation: Mon-Fri 9:00am–5:00pm, Sat. 9:00am–3:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Year's Day (Holiday) MWC CLOSED	2 Dr. Garcia 10:00am-12:00pm OHWP Committee w/ Dr. Garcia 12:00 to 1:00 pm	3 MOA BOD Meeting 6:30pm	4	5	6 Shodo Class (Japanese Calligraphy) @TNH Social Hall 10:00-11:00am
7	8 HPS @ Pearlridge Shopping Center 8:30-10:30am *PT Continuing Ed Level II 9:30am (Japanese) (Morimoto)	9 Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	10 *PT Continuing Ed Level II 6:30pm	11 Nakata *Kohrinka 4:30pm	12 *PT Continuing Ed Level II - 9:30am	13 Takane *Kohrinka 9:30am-12:00pm HPS @ Valley of the Temples Byodo-in 12:00-3:00pm *PT Continuing Ed Level II - 1:00pm
14	15 Martin Luther King, Jr. Day (Holiday) MWC CLOSED	16 Dr. Garcia 10:00am-12:00pm OHWP Committee w/ Dr. Garcia 12:00 to 1:00 pm	17	18	19 *Intro to MOA Hawaii 3:00pm (Oshiro) Okazaki/Liu *Kohrinka 6:00pm	20
21 MOA Hawaii Annual Membership Meeting/New Year's Party/Recognition of Volunteers @ TNH Social Hall 10:30am	22 HPS @ Pearlridge Shopping Center 8:30-10:30am * PT Continuing Ed Level I - 1:00pm (Ichikawa)	23 Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	24	25 OHWP Lifestyle Improvement Program Extended Session w/Lunch 9:00am-1:00pm Nakata *Kohrinka 4:30pm	26 OHWP Lifestyle Improvement Program Extended Session 9:00am-11:30pm	27 OHWP Lifestyle Improvement Program Intensive Session w/Lunch 9:00am-3:00pm Takane *Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm Nakano/Suenaga *Kohrinka 1:00-3:00pm
28	29	30 Dr. Garcia 10:00am-12:00pm	31 HPS @ Kaneohe Community Center 8:30-10:30am * MOA Seminar on "New Beginning" 9:30-11:00am (Oshiro)			* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive

*Please register for these courses by contacting the MOA Wellness Center at 952-6900: MOA Seminar, Introduction to MOA, Purifying Therapy [PT] Continuing Education Courses—Level I for Basic Level Therapist and Level II for Intermediate Level Therapist.

Join the exciting MOA tours in 2018!

MARCH 2018 (Spring Break) Tour

Hakata, Beppu, Atami & Tokyo

March 16 -26 [\$3500]

**9 Nights/11 Days; 15 Meals (9 Breakfasts,
1 Lunch & 5 Dinners)**

Highlights include: Cherry Blossom, Yanagawa River Boat Ride, Historical and Nostalgic Yufuin Town, Indoor and Outdoor Hot Springs Experience; Hell Boiling Hot Springs of Beppu, Takasaki 1300 Natural Monkey Mountain, Purifying Therapy at Tokyo Wellness Center, Bullet Train Ride, MOA Museum of Art, Tea Ceremony, SPECIAL Flower Arrangement Class, Shopping Malls, High Tech and Music and Dance Robot Show. Asakusa Shrine, Ameyoko Dried Seafood Shopping and MUCH MORE.

OCTOBER 2018 Tour

Tokyo, Hakone, Atami, Kanazawa,

Kyoto, Osaka

October 22-November 3

11 Nights/13 Days

Highlights include: The beautiful fall colors of the mountains in secret old towns filled with tradition, culture and food of Japan, Kimono and Tea Ceremony in Kanazawa, plus a super great time in other famous cities.

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Cost and schedule of March & October tours
subject to change

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If you are interested, please submit your name
to Steve Ichikawa at the MOA Center.



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