

MOA HAWAII
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Assistant Manager

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Nature Farm Manager

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MOA Wellness Center

Office Hours

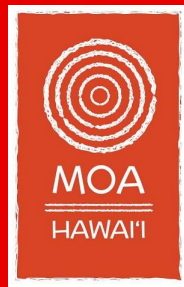
Mon—Fri 9:00am-5:30pm

Sat. 9:00am-1:00pm

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MOA Hawai'i Newsletter

VOLUME 3, ISSUE 5

JULY 2016

Executive Director's Message

This month's theme is *Saving America*.

In 1953, in his article entitled "Saving America," Okada wrote:

"Contemporary medical science itself has a tremendously serious defect. In spite of its progress, people do not recognize the fact that contemporary medical science is going in the wrong direction. ... The numbers of diseases of all kinds are likely to increase rapidly; and if this condition goes on, I predict that even a powerful country like America will go into decline within a century."

When Okada speaks of diseases he is not only talking about the physical state of the individual but the psychological and spiritual state as well. In fact, the physical state is just a manifestation of the spiritual and mental. With all of the abusive language, howling rage, idle complaints, grumbling, violence, lack of tolerance, self-serving, and increase in lifestyle-related diseases, we see that our beloved America is on the decline.

Through the daily practice of the Okada Health and Wellness Program (OHWP), we can eliminate all diseases of the spirit, mind and body.

Norman Oshiro
Co-Executive Director

As you enter the clinic you will notice assorted objects of interest on display in the glass cases. In the case closest to the street are assorted objects collected both locally and from various parts of Japan. Of particular interest is a collection of fine porcelain pieces created by Dorothy Okumoto, a local Japanese artist. The artist worked in Hawaii in the 70's & 80's. Her son Peter Okumoto inherited her studio and techniques. Her pieces are and will continue to be highly collectible, as they are both uniquely beautiful and are almost always hand signed and numbered. You will see four of her pieces displayed in the case. Other pieces include a carved bamboo calligraphy brush holder. Notice the intricately carved Buddha with children hanging onto his body. Fanciful and happy, the carving reflects abundance and fulfillment. On the top shelf you will notice a ceramic geisha pillow and below the pillow view an amazingly old tea part with Mt. Fuji painted on the side. I especially am fond of the five "neko" hashi holders. You will notice that one is playing a ukulele. Just for fun. If you have any questions please contact Dick Mills at the front desk. None of the objects are for sale but please enjoy my collection. I had the honor of living in Japan during the hot summer months over a period of 10 years. During that time I worked at the American School (ASIJ) where I taught roller skating to the local Japanese students. IT was during my off hours and on weekends that I was able to search for and purchase at weekend temple sales and antique shops. I hope you enjoy all of the pieces. Photos and article by Dick Mills



Keep Soil Pure and Clean

“The basic principle of Nature Farming is to let the soil exercise its intrinsic power.

The basis of Nature Farming is to respect and love the soil and try not to pollute it. Then, it is natural that the soil will be satisfied and perform its work with joy. In using the analogy of human beings, we can become a healthy person with good energy because nothing comes in the way.

The fundamental principle of Nature Farming is to let the soil itself exercise its power to the fullest. That is, not to add impure substances such as man-made fertilizers and keeping the soil clean. Then, the soil would have nothing that comes in the way and can fully exercise its intrinsic power. It is also interesting that the theory of having the soil rest is wrong as well. The soil can perform better the more they produce crops

It is because the soil will naturally be equipped with its necessary ability to produce certain crops while producing such crops continuously.”



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.

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 & Yasuo Kikuchi

2nd & 4th Saturday 9:30 am—12:00 pm

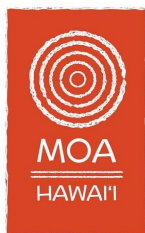
For more information, please contact Arts & Culture Manager Roy Goshi-Otaguro at 222-2031.

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 Kohrinka Textbook (\$20)
- MOA Kohrinka Guidebook (\$8)
- Kohrinka Notebook (\$1)



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 Hawai'i are tax deductible.

MOA HAWAII

JULY 2016

MOA HAWAII • 600 QUEEN STREET C-2 • HONOLULU, HI 96813
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 MWC Hours of Operation: Mon-Fri 9:00am–5:30pm, Sat. 9:00am–1:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive					1 OHWP Extended Session 9:00am-12:00pm	2 OHWP Intensive Session 9:00am-4:00pm
3	4 Independence Day (HOLIDAY) MWC CLOSED	5 Dr. Garcia 10:00am-12:00pm	6 OHWP @ Kaneohe Community Center 8:30-10:30am MOA Board Meeting 6:30pm	7	8 Okinawa Food Cafe 11:30am-1:00pm Okazaki/Liu *Kohrinka 6:30-8:30pm	9 Takane/Kikuchi *Kohrinka 9:30am-12:00pm OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
10	11 OHWP @ Pearlridge Shopping Center 8:30-10:30am	12 Dr. Garcia 10:00am-12:00pm Iwata *Kohrinka, 9:30am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm Nakata *Kohrinka 6:30pm	13 OHWP @ Kaneohe Community Center 8:30-10:30am Intro to MOA Hawaii 10:00am or 6:00pm	14 Nakata *Kohrinka 4:30pm	15 Freeze-Dried Tofu Workshop 11:30am-1:00pm	16 Shodo Class (Japanese Calligraphy) @TNH Social Hall 10:00-11:30am
17 Volunteer Day at Hawaii Nature Farms – Mililani 9:00 am-12:00 pm	18	19 Dr. Garcia 10:00am-12:00pm	20 OHWP @ Kaneohe Community Center 8:30-10:30am Iwamoto Branch Continuous Care @ 7:00pm	21	22	23 Takane/Kikuchi Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm Ebesugawa/Nakano/Suenaga *Kohrinka 1:00-3:00pm
24	25 OHWP @ Pearlridge Shopping Center 8:30-10:30am	26 Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	27 OHWP @ Kaneohe Community Center 8:30-10:30am	28 OHWP Extended Session 9:00am-1:00pm Nakata *Kohrinka 4:30pm	29 OHWP Extended Session 9:00am-12:00pm	30 OHWP Intensive Session 9:00am-4:00pm
31						



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