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MOA Wellness Center

Office Hours

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

Sat. 9:00am-3:00pm

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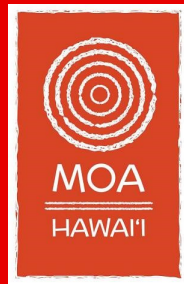
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MOA Hawai'i Newsletter

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MARCH 2017

EXECUTIVE DIRECTOR'S MESSAGE

Aloha Everyone,

This month's focus is on nutrition.

The following are writings by Mokichi Okada on avoiding chemical fertilizers, pesticides, and food additives; and one of the reasons why MOA promotes Nature Farming:

"The systems of the human body were not designed to process anything other than the range of things we consider to be food. Other substances are poisonous drugs. The trouble is, they accumulate in various parts of the body and the effects begin to show up over time.

Substances like ammonium sulfate are powerful poisons. If you consume rice that has absorbed chemicals of this kind, the body will naturally be affected and it goes without saying that it will not be good for your health. If you consume a contaminated staple food three times a day, year after year, even trace amounts of toxins in that food will start to add up. Eventually it builds up to a serious amount of poison in the body. This is the cause of all illnesses.

Most chemical fertilizers and pesticides are powerful

drugs. There is no way that the human body will not be adversely affected if we make a habit of eating rice that has absorbed chemicals of this kind.

Rice wine contains preservatives and other kinds of chemicals, and chemical fertilizers and pesticides are used on rice and other agricultural products. When we consume these products over a long period of time, the result will be a very high level of toxic build up in our system."

An article published on the Breast Cancer Fund website mentions that pesticides sprayed on crops, antibiotics used on poultry, and hormones given to cattle, expose consumers involuntarily to contaminants that become part of our bodies. Some of these exposures may increase breast cancer risk. It also lists the harmful chemicals in our foods that should be avoided. Additional information may be found at: <http://www.breastcancerfund.org/clear-science/environmental-breast-cancer-links/food/>

If you do not have access to a computer, ask the front desk at the MOA Wellness Center to send you a copy of the article.

Norman Oshiro
Executive Director

Purifying Therapy

Purifying Therapy is a form of bio-energy healing method established in the 1920s based on Mokichi Okada's (1882-1955) unique vision and many years of healing practice. Okada viewed any illness and suffering as a form of "purification" due to the amount of spiritual clouds within the spiritual body and/or retained toxins within the physical body. The therapy offers energy to areas in our body where "spiritual clouds" have manifested as toxins; the cause of human suffering.

Okada said that Purifying Therapy is not just a method to heal illnesses but is an integral part of creating happy individuals and families and healthy communities.

By understanding the concept of "purification" and "spiritual clouds," one can find ways to overcome sufferings and/or illnesses and also learn to accept things with gratitude and appreciation for their life events.

Okada helped over 20,000 people in the 1920s while perfecting this therapeutic method. Upon discovery of the therapeutic method and its effectiveness, he once said that this is the greatest discovery of humanity.

In regards to the clouding of the spirit and human fortune, Okada said:

"Human fortunes depend on the amount of clouding of the spirit. Having this knowledge, one is as good as having joined the circle of happiness and good fortune. This is an eternal and invariable golden rule in the spiritual world that no one can afford to disbelieve."

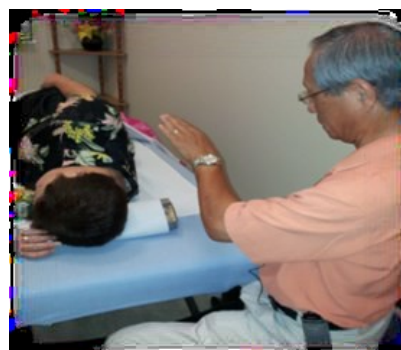
"To minimize clouding is the absolute prerequisite for improving one's destiny [conditions in life]. To be more precise, when one's soul is purified to a certain degree there is no need for purification, so it turns out that unhappiness and misfortune change to happiness and good fortune. This is the truth, so the Japanese proverb 'good things come to those who wait' should have been 'good things come to those who are purified.'"

Since Okada began sharing this method to the public at large and for training many therapists from the 1930s, today, millions of people are practicing this method worldwide to strengthen their natural healing power which may have been suppressed by the toxins from life choices, lifestyle and daily habits.

The therapy involves a detection of one's body to determine key areas of administration of the universal energy detox.

A research indicates that over 70% of the people surveyed, who received this therapy, noticed benefits from this therapy. From reduced stiffness to reduced pain associated with injury, the merits of Purifying Therapy are expressed by clients.

To learn about Purifying Therapy, we have various classes available to fit your needs. Please call the MOA Wellness Center (952-6900) to schedule your education or trial appointment. The first experience is complimentary.

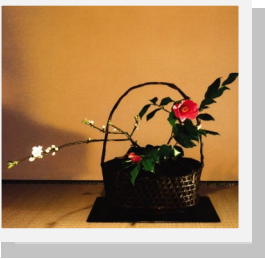


Support Sustainable Agriculture in Hawaii

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

Cost: \$20 per week

To order a CSA box, call 952-6900



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.

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



**The MOA
Supporter
System**

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.

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

MOA HAWAII

MARCH 2017

MOA HAWAII • 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-8:30pm, Sat. 9:00am-3:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuuanu Pali Drive			1 OHWP @ Kaneohe Community Center 8:30-10:30am MOA Board Meeting 6:30pm	2	3	4
5	6	7 Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	8 OHWP @ Kaneohe Community Center 8:30-10:30am	9 Nakata *Kohrinka 4:30pm	10 Okinawa Food Café 12:00-1:00pm Okazaki/Liu *Kohrinka 6:00pm	11 Takane *Kohrinka 9:30am-12:00pm Shodo Class (Japanese Calligraphy) @ TNH Social Hall 10:00-11:00am OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
12	13 OHWP @ Pearlridge Shopping Center 8:30-10:30am	14 Dr. Garcia 10:00am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm	15 OHWP @ Kaneohe Community Center 8:30-10:30am Iwamoto Branch Continuous Care @ 7:00pm	16	17	18
19	20	21 Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	22 OHWP @ Kaneohe Community Center 8:30-10:30am	23 OHWP Extended Session 9:00am-1:00pm Nakata *Kohrinka 4:30pm	24 OHWP Extended Session 9:00am-12:00pm	25 OHWP Intensive Session 9:00am-4:00pm Takane/Kikuchi Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm 29 th Annual MOA Museum of Art Children's Painting Contest Hilo Exhibit @ 10:00am-1:00pm Awards Ceremony @ 11:00am Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
26	27 OHWP @ Pearlridge Shopping Center 8:30-10:30am	28 Dr. Garcia 10:00am-12:00pm	29 OHWP @ Kaneohe Community Center 8:30-10:30am	30	31	

MOA Healthy Food Advocates



Toshiko Dial and Itsuko Nagata, who are certified MOA Healthy Food Advocates, promotes a healthy way of preparing meals by offering a cooking class or Café at the MOA Wellness Center on the second Friday of the month. Previous classes include making of malted rice salt sauce, miso, natto, buckwheat noodles, tofu, dumplings, croquettes, etc.



People of Okinawa are known for good health and longevity. Mrs. Dial's mother owned and operated a small restaurant

where people simply gathered to eat healthy hometown meals and talk stories. With the Okinawa people's health condition dramatically changing from good to bad today, Mrs. Dial believed it was due to the change in their current lifestyle and diet. She also believes the style of cooking and preparing traditional meals have changed and decided to promote a traditional way of preparing healthy Okinawan meals at the MOA Wellness Center.

On the 2nd Friday of the month, with help from other Okinawan ladies, Mrs. Dial offers the "Okinawa Café." On February 10, she prepared pickled radish and carrots, seasoned seaweed and dried radish along with Okinawa-style doughy tempura using chives, mozuku seaweed, beans, etc.

On Friday, March 10, the Okinawa Café will include Ashichibichi [pig feet and vegetables soup], manju sweet dumplings, stir fried tofu with carrots and konnyaku, mozuku seaweed.

On Tuesdays and Thursdays, healthy boxed lunches prepared by the staff and volunteers are available for purchase.



Come and enjoy healthy foods at the Wellness Center!

Call 952-6900 to RSVP.

MOA Museum of Art Children's Painting Awards and Exhibitions

It is time to prepare for the MOA Museum of Art Children's Painting Contest and Exhibitions. Hawai'i has participated in this contest since it was started by the MOA Museum of Art in 1989.

The State Exhibition will be held at the Honolulu Museum of Art Linekona Art School Gallery from May 27-June 1 and will feature the paintings from all district shows held at various shopping centers—Prince Kuhio Shopping Center (Hilo), Queen Ka'ahumanu Center (Maui), Kahala Mall, Pearlridge Center, Ward Warehouse and Windward Mall.

In addition, 30 paintings from this year's MOA Museum of Art international competition, including 3 from Hawaii, and 19 paintings from MOA Nagaoka, through the cultural exchange program with MOA Hawaii, will be displayed.

During the event, the MOA Health and Wellness Programs will be introduced by MOA volunteers. Participants will be able to receive Purifying Therapy, flower and tea therapy, and view the Kohrinka and Nature Garden displays.

Please come and be part of these events and invite your friends. It will be a good opportunity to introduce them to what MOA is about.



Zion Palea
"The Pattern Fish"



Daniel Arashiro-Garcia
"Fun in Beautiful Hawaii"



Katelyn Kata
"Yellow Flowers"

(Awards/Exhibit Schedule continued on next page)

MOA Nagaoka Tea Ceremony Performance at the Honolulu Festival



Dates and Times:

Saturday, March 11 - 11:00 a.m. to 12:30 p.m.

Saturday, March 11 - 1:30 p.m. – 3:00 p.m.

Sunday, March 12 – 10:30 a.m. – 12:00 p.m.

Sunday, March 12 – 1:00 p.m. – 2:30 p.m.

Place: Hawaii Convention Center

The MOA Nagaoka members will perform the Japanese tea ceremony at the Hawaii Convention Center and invites all MOA Hawaii members to the event. Matcha tea will be served with tasty Nagaoka sweets. You may also try a hands-on activity of making your own bowl of matcha.

MOA Hawaii Children's Painting Exhibits and Award Ceremonies

HILO DISTRICT: Prince Kuhio Shopping Plaza: Exhibit/Awards Ceremony on Saturday, March 25; Exhibit from 10:00 a.m.-1:00 p.m.; Awards Ceremony at 11:00 a.m.

EAST OAHU DISTRICT: Kahala Mall: Exhibit – April 7-9; Awards Ceremony on Saturday, April 8, at 10:00 a.m.

HONOLULU DISTRICT: Ward Warehouse: Exhibit – April 14-15; Awards Ceremony on Saturday, April 15, at 10:00 a.m.

WINDWARD OAHU DISTRICT: Windward Mall: Exhibit – April 28-30; Awards Ceremony on Saturday, April 29, at 10:00 a.m.

MAUI DISTRICT: Queen Ka'ahumanu Shopping Center: Exhibit/Awards Ceremony on Saturday, April 22, 10:00 a.m.–2:00 p.m.

LEEWARD/CENTRAL OAHU DISTRICT: Pearlridge Center Uptown Mall: Exhibit – May 5-7; Awards Ceremony on Saturday, May 6, at 10:00 a.m.

STATE EXHIBITION AND OPENING CEREMONY: Linekona Art School Gallery: Exhibit – May 27-June 1; Opening Ceremony on Saturday, May 27, at 10:00 a.m.



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