

**MOA HAWAI'I
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Healthy Life Network Manager

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Operations and Facility
Assistant Manager

Dick Mills
Administrative Assistant

Ceronda Enocencio
Administrative Assistant

Phone: (808) 952-6900

Fax: (808) 566-6911

E-mail: info@moahawaii.org

Website: www.moahawaii.org

MOA Wellness Center

Office Hours

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

Sat. 9:00am-1:00pm

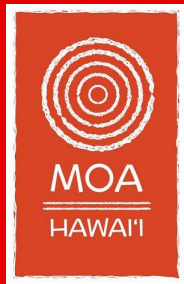
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MOA Hawai'i Newsletter

VOLUME 3, ISSUE 11

NOVEMBER 2016

Gratitude for Our Food

Mokichi Okada's writings from *Okada Health and Wellness—Food and Exercise*:

"We should not waste even a single grain of rice. The components of the Sino-Japanese character for rice are the numbers eighty and eight because the labor of producing rice involves eighty-eight steps. When we consider how much effort is involved in rice production, we cannot be wasteful of this precious resource. I drink my after-dinner tea out of my rice bowl so I can wash down every last grain of rice sticking to the side of the bowl. Christians normally fold their hands and say a prayer of thanksgiving before a meal. This is an excellent practice. We must

always be aware of the grace that is given to us in the form of food and cultivate a feeling of gratitude towards the food that we receive.

Whether the harvest is abundant or poor depends on human beings. If everyone in the country cultivated positive heart qualities and a sense of gratitude towards the food they receive, if they refrained from waste, if their actions were upright and their intentions were sincere, the harvest would be abundant. There would be more food than anyone could consume. Unfortunately, the mindset of people today is diametrically opposed to this and entirely wrong. That is why we suffer from bad harvests. This is an absolute and unmistakable truth. Natural disasters and climactic abnormalities are a result of the actions of human beings."

MOA SPRING TOUR MOA Arts and Culture Study Tour to Japan March 31-April 9, 2017

View the beautiful Cherry Blossoms in Japan.

Visit the various arts and culture sites in Tokyo, Atami, Hakone, Hiroshima, Miyajima, and Nara—including the MOA Museum of Art, Hakone Museum of Art, Wellness Centers in Hiroshima and Ohito Health Oasis, etc.

The MOA Museum in Atami is undergoing an exciting renovation this year and will re-open in February 2017.

Enjoy the onsen (hot springs) and lots of "local" foods.

Learn about the MOA International operation and movement toward community enrichment.

Call 952-6900 for details.



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 & 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)



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 HAWAI'I

NOVEMBER 2016

MOA HAWAI'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–5:30pm, Sat. 9:00am–1:00pm

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



Support Sustainable Agriculture in Hawaii

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

Cost: \$20.00 per week

Call us today for more information!



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MOA



2017 MOA Hawaii Calendar *Kohrinka Flowers & Tea*

2017 Wall Calendar \$10.00 each

A benefit for MOA Hawaii and the MOA Wellness Center featuring photos from the 2016 Tea & Flower Exhibition held at the MOA Wellness Center.



Pick-up at: MOA Hawaii Wellness Center
600 Queen St #C2 (corner of Queen and South)

For more information call: (808) 952-6900



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Honolulu, HI 96813