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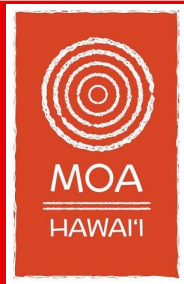
**Website: [www.moahawaii.org](http://www.moahawaii.org)**

**MOA Wellness Center**

**Office Hours**

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

**Sat. 9:00am-3:00pm**



# MOA Hawai'i Newsletter

VOLUME 6, ISSUE 2

FEBRUARY 2019

## Annual Membership and Volunteer Appreciation Celebration

The Annual Membership and Volunteer Appreciation Celebration was held on Sunday, January 20th at the Toho No Hikari Social Hall.



Lunchtime!

# Sawadee krap (hello) from the MOA Thailand Clinic!

By Dick Mills  
MOA Client Services



to all who come to the Clinic.

One can tell it's a busy facility with a kind and courteous staff. We got the MOA staff to stop



working long enough to take this picture.

They were pleased to have MOA visitors from Hawaii. OPT is offered by volunteers on a daily basis. I first met a staff member by the name of Mr. Suchat. He is standing on my left in the picture below. On my right, in the picture below, is my OPT therapist Mr. Sattaya Na Ranong, who is the

My wife and I recently had the extraordinary pleasure of visiting the MOA International Clinic in Bangkok, Thailand, a part of the MOA Thai Foundation. Briefly, I researched the clinic and I found that they opened their doors on December 17, 1989, days before the birth date of Mokichi Okada which is on December 23rd.

MOA Bangkok is located in an older, densely populated sector of Bangkok with a beautiful park and a walking area nearby. This small street side business was busy with OPT therapists administering OPT to a room full of clients. When you walk into the building, you see flower arrangements, and some nature garden products for sale, in a small area. Their literature is available



Chairman of the Subcommittee on Nature Farming Promotion.

Their OPT rooms are similar in arrangement to our own rooms here in Hawaii.

More images and information can be found at their Facebook homepage but be sure you have someone with you who can speak Thai.

<https://www.facebook.com/moathailand/>



# Message from Executive Director

For the month of February, we focus on "Makoto" (Love and Sincerity)

Mokichi Okada's poems on Makoto:

"If one desires consistency of one's thoughts, speech, and conduct; one must not forget Makoto For even a moment."

"The key to solving all problems- Global, national, and individual- Is the single word "makoto"."

"Conflicts and even strikes can be resolved very easily by talking together with Hearts of makoto."

"When doing anything A person without makoto Is like pouring water." Into a (perforated) bamboo basket."

"People are influenced By the power of a single word with makoto More than they are By myriad words."

"Whenever one looks at the appearance Of a person with Makoto It is always clearly Radiant Without any gloominess at all."



## Ready...set...GO!

The topic of our January nutrition class was "Getting Back on Track After the Holidays". We focused on ways to implement new and lasting healthy habits. We discussed the barriers that stand in our way, ways to overcome those barriers, goal setting, exercise, and a short meditation to seal in our intentions. Over tea and a delicious dish of soba salad with miso-sesame dressing we shared our stories and words of encouragement! JOIN US next time for our February topic, Plant-based cooking - TACOS!!



### 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](mailto:info@moahawaii.org)  
Website: [www.moahawaii.org](http://www.moahawaii.org)

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

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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

### **ADDRESS CHANGES**

To keep us up-to-date on your current address, please complete the MOA supporter form if you've moved. The newsletter is also online at [www.MOAHawaii.org](http://www.MOAHawaii.org)

### **CORRECTIONS**

Send MOA Hawaii newsletter corrections via U.S. mail to the MOA Wellness Center at 600 Queen Street, C-2, Honolulu, HI 96813 or email us at [info@moahawaii.org](mailto:info@moahawaii.org)

### **MEMBERSHIP**

MOA membership dues are paid on an annual basis. Being a member gives you discounts on the Okada Health and Wellness programs, Nutrition classes, Calligraphy classes, flower arranging (Kohrinka) classes and various other classes offered.

The editor apologies for last month's mix-up: the Pearlridge HPS is held on the second and fourth Monday's of each month.

### **Upcoming Events at the MOA Wellness Center unless noted otherwise:**

- Please call (808) 952-6900 to reserve your seat at any of the events listed
- Feb 5, 12, 19, 26, Tuesdays, 10:00 am to noon, **Dr. Garcia Consultations**, Cost \$25 for non-members, \$20 for members
  - Feb 11, Monday, 9:30 am to 11:30 am, **OPT Continuing Education Class** (taught in Japanese), a small \$5 donation is helpful
  - Feb 11, Monday, 3:00 pm to 5:00 pm, **OPT Continuing Education Class**, a small \$5 donation is helpful
  - Feb 13, Wednesday, 6:30 pm to 8:30 pm, **OPT Continuing Education Class**, a small \$5 donation is helpful
  - Feb 15, Friday, 9:30 am to 11:30 am, **OPT Continuing Education Class**, a small \$5 donation per person is helpful
  - Feb 15, Friday, 12:00 pm to 1:30 pm, **Nutrition/cooking demonstration class.**, Cost is \$15 for non-members, \$10 for members
  - Feb 15, Friday, 3:00 pm to 4:30 pm, **Introduction to MOA**, a small \$5 donation per person is helpful
  - Feb 16, Saturday, 2:00 pm to 4:00 pm, **OPT Continuing Education Class**, a small donation of \$5 is helpful. This class will be held at Toho No Hikari, 3510 Nuuanu Pali Drive
  - Feb 18, Monday, George Washington's Birthday, The Wellness Center is Closed**
  - Feb 18, Monday, 6:00 pm to 8:00 pm, **Flower Arranging (Kohrinka) Class with Norman Oshiro**, cost for first class is : \$20 for textbook + \$10 per session + \$25 annual membership
  - Feb 21, Thursday, 9:00 am to 1:00 pm, **Okada Health and Wellness Program (OHWP) Lifestyle Improvement Program**, Day 1 of 2 includes Okada Purifying Therapy (OPT), Dr. Garcia consultations, tea and flower therapy, simple exercises and lunch. Cost for both days is \$60.
  - Feb 22, Friday, 9:00 am to 11:30 am, **Okada Health and Wellness Program (OHWP) Lifestyle Improvement Program**, Day 2 of 2, includes Okada Purifying Therapy (OPT), Dr. Garcia consultations.
  - Feb 23, Saturday, 9:00 am to 3:00 pm, **Okada Health and Wellness Program (OHWP) Lifestyle Improvement Program**, includes Okada Purifying Therapy (OPT), Dr. Garcia consultations. Cost for this one day session is \$70
  - Feb 27, Wednesday, 9:30 am to 11:00 am, **MOA Discussion on "Makoto (love and sincerity)"**, a small \$5 donation is helpful

### **Want to Visit Japan?**

MOA has had numerous tours to Japan to visit the MOA Wellness Centers and MOA Museum of Art in Hakone and Atami plus various places like Tokyo, Kyoto, Osaka, Hiroshima, Oita, Toyama, etc. to experience its beauty, its fine arts and culture, eating healthier foods to invigorate the mind, healing the body with the goal of achieving "Families Filled with Beauty," and enjoying quality time with each other. If you are interested please let us know.

MOA Hawaii!  
600 Queen Street, C-2  
Honolulu, HI 96813

