



MOA Hawai'i Newsletter

VOLUME 7, ISSUE 2

FEBRUARY 2020

2020 Japan Study Tour [April 6-17 and November 4-14]

To further our healthy mind and body and to learn how the MOA Community Enrichment movement is taking place, Steve Ichikawa conducts a study tour to Japan in the spring and fall. In May and November of last year, 40 participants visited and enjoyed visiting Hokkaido and Osaka.

The tours include the study of Mokichi Okada [1882-1955] and his vision centered on the sacred grounds and museums in Hakone and Atami, as well as the Wellness Center concepts by visiting the MOA Wellness Center in Tokyo.

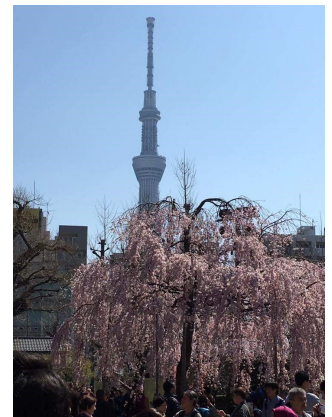
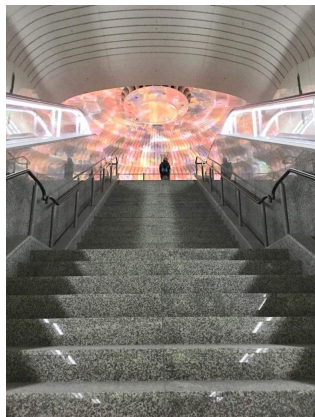
Okada taught us the importance of eliminating spiritual clouds and living a life of not increasing spiritual clouds. He came up with various wellness programs like Purifying Therapy, the Nature Farming Method and the Healthy Eating Program. He said the easiest way was to visit his sacred grounds in Hakone and Atami from time to time, as well as the enjoyment of beauty and art in daily life. That is what we will do.

During the tour, the participants will help one another and enjoy good food, beauty and the hospitalities of Japan. They will laugh a lot. They will walk a lot.

From April 6-17, 2020 (12 days 10 nights), Steve has 14 people going to Tokyo, Hakone, Atami, Osaka, and the island of Shikoku. In Tokyo, for the first time, we will participate in the overnight Lifestyle Improvement Program at the MOA Wellness Center in Tokyo. We will enjoy the beautiful gardens and Japanese art collections at the museums in Hakone and Atami and the cherry blossom trees. In Osaka, we will enjoy a musical show; we will shop and eat in the Dotonbori area. We will then travel to Shikoku and visit all four of the smallest prefectures of Japan. The size of Shikoku is equivalent to all the Hawaiian Islands combined. We will explore its rich history, culture and foods. If you are interested in joining this April tour, limited space is available.

The November 4-14, 2020 tour (11 days 9 nights) will include Tokyo, Hakone, Atami and Niigata Prefecture where you will enjoy the red colored maple trees and fall colored mountains with many seafood, fruits and vegetables in season, as well as its history and culture. The dates and itinerary of the tour may change without notice.

If you and your family or friends are interested in joining the November tour, please see Steve at MOA or call (808) 952-6900 for more details.



Musings from Aisha Asami on Trying to Find Joy in Movement

As the nutrition program manager at the MOA Wellness Center, I have been inspired to look into what are the key components of a healthy lifestyle, as guided by Mokichi Okada, and bring them to the Wellness Center. To no one's surprise, one key element is exercise. Mokichi Okada once said, "It has always been my practice to get outside at least once a day. I have never missed a single day on account of weather. I go out even when it's rainy or windy. When I am outside, I walk as much as possible. The older I get, the more often I hear others say how beneficial this is for your health." Unlike Mokichi Okada, I struggle to feel motivated to get out and exercise. I personally have the spirit animal of an 'earthworm' and nothing makes me happier during winter than to just lay in bed under the covers. So I started to research as to how I could bring exercise into my lifestyle even if I didn't feel like it. The answer that I found was two-fold and this first part I found interesting was in an interview with Kelly McGonigal, author of *The Joy of Movement: How exercise helps us find happiness, hope, connection, and courage*. She believes that "movement helps us access social connection, self-transcendence and mastery". The main reason we choose to move should never be to get a "new" body but instead we can look forward to movement that lights up our lives. Ask yourself, "what do I enjoy that I don't get enough of?" If it's social interaction, join a group exercise class. If it's Nature, consider going to the beach or hiking. Or even try taking up a sport that you always enjoyed watching.

I never want to be someone who tells people to do things that I never tried. So along with starting an easy movement class at the Wellness Center, I started this movement exploration for myself. So far I have tried a sunrise hike up Makapu'u, choosing to walk more instead of driving, exercising at the gym with my husband, attending an aikido class, playing a fitness video game, and binge watching my Netflix shows while on the treadmill. The second part is once you find a type of movement that has elements in it that you find yourself enjoying, make it a habit. Link the movement with a cue that tells you it's time to move and bring it into your life and eventually the movement will hopefully become natural. Maybe one day we can be like Mokichi Okada telling people that we find ourselves exercising everyday rain or shine. Next month my focus is a combination of gratitude, love, and mindfulness. So starting next month feel free to start your week with me practicing Morning Tea Meditations.

Starting from Scratch: Naturally Colored Sweets - February 14, 12pm to 2pm
 Member price: \$25 / non-Member price \$30
 Playing with plant based dyes to color desserts and steamed buns

MOA TAISO- LET'S GET MOVING!



Donation Based Gentle Exercise Class

WEDNESDAY MORNINGS 9:30AM

600 Queen Street C-2 96813 Honolulu, HI • (808) 952-6900
 MOA HAWAII WELLNESS CENTER

February Message from:

Executive Director, Norman Oshiro

Aloha Everyone,

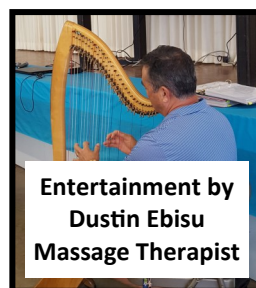
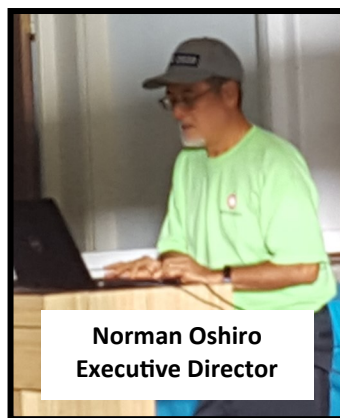
This month's theme is MAKOTO (love, sincerity, integrity, devotion). According to Mokichi Okada, *"The key to solving all problems—global, national, and individual—is the single word makoto."* Makoto is the way of truth. What is a person of makoto like? Someone who desires the happiness of others, has a spirit of altruistic love, is kind and modest, has a warm personality, and has powerful healing power.

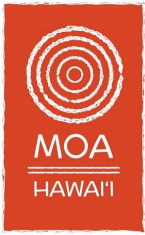
"The number one priority is having a heart of makoto. Illnesses will be healed as much as a person is brimming with the great mercy and compassion to save as many people as possible."

The key to developing a spirit of makoto is to be mindful of serving others. Always being grateful for everything good or bad (bad is purification and that is ultimately good), perform good deeds at every opportunity (without expecting something back), be a pleasant person (thinking of others before yourself), make others happy (*"Unless we make others happy, we cannot become happy ourselves"*), be kind, modest and refinement (*"Having no liking for conflict; kindness wells up in one's heart, and modesty and refinement come into being"*), be a modern person (*"There really must be progress and improvement of the soul. In short, it is the improvement of character. With this attitude, continue to build your own character [lit., "build oneself"] one step at a time with haste. Of course, you must not be impatient. Even just a little [improvement and progress] at a time is fine. You will inevitably become an honorable person through a long period of time. No, you are already becoming an honorable person with only the attitude that you will try to practice in that manner. If one makes it a rule [to endeavor] in that manner, it is a certainty that one will receive the trust of society, everything will go smoothly, and one will become a happy person."*)



Photos from the Annual Membership Meeting and New Year's Party / Volunteer Recognition





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:
Phone:(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.**

ADDRESS CHANGES

To keep us up-to-date on your current address, please complete the MOA supporter form if you've moved.

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

MEMBERSHIP

MOA membership dues are paid on an annual basis. Being a member gives you discounts on the Okada Health and Wellness programs, Cooking classes, Flower Arranging (Kohrinka) classes and various upcoming MOA classes offered.

MOA Hawai'i Staff: Norman Oshiro, Executive Director; Alan Aranaydo, MOA Wellness Center Director; Roy Goshi-Otaguro, Arts & Culture Program Manager; Aisha Asami, Nutrition Program Manager; Ruby Gines, Operations and Facility Assistant Manager; Administrative Assistants: Ceronda Enocencio, Brianna Akama, Teri June Amuro

MOA Hawai'i Board of Directors: Frances Okazaki, President; Lester Nakamura, Vice-President; Alan Aranaydo, Secretary; Steve Tomino, Treasurer; Shawn Hamada, Dean Kanemaru, Brian Nakano, Cynthia Okido, Sandra Tam Sing, Gale Eckerd and Pat Ganaban

MOA Wellness Center Office Hours: Monday to Friday 9:00 am to 5:00 pm, Saturday 9:00 am to 3:00 pm
Phone: (808) 952-6900 Fax: (808) 566-6911 Email: info@moahawaii.org
Website: www.moahawaii.org

