



MOA Hawai'i Newsletter

VOLUME 6, ISSUE 6

JUNE 2019

“Beauty Through the Eyes of Our Children”



Winners from the Nuuanu, Manoa and Kalihi district



Aerial view of winners from Leeward/Central Oahu



Serving Tea at Pearlridge Shopping Center



Explaining the tea ceremony



Don't Forget Tea! By Richard "Dick" Mills

Many of us enjoy the beauty of flowers and OPT and occasionally we enjoy the beauty of the tea ceremony. The bontemae tea ceremony is a “process in which a tray is used” to make tea. The beautiful implements and the movements of the master’s stir, still the hearts of those participating. Those who participate can learn the most basic etiquette associated with tea ceremony. It can be a great time to talk about family tea bowls and even bring out some fun kashi or candy. Other forms of tea ceremony require more complicated arrangements. Simplicity and portability of the tools make bontemae great for outings and bedside visits. For water delivery, a hot pot is perfect for any tea room setup.

The long history of “wabi cha” started by Sen no Rikyu seems to be the form of tea ceremony most in harmony with the pace of contemporary life. I can say, from my own experience, that the bontemae tea ceremony brought happiness to many, many people at our Pearlridge MOA Children’s Painting Awards Program on Saturday, May 4th. I served over a 100 bowls of tea. Along with my helpers, Hideko Iwata and Alice Suma, we affected many local families as each bowl of tea served was given with Aloha. We also could share with them the beautiful moments during the tea ceremony. For many, this was their first time in taking part in a tea ceremony. During this time, they were able to ask questions and chat about the bontemae way as they sipped a bowl of delicious matcha tea.

Home is where the tea is!

Every family benefits by knowing a tea practitioner, to help in honoring life’s special moments. If you decide to either brush up on or learn for the first time the steps of the bontemae tea ceremony steps, you would need to practice “wari geiko” or segmented lessons first. There are 5 segments to learn before the entire tea ceremony can be performed. This includes *fukusa sabaki* (folding the *fukusa*), purifying the *natsume* (tea caddy), purifying the *chashaku* (tea scoop), rinsing the *chasen* (tea whisk) and the wiping of the napkin (*chakin*).

Sunset on the Beach

I'm always on the lookout for fun things to do, and I just wanted to spread the word that Sunset on the Beach is back! Southwest Airlines is sponsoring family friendly movies to be shown at Queen's Surf Beach in Waikiki on a giant screen for everyone and anyone to enjoy for free. According to the Star Advertiser, "Sunset on the Beach events start at 4:30 p.m. with a mix of games for all ages and a diverse mix of food vendors, while live Hawaiian entertainment begins at 5 p.m. The evening culminates with the screening of a hit movie on the 30-foot-wide screen as the sun goes down around 7 p.m."

Here are the dates and movies listed (which might be subject to change):

June 15: "Spider-Man: Into the Spider-Verse"
July 6: "Mary Poppins Returns"
August 10: "Coco"
September 14: "Up"

This sounds like a good opportunity to cool down in the ocean as summer approaches and spend some time in nature with friends and family. Mokichi Okada once wrote, "Even in this world where misery is common, I believe I shall live joyously by communing with the beauties of Nature." Let's all live joyously by finding time to get outside in nature and taking some time to enjoy the view and maybe having a bite to eat as well.

With Joy,
Aisha Asami

Food for thought:

Regardless of whether or not you will be partaking in Sunset on the Beach here are some quick tips for packing a beach friendly picnic.

- Keep it simple, and don't stress out over planning an extravagant meal
- Unless you want to pack plates/etc. stick with finger friendly food (ex: musubi, wraps, fruit/meat on a stick, baby carrots, broccoli florets, chicken wings, etc.)
- Switch out mayo which can spoil in the heat with some hummus or oil based vinaigrette
- Poke bowls should be eaten within 4 hours of purchasing it, but it may still be good for a longer time if kept properly chilled in a cooler
- Bring some water/wet wipes to wash hands before eating and to get off all that sand
- Grilled vegetables can be just as delicious as grilled meat or fish at a beach bar-be-que (and don't forget to keep the raw meat in a separate cooler or on the bottom to prevent cross contamination)
- Pack frozen water bottles to keep things cool and have icy water to drink later in the day
- Minimize sand getting in your food by bringing umbrellas to cut down on wind and putting the food on an elevated surface

Fresh Tofu Making Classes

On Wednesday, June 12, 2019 at 12:00 there will be a tofu cooking class teaching people how they can make fresh tofu at home as well as sample dishes made with tofu. Class will be \$30 for non-members and \$25 for all MOA members and includes recipes from the lesson as well as a bottle of nigari, the traditional coagulant used by the Japanese to solidify their tofu. Please sign up at least a week in advance to

Executive Director's Message

The theme for this month is purification. Mokichi Okada wrote the following regarding purification:

"...Everything in this universe is operating in perfect harmony; nothing is discordant. When anything appears to be inharmonious to human sight, it is nothing more than the surface appearance.

Any discord is man-made, the result of something people have done which is not in agreement with the great laws of Nature. Anything that opposes Nature, or the natural pattern, produces discord according to Cosmic Law. Cosmic Law, which is immutable or impartial, is the law of total harmony in its truest, broadest sense. If human beings will only follow this law, everything will move in perfect harmony and will go more smoothly..."

(The Theory on Harmony; October 1, 1952)

"...The purification process eliminates impurities that have built up as a result of wrongdoing and irrationality, and restores the entity to its pure, genuine, and natural state..."

(World War and the Purification Process; October 23, 1943)

"...The concentration of clouding on the spiritual body increases to the degree to which people repeatedly think evil thoughts and commit evil acts. A natural elimination process occurs when that concentration reaches a certain saturation point. This is a strict law of the spiritual world that is unavoidable. For the most part, the purification process transpires in the form of illness. There are some cases in which it manifests in other forms..."

(October 23, 1943)

Learn more about Okada's philosophy on purification at the MOA Wellness Center on Wednesday,

The Healing Power of Flowers

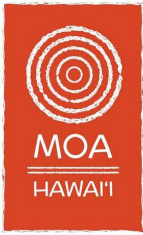
By Karen Takane

Having been a MOA kohrinka (a type of flower arranging) instructor for the past 8 years, my students and I begin class by reciting a poem on nature and flowers, written by Mokichi Okada, the founder of MOA. With this in mind, as we arrange our flowers we are "creating paradise through beauty." The beauty of these arrangements make people happy and in some cases, help brighten a person's very stressful day. We often hear or read about how a person becomes more cheerful and invigorated after having received just a single flower.

Mokichi Okada would oftentimes mention that the mountains, trees and blooming flowers were created for everyone to enjoy. This I find to be true and am very thankful for their presence.

Recently, a good friend of mine, had knee surgery. That night in the hospital, after the surgery, her head ached. She was unable to sleep and felt very unsteady. The next day, myself and other MOA members brought her flowers and would offer her OPT (Okada Purifying Therapy) to help in her healing process. When she saw me, she described how the heaviness in her head quickly subsided when she saw the flowers. As a long time member, she was surprised and finally came to the realization that flowers do have the power to heal. My friend, who had been involved with many flower activities and has a garden of her own, said "this was the first time I was able to feel the power of flowers." She greatly appreciates the visits and especially the experience she had with the flowers.





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) _____

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- \$50 Family (2 or more individuals)

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- VISA MC Discover JCB

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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

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, Nutrition classes, Calligraphy classes, Flower Arranging (Kohrinka) classes and various

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: Mallori Choy Rahimnadjad, Ceronda Enocencio, Dick Mills, Brianna Goo, Teri June Amuro

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