



# MOA Hawai'i Newsletter

VOLUME 6, ISSUE 5

MAY 2019

## 31st Annual MOA Children's Painting Contest and Awards Ceremony at Windward Mall

The first of six Children's Painting Exhibits occurred on April 12-14, with the Awards Ceremony for the Windward schools on Saturday, April 13. Upcoming exhibits and awards ceremonies: April 19-20, Nuuanu/Kalihi/Manoa Districts at Toho No Hikari Hawaii Social Hall; April 27, Maui District; May 2-4, Leeward/Central Oahu Districts at Pearlridge Center; May 17-19, East Oahu District at Kahala Mall. The State Exhibition will be on May 25-31 at the Hawaii State Capitol (basement level). Opening Ceremony will be Saturday, May 25, at 10:00 a.m.



# Learning to Nourish Not Punish

A hot topic that is popping up in a lot of nutrition blogs these days is “food shaming”. Have you heard of it? It’s that moment when somebody (the shamer) lets another person know that what/how they are eating is not “good” according to the shamer’s own personal dogma regarding food. Comments like, “do you know how many calories are in that?” or a “wow I wish I could get away with eating that...” are common examples. Another classic is making someone feel bad for not finishing their food with the old “there’s starving children in Africa” shtick. It doesn’t even need to be out loud, it could just be a disappointed look like a scowl or as subtle as a silent eyebrow raise. As long as someone is made to feel uncomfortable about what or how they are eating, it’s food shame. A lot of times these comments seem harmless and come from people who care, but in the end those words can end up triggering waves of negativity that spread more harm than good.

Let’s face it, we are our own greatest critics. Isn’t it weird how even when we try to make positive change, we can beat ourselves up making ourselves miserable instead? Thoughts about how we aren’t good enough can end up being the core motivation for running that extra mile or skipping on fries. For good results we let our own inner demons run free chewing us out on the inside bringing us to the point where even hearing the slightest whisper of a comment from someone else implying that what we are doing is wrong could break us. Mokichi Okada believed that the path to enlightenment shouldn’t have to be through suffering. He believed that we can improve our lives by surrounding ourselves with beauty, love and light. I believe that when people decide to change their lifestyles it should come from a place of self-love or healing. Let’s switch the source of our choices from punishment to nourishment; and share compassion instead of judgement.

When you think about it, what we eat is a personal choice that is neither inherently good or bad. We each have different places, people, and situations we come from. Food is our story. It’s memories of growing up and what our parents and grandparents fed us. It’s about that time you ate too many watermelons as a kid and how just the smell of it used to make you sick. It’s tradition, a carrying on of a heritage from the people who came before you. It’s discovery, like the time you were hanging out with your friends and was dared to eat slimy, bitter natto for the first time and realized, hey it’s not that bad! It’s survival, and realizing that all you can afford to eat today is the \$1.50 hot dog from Costco. All of those food stories are meant to be embraced and accepted with compassion and love.

So the next time you find yourself or other people being critical about what and how you are eating, try to rewrite the script. When you hear that inner/outer monologue judging that what you are eating is wrong, take it as an opportunity to give yourself support. Focus instead on questions like what does my body need? And then fuel your body with whatever you decide. And yes, I know what I am suggesting is not easy. But how beautiful would it be if we could all just try to shine some light through the dark clouds dampening our spirits and minds?

On the other hand, there might be moments you find yourself dying to give someone eating advice, but try to remember that advice with the greatest of intentions can do more harm than good. Wait for the right time to share your personal opinion, and remember that in the end only they know what is right for their bodies. I’m not saying to avoid talking about delicious and nutritious foods or great healthy habits; it’s great to share about our own discoveries and stories. But let’s live to find and share our own joy, without forcing it on others. Maybe if we can change our habits to come from a supportive, loving place there will be a reason to keep doing it for a lifetime.

## FOOD FOR THOUGHT:

Today I want to share an exercise in self-exploration and our food stories.

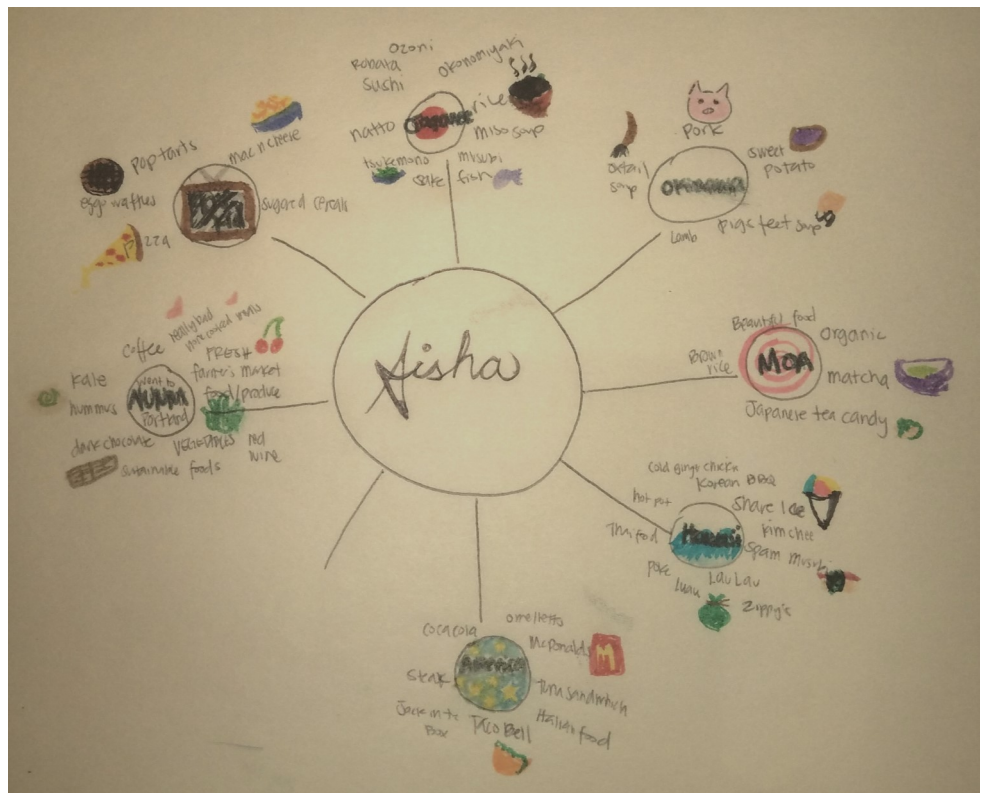
Step 1: In the middle circle write your name or who you are.

Step 2: In one of the outer circles write down something you identify with past or present.

Step 3: Write down foods that you ate/didn’t eat associated with what you wrote in that outer circle

Step 4: Fill out as many or as little circles as you want as you start to recall different aspects of what makes you, YOU and the foods that surround that.

Step 5: Celebrate who you are and what you eat/ate. And while looking at the all the foods if you are hungry take a moment to see what your body wants to be nourished with today. It could be something on that list or maybe something you never got around to trying.



# Executive Director's Message

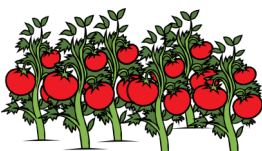
This month we focus on Okada's philosophy on Nature Farming.



*"The spirit of earth is very good. There is an old saying about "getting exposed to the breath of soil," but "the spirit of soil" is necessary for the human body. Therefore, it is much better to exercise outside than in the house. It is because one gets exposed to the spirit of the soil. For this reason, working in the garden is very good.*

*In short, everything on earth is born and grows because of the spirit of the Sun, the Moon and the soil. If one bathes in the sun, he or she also needs to bathe in the moonlight and get exposed to the spirit of the soil as well."*

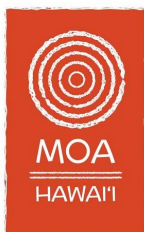
*"As a result of going astray unknowingly, agriculture until today had looked down on the intrinsic power of the soil and believed that man-made fertilizers such as manure and chemical fertilizers were essential in order to produce better crops. As a result of the above-mentioned mistake over the years, the quality of soil have gradually degraded and changed, and the soil's intrinsic power of growing crops had weakened. Still remained unaware, people increased the amount of artificial fertilizers more and more based on their false illusion that the cause of poor crop production was due to the insufficiency of fertilizers. As the power of soil kept degrading with such practice, Japan's farming lands became sickened as you can see today that all the farmers are unanimously deploring of."*



A presentation on Nature Farming will be conducted on Wednesday, May 29, 2019 at 9:30 AM at the MOA Wellness Center (RSVP—call (808) 952-6900).



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  
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



## 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) \_\_\_\_\_

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.

### **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 on-line 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



### **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

- May 7, 14, 21, 28 Tuesdays, 10:00 am to noon, **Dr. Garcia Consultations**, Cost \$25 for non-members, \$20 for members
- May 3, Friday, 10:00 am, **31st Annual Children's Painting Contest - Leeward/Central District**, Exhibit at Pearlridge Center Makai (downtown)
- May 4, Saturday, 10:00 am, **31st Annual Children's Painting Contest Awards Ceremony - Leeward/Central District**, at Pearlridge Center Makai (downtown)
- May 5, Sunday, 10:00 am, **31st Annual Children's Painting Contest - Leeward/Central District**, Exhibit at Pearlridge Center Makai (downtown)
- May 6, Monday, 9:30 am to 11:30 am, **OPT Continuing Education Class** (taught in Japanese), a small \$5 donation is helpful
- May 6, Monday, 3:00 pm to 5:00 pm, **OPT Continuing Education Class**, a small \$5 donation is helpful
- May 10, Friday, 9:30 am to 11:30 am, **OPT Continuing Education Class**, a small \$5 donation is helpful
- May 11, Saturday, 2:00 pm to 4:00 pm, **OPT Continuing Education Class**, a small \$5 donation is helpful. This class will be held at Toho No Hikari, 3510 Nuuanu Pali Drive
- May 15, Wednesday, 6:30 pm to 8:30 pm, **OPT Continuing Education Class**, a small \$5 donation is helpful
- May 17, Friday, 3:00 pm to 4:30 pm, **Introduction to MOA**, a small \$5 donation per person is helpful
- May 17, Friday, 10:00 am, **31st Annual Children's Painting Contest - East Oahu District**, Exhibit at Kahala Mall
- May 18, Saturday, 10:00 am, **31st Annual Children's Painting Awards Ceremony - East Oahu District**, at Kahala Mall
- May 19, Sunday, 10:00 am, **31st Annual Children's Painting Contest - East Oahu District**, Exhibit at Kahala Mall
- May 20, 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
- May 25, Saturday, 10:00 am, **31st Annual Children's Painting State Exhibition and Opening Ceremony**, at the Hawaii State Capitol (basement level), 415 S. Beretania Street
- May 25-31, Monday to Friday, 8:30 am, **31st Annual Children's Painting State Exhibition**, at the Hawaii State Capitol (basement level), 415 S. Beretania Street
- May 27, Monday, **MOA Wellness Center is Closed** (Memorial Day)
- May 29, Wednesday, 9:30 am to 11:00 am, **MOA Discussion on "Nature Farming"**, a small \$5 donation is helpful
- May 30, 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, diet consultations and lunch. Cost for both days is \$60
- May 31, 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 and diet consultations.
- June 1, Saturday, 9:00 am to 3:00 pm, **Okada Health and Wellness Program (OHWP) Lifestyle Improvement Program**, includes Okada Purifying Therapy, Dr. Garcia consultations & lunch. Cost is \$70.

**MOA Wellness Center Office Hours:** Monday to Friday 9:00 am to 5:00 pm, Saturday 9:00 am to 3:00pm  
Phone: (808) 952-6900 Fax: (808) 566-6911 Email: [moa808hawaii@gmail.com](mailto:moa808hawaii@gmail.com)  
Website: [www.moahawaii.org](http://www.moahawaii.org)

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