

**MOA HAWAI'I
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MOA Wellness Center

Office Hours

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

Sat. 9:00am-1:00pm

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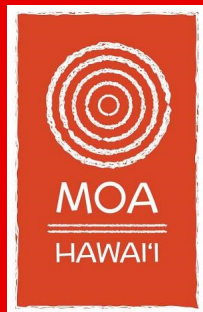
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MOA Hawai'i Newsletter

VOLUME 2, ISSUE 8

AUGUST 2015

Executive Director's Message

Aloha,

This month's theme is "Safe Environment."

Mokichi Okada said, *"The cause of storms is the purification process between Heaven and Earth. This purification process occurs because clouds – that is, invisible impurities – accumulate in the spiritual world. Those clouds are blown away by the force of the wind and washed away by rain. This is the reason for rainstorms."*

"Evil, harmful thoughts – which include discontent, hatred, curses, jealousy, personal anger, dishonesty, vengefulness, obsessions, and so on – cloud the spiritual world. ... Adversely criticizing or verbally attacking people, howling with rage and verbal abuse, deceit, censure, and idle grumbling, and so on all originate from evil and cloud the spiritual world. When the amount of the accumulation of these various clouds exceeds a certain degree, a kind of toxin is generated. Since this toxin will cause a hindrance of human life, a natural purification process occurs. This is a law of the universe. Clouding of the spiritual world also adversely affects human health. Along with that, it also has harmful effects on trees and plants – especially crops. It also becomes the cause of poor harvests, and the occurrence and flourishing of harmful insects. ..."

People should adopt the means that is the opposite of that. It need hardly be said that it is improving people's minds to virtue, and speech and actions of virtue. It is clearing up the spiritual world, which has been clouded by evil, through virtue. In this circumstance, virtue becomes light, which eliminates clouding."

Let's keep this lesson in mind as we create a safer and more beautiful environment for all inhabitants of this beautiful planet.

Hawaii Nature Farm Update:

I would like to thank everyone who donated plants, and volunteered their time and money to our four acre Nature Farm. Your help is very much appreciated.

Since last month we have added 200 banana trees and plan to order citrus and other fruit trees so that we can have an abundance of fruits for you from next year.

We are pleased to announce that you can participate in helping to obtain additional trees by sponsoring one or more of the following:

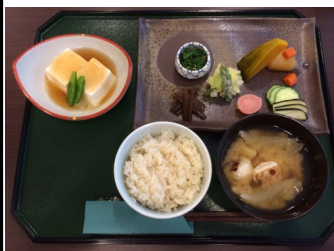
Orange, Lime, Lemon (semi-dwarf), Tangerine, Grapefruit, Kumquat – 7 gal. (\$60)	Avocado – 3 gal. (\$45) Lychee – 7 gal. (\$60) Mango – 3 gal. (\$50)
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Norman Oshiro
Executive Director



Members' Testimonies

Many amazing stories are presented through the Purifying Therapy offered at the MOA Wellness Center. It is a form of energy healing technique based on Mokichi Okada's (1882-1955) unique vision and years of experience. It views any illness and suffering as a form of the purification process. The therapy offers energy to areas where spiritual clouds has manifested in our body as toxins.



Hello, my name is Christina Liu. I am studying Nutrition at the University of Hawaii. I was introduced to MOA by Julia Estrella (MOA member) and began participating in the various healthy meal programs. Since then, I have been incorporating lots of healthy meals at home for myself and my family. I was eager to learn more so I have been helping Mai Fujii (MOA Natural Foods Program Manager) in the background during her cooking classes, etc.

In June, I had an opportunity to visit Tokyo, and I was fortunate to visit Tokyo's MOA Wellness Center. I not only used the center for my lodging, but enjoyed the natural and healthy dinner and breakfast during my stay. It was good for my spiritual and physical body, and it saved me money since the MOA accommodation was very reasonable.

I also had a chance to receive Purifying Therapy and enjoyed learning the philosophy of how toxins are accumulating in the body. Since I was able to experience all of MOA's programs at its highest level in Tokyo, I will continue to participate in various programs in Hawaii to enjoy and receive the benefits.



Hi, my name is Dean Kanemaru. I have been fortunate to have recently retired from work, providing me more time with family and surfing. I have also been able to spend more time volunteering as a Purifying Therapy therapist at the MOA Wellness Center. Thanks to my parents, who discovered MOA and raised me and my brother with its philosophies and programs, I have been very fortunate to have received this therapy for most of my life. My mother was the first to experience miracles of Purifying Therapy which has led my father and family to also enjoy many miracles through this therapy. Following Okada sensei's philosophies, I have received the Intermediate level certification and wish to learn more in order to help others attain happiness through

MOA. MOA teaches us that the cause of all suffering is due to clouding of the spirit. To rid ourselves of spiritual clouds that also transfer as impurities or toxins in the physical body, MOA recommends Purifying Therapy, healthy eating habits, and enjoyment of art. In addition, MOA recommends the Ultimate Wellness Program of helping others and improving spirituality to build a fine character. To practice and implement those philosophies, I have been volunteering my time as a therapist at both the MOA Wellness Center and in my community, as well as an instructor for the basic level therapists. I hope to meet you at the center and experience the wonder of Purifying Therapy together.



Aloha, I am Toshiko Fortuna. I am 81 years old. I was introduced to MOA in 2006 by my friend, Toshiko Dial. She was so enthused about the MOA philosophies and wellness programs that she convinced me, "This is it!". Ever since I started to receive the therapy, I have been doing well. Yes, I still have a hearing problem and shoulder stiffness, but I am amazed that despite of my obvious problem of aging, I am doing physically better than 10 years ago. When I visit the MOA Wellness Center to volunteer my time as a therapist (basic level certification), I also sign up as a patient to receive therapy to areas I cannot reach during my self-administration (area between my shoulder blades and spines and kidneys). Since this year, the MOA

Center also started to introduce healthy meals from my hometown of Okinawa, I have more reasons to go and support MOA and its programs at the Wellness Center. I hope you will join us and experience the benefit of MOA's philosophies and its programs, especially Purifying Therapy.

To learn and experience Purifying Therapy, call the MOA Wellness Center to schedule your appointment. You, your family and friends first experience is complimentary.

MOA Nature Garden

Nuuanu Micro Urban Farm

With the rains and the summertime heat in Nuuanu Valley, our Nature Garden is growing fast as if it were in a race. We have finished harvesting the tatsoi, green onions, komatsuna, daikon and beets. The kale beds have exhausted the soil and have been turned under with a cover crop. The soybeans were harvested; a great crop. We are saving one plant full of beans for our seed saving process. Okada teaches that with each subsequent generation of seed saving, a stronger plant is created and the soil is improved to support that plant. Our homemade compost and vermicast is also added to the soil. Thank you for your food waste and shredded paper donations.

The last trees of the former papaya grove have been removed and the new grove that is interspersed with the beds is not only fruiting but is also shading areas of the planting beds during the heat of the day. The green bean and sugar pea wire frame arches have been reconfigured and new plants are creating lush, thick hedges of beans.

We are harvesting the Okinawan and Asian sweet potatoes and replanting starts for another crop. A bed of kalo has been planted with the intention to provide leaves and corms for our Wellness Center clients. Kalo is a classic Hawaiian healthy food.

The third Sunday morning is open to drop-in visits. I also would be glad to arrange a time to meet during the week to show you what MOA Nature Farming looks like in contemporary urban Honolulu. Mahalo, Tom Gibson 808-268-5355.



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)



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
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**. Pledges and gifts for higher amounts can be made as monthly or quarterly gifts. Donations to MOA Hawai'i are tax deductible.

MOA Food Program

By Aimee Metzko, Food Service Program

This month's theme is "safe environment." Mokichi Okada explained that the ultimate cause of natural disasters, such as earthquakes, storms, hurricanes, etc., was the lack of *gratitude* and *appreciation*. He also taught that we should select local products that are safe and can be trusted; ingredients that contain strong vital force like seasonal and fresh products; and organic and Nature Farming agricultural produce.

One of the six points of the Okada Health and Wellness Program on Nutrition is to *eat with gratitude*. Where do the foods we eat daily come from? Foods come from Nature that nurtures the lives of crops, the farmers who produced the crops, and the people who prepared the foods.

Quality of Foods¹

The quality of foods also influences health.

For example, safe foods give consumers peace of mind. Also, people are invigorated when they eat fresh food that contains vital force. Moreover, delicious and enjoyable foods make people fully satisfied.

As to quality of food, restaurants offer fresh foods in sufficient amounts, which is beautifully arranged on clean dishes and served on clean dining tables because they know that it satisfies their customers' hearts.

If the health of family members improves, they become satisfied, and making efforts to improve the quality of food in their own households strengthens family ties. It can be said that this has a very significant role when considering the quality of food.

Eating such foods messily or eating with the attitude that you are doing it as a favor to someone is inconsistent with the lives of the people who grew the crops, the people who prepared the dishes, and the fact that we consume many living things as food.

Food and human beings are out of harmony in this way. In other words, poor health is a result of living habits that are not harmonious with nature.

Since everyone considers natural rhythms to be important, it is crucial that people value these natural rhythms, adjusting the amount and quality of food. This will in turn allow them to apply these values to their daily lives, creating a balanced, healthy life.

Balanced, Healthy Life and Diet Appropriate for Each Person²

Health is the result of adapting one's living habits to the rhythms of Nature. In other words, health is the result of a life of adapting to and respecting nature.

Specifically, health is the result of finding the right balance with regard to the rhythm of life and the quantity and quality of foods in regards to each person's age, gender, occupation, and physical activities.

Regulating the quantity and quality of foods in regards to each person's life rhythm is important. It will also improve each person's inherent natural healing ability, improving his or her health by doing so.

In addition, ways of living that strengthen ties between people and enable them to live healthily together with society can be said to lead to richer lifestyles.

¹ The Energy Diet, MOA International

² The Energy Diet, MOA International

MOA HAWAII AUGUST 2015

MOA HAWAII • 600 QUEEN STREET C-2 • HONOLULU, HI 96813
 Phone: 808-952-6900 • Fax: 808-566-6911 • Website: www.moahawaii.org • Email: info@moahawaii.org
 MOA Wellness Center Hours of Operation: M-F 9:00am–5:30pm, Sat. 9:00am–1:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuuanu Pali Drive						1
2	3 Tohoku Soul/ Comfort Food 12:00-1:00pm	4 Dr. Garcia 10:00am-12:00pm	5 MOA Wellness Center Office Hours 12:00-8:00pm OHWP @ Kaneohe Community Center 8:30-10:30am MOA Board Meeting 6:30pm	6	7	8 Art & Culture Meeting 9:30am-12:00pm Takane/Kikuchi Kohrinka 9:30am-12:00pm OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm Shodo Class (Japanese Calligraphy) @ TNH Social Hall 2:00-3:00pm
9	10 OHWP @ Pearlridge Shopping Center 8:30-10:30am Introduction to MOA Hawaii 1:00pm or 6:00pm	11 Dr. Garcia 10:00am-12:00pm Iwata *Kohrinka, 9:30am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm Nakata *Kohrinka 6:30pm	12 OHWP @ Kaneohe Community Center 8:30-10:30am	13 Nakata *Kohrinka 4:30pm	14 Okazaki/Liu *Kohrinka, 6:30–8:30pm	15 Takane/Kikuchi Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
16 MOA Garden Volunteer Day 9:00am-12:00pm	17 Natural Food Café 11:30am-1:00pm	18 Dr. Garcia 10:00am-12:00pm	19 Iwamoto Continuous Care Branch @ 7:00pm	20	21	22
23	24 OHWP @ Pearlridge Shopping Center 8:30-10:30am	25 Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	26 Qigong Exercise & Healing 9:30-10:30am	27 Nakata *Kohrinka 4:30pm	28 Suenaga Kohrinka 9:30am-12:00pm Osaka Soul/ Comfort Food 12:00-1:00pm	29
30 Flower Seminar for New Kohrinka Instructor @ TNH 10:00am-4:00pm	31					

The following recipe will help you to “Beat the Heat.” It was served at the Natural Food Café on July 20 and was well received.

Strawberry Sherbet

Ingredients:

2 cups Hulled Strawberries
2 cups Soy Milk
2 teaspoons Lemon Juice
1/2 cups Sugar



1. Place strawberries in a food processor or blender and puree until smooth. If you do not want the seeds, pour the mixture through a mesh strainer and into a bowl. Otherwise, just pour the puree directly into a bowl.
2. Stir in the milk, lemon juice, and sugar. Refrigerate at least 2 hours (if not overnight) until the mixture is thoroughly chilled.
3. Pour the chilled mixture into an airtight container and freeze for at least 2 hrs. Serve when frozen.

Note: If you want to lower the sugar in this recipe, you can cut it in half. You can also use a sugar substitute.

Employment Opportunities/MOA Wellness Center

- Dietitian or Nutritionist—Part-time Position
- Administrative Assistant—On-call Position

Inquires—please call (808) 952-6900



MOA Hawai'i
600 Queen Street, C-2
Honolulu, HI 96813