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MOA Wellness Center

Office Hours

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

1st Wed 12:00-8:00pm

Sat. 9:00am-1:00pm

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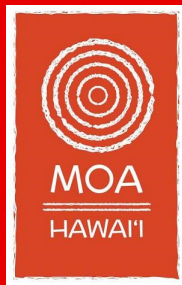
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MOA Hawai'i Newsletter

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MARCH 2016

Executive Director's Message

Aloha,

The theme for March is "Nutrition."

Mokichi Okada said that:

"Nutritional science is normally concerned with things that can be calibrated, such as, vitamins and the number of calories. It misses the point, however, because the subtle or spiritual aspect of food is the true foundation of nutrition. However, this spiritual aspect cannot be measured in a test tube so there is no way for today's scientists to understand it, no matter how much research they do. Calories, vitamins, protein and carbohydrates are the empty husks left over when you take away the spiritual essence of food.

The spiritual value of foods is most concentrated when they are fresh or in an unprocessed state.

Vegetables grow in soil and can, therefore, be considered unrefined. By the time human beings are fully developed, we are old and suffer from diminished energy. It is similar with foods. Babies are young and full of vitality and so are plant-based foods. It may seem as if plant-based foods do not have a lot of nutritional value but this is not the case. They may be rough or unrefined but they have plenty of life in them.

The more concentrated the spiritual aspect of foods, the better they taste. When vegetables and fish are fresh, their subtle vitality has not yet been drained out of them."

Let us try to focus on eating fresh, unrefined whole foods that are full of life energy rather than eating refined or processed foods.

Norman Oshiro
Executive Director



Member's Testimony

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.



Ohayo gozaimasu, my name is Chieko Nitta. I am a Basic Level certified therapist at the MOA Wellness Center. I volunteer my time to administer Purifying Therapy to several people on Monday and Wednesday mornings and some afternoons as needed.

I was born and raised in beautiful Hokkaido, Japan. In my late teens, I suffered from anemia, and I felt tired all the time. Occasionally, I would feel dizzy and lose control. At that time, my mother had recovered from a heart disease after receiving Purifying Therapy. She was becoming an active therapist so she asked me to try the therapy for a while. I had a huge doubt in the hand-healing method that relied on invisible power or force; but since my mother would be the one to administer to me at home, I consented to receive Purifying Therapy several times a day for a few weeks.

To my surprise, although I did not feel anything, I began to regain my strength. Soon, I was not having any dizzy spells. I was able to fully return to my normal life and with better health. Not only was I surprised, my primary doctor was also surprised that I was able to regain my strength fully without any medication. My mother continued to help many people, who were suffering from illness, with Purifying Therapy. Although I lacked confidence, I also became a practitioner and helped my mother as much as I could.

After I moved to Hawaii, I continued to associate with MOA to learn about the health and wellness program and to practice Purifying Therapy. Although I am not perfect at it, I became hooked on the therapy. All of my minor symptoms for the last decade were taken care of by self-administration or receiving the therapy from other therapists. Ever since recovering from anemia in my late teens, I have been blessed with good health.

Today, I am semi-retired and even relocated to a home near the MOA Wellness Center. The concept of the center impresses me. It is a location where people go to improve their lifestyle and promote good health of not just their body but also their mind and spirit. I am happy to be a neighbor of such a location where community enrichment is based on the health of its citizens. I visit the center whenever I have time, not only to receive treatments or attend study sessions, but to volunteer as a therapist to administer Purifying Therapy to people. Unlike the main or lead therapist, I do not administer Purifying Therapy to the same person each time, but I am witnessing various miracles. I have met people whose acute or even chronic headache, lower back pain, or knee pain have disappeared or greatly reduced. Those recent experiences encouraged me to want to learn more about the therapy. Now, I am more eager to study the textbook I used for the basic level certification than when I took the course.

I am determined to offer Purifying Therapy to as many people as possible to offer the benefits of this therapy. I hope you will visit me at the MOA Wellness Center and experience the benefits of the therapies offered here.

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

NATURE FARMING

It has been 10 months since we started our soil building and planting trials. The fundamental principle of Nature Farming is to let the soil itself exercise its intrinsic power to the fullest. That is, not to add impure substances such as man-made fertilizers and keeping the soil clean. "Essentially, the soil is composed of two elements: the spiritual and the physical elements. The physical element is the visible soil itself while the spiritual element is invisible but the primary element of the soil. ... When the soil is free from contamination and people pour their love and care, this spirit becomes thicker. This is the true fertilizer."

"Chemical fertilizers greatly contaminate the blood. They are the cause for the recent increase of various illnesses, including contagious diseases and bacteria-caused diseases."

With the progress of the farm, we anticipate selling CSA (Community Supported Agriculture) boxes in June. What is CSA?

In Community Supported Agriculture, the member shares in the risks of farming with the farmer. They agree to accept without complaint whatever the farm can produce. When times are slim, members are not typically reimbursed. The result is a feeling of "we're in this together."

The modern food system tends to bypass local farmers and mislead consumers into believing all foods are naturally available throughout the year. Many people base their food purchasing decisions firmly on price and appearance.

Our Nature Farming practice focuses on following nature and complying with its laws. We are committed to producing high quality foods for your health and safety.

Please stay tuned for more information regarding the CSA boxes.



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 HAWAII' MARCH 2016

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 MWC Hours of Operation: M T Th F 9:00am–5:30pm, 1st Wed 12:00-8:00pm, 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 Nuanu Pali Drive		1 Dr. Garcia 10:00am-12:00pm	2 OHWP @ Kaneohe Community Center 8:30-10:30am MOA Wellness Center Office Hours 12:00-8:00pm Flowers & Tea Event 6:00-7:30pm	3	4	5
6	7	8 Dr. Garcia 10:00am-12:00pm Iwata *Kohrinka, 9:30am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm Nakata *Kohrinka 6:30pm	9 OHWP @ Kaneohe Community Center 8:30-10:30am Basic Recertification 9:30am & 6:30pm MOA Board Meeting 6:30pm	10 Nakata *Kohrinka 4:30pm	11 Okinawa Soul/Comfort Food 11:30am-1:00pm Basic Recertification 1:00pm Okazaki/Liu *Kohrinka, 6:30–8:30pm	12 Takane/Kikuchi *Kohrinka 9:30am-12:00pm Shodo Class (Japanese Calligraphy) @ TNH Social Hall 10:30-11:30am OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
13	14 OHWP @ Pearlridge Shopping Center 8:30-10:30am	15 Dr. Garcia 10:00am-12:00pm	16 OHWP @ Kaneohe Community Center 8:30-10:30am Iwamoto Continuous Care Branch @ 7:00pm	17	18 Introduction to MOA Hawaii 10:00am or 6:00pm	19 Otaguro/Tom *Kohrinka 10:00am-12:00pm Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
20	21	22 Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	23 OHWP @ Kaneohe Community Center 8:30-10:30am	24 Nakata *Kohrinka 4:30pm	25 Japan Soul/Comfort Food 11:00am-1:00pm 28 th Annual MOA Museum of Art Children's Painting Contest Nuanu/Kalihi/Manoa Exhibit at Ward Warehouse (March 25-26)	26 Takane/Kikuchi Kohrinka 9:30am-12:00pm 28 th Annual MOA Museum of Art Children's Painting Contest Nuanu/Kalihi/Manoa Awards Ceremony @ 10:00am 27 th Annual MOA Museum of Art Children's Painting Contest Hilo Exhibit @ 10:00am-1:00pm Award Ceremony @ 11:00am
27	28 OHWP @ Pearlridge Shopping Center 8:30-10:30am	29 Dr. Garcia 10:00am-12:00pm	30 OHWP @ Kaneohe Community Center 8:30-10:30am	31 OHWP Extended Session 9:00am-1:00pm	April 1 OHWP Extended Session 9:00am-12:00pm	2 OHWP Intensive Session 9:00am-4:00pm

MOA Museum of Art Children's Painting Exhibitions in Hawaii

By Roy Goshi-Otaguro, Arts and Culture Program Manager

Congratulations to two students from Hawaii whose paintings were chosen for the 27th Annual MOA Museum Children's Painting International Exhibition.

Bailee Joven, a 2nd grade student of Momilani Elementary School last school year, is the winner of the prestigious Gold Medal Award in the 27th Annual MOA Museum of Art International Children's Painting Contest. Last year, Bailee's Painting, "The Beautiful Garden" won the Best of Show award for the Central and Leeward Districts "Beauty Through the Eyes of Our Children" Art contest. The awards ceremony and exhibition was held at the Pearlridge Center. Her painting was later exhibited, with all other district paintings, at the Honolulu Museum of Art Linekona Art School Gallery. The paintings of the Best of Show winners from all districts were then sent to Japan to enter into the 27th annual international competition.

The MOA Museum of Art Children's Painting Exhibition is Japan's most prestigious children's art competition. In Japan, 8,950 or 40% of all elementary schools participate in this. This year, there were 452,000 entries. 12 countries from Europe, Asia, North, Central and South Americas hold their local exhibitions and send their Best of Show paintings to the Museum to be juried. Over 2,000 Best of Show paintings are submitted but only 300 are chosen to be part of the exhibition at the museum.

Bailee Joven won the Gold Medal award in the foreign country division. The awards ceremony was held at the MOA Museum Noh Theater on January 30. Bailee will be presented with her award at the Hawaii State MOA Children's Painting Exhibition opening ceremony on May 28, 2016 at the Honolulu Museum of Art Linekona Art School Gallery.

At the MOA Awards Ceremony at Pearlridge Center, Bailee Joven said, "My picture is called, "The Beautiful Garden." I drew this picture because I love to draw stuff that have to do with Nature. And I put different designs in the trunk because I really like to be creative. The supplies I used were pencil, paint, pens and crayons. My favorite part of the picture is when I was drawing the picture."

Roy Goshi-Otaguro, Bailee's after-school art teacher said, "I teach and learn from hundreds of children each year. Every so often, one or two stand out for good reasons. In Bailee's case, all her work is exceptional. She takes pride in her work. When she starts drawing, she goes into a zone, very focused. When I asked her what she enjoyed most of her painting, her answer was, "when I was drawing." It wasn't the painting itself but the state of mind she gets into when she is being creative. This is amazing because our art class is in the cafeteria shared with hundreds of students from the A+ program. Not many can focus in that situation and especially after school. She is well deserving of the Gold."

Congratulations also goes out to Elle Ayat of Kamehameha School in Hilo, whose painting "Sunshine on the Table" was also chosen to be part of the children's painting exhibition. The painting is a beautiful ink resist painting of sunflowers on the table that Elle did as a first grader.

Such talent at a young age makes us anxious to see Elle's and Bailee's work in later years. Both of these paintings will be part of the show at the state exhibition at the Honolulu Museum of Art in May.

Please come and be a part of these events and invite your friends.

2016 Exhibits and Awards Ceremonies:

Ward Warehouse: Exhibit – March 25-26 / Awards – Saturday, March 26 at 10:00 a.m.

Hilo – Prince Kuhio Shopping Plaza: Exhibit – Saturday, March 26 – 10:00 a.m.-1:00 p.m. / Awards at 11:00 a.m.

Kahala Mall: Exhibit – April 8-10 / Awards – Saturday, April 9 at 10:00 a.m.

Windward Mall: Exhibit – April 15-17 / Awards – Saturday, April 16 at 10:00 a.m.

Maui-Queen Ka'ahumanu Shopping Center: Exhibit/Awards – Sat., April 23, 10:00 a.m.–2:00 p.m.

Pearlridge Center Uptown Mall: Exhibit – April 29-May 1 / Awards – Saturday, April 30 at 10:00 a.m.

State – Linekona Art School Gallery: Exhibit – May 28-June 4 / Opening Ceremony – Saturday, May 28 at 10:00 a.m.

An Evening of Flowers and Tea

Please join us on the “first Wednesday,” March 2, 2016, from 6:00 p.m. to 8:00 p.m. at the Wellness Center for a very special event. Students and instructors of Kohrinka will create unique floral displays incorporating an element of the tea ceremony into each arrangement.



MOA Kohrinka-style Ikebana flower arrangements are based on Mokichi Okada’s deep respect for the life of flowers and their positive influence on people. He arranged flowers using and expressing the best features found in nature. The Kohrinka style follows three basic concepts: care for the flowers, care for the implements, and the etiquette required to arrange them.

These arrangements will be displayed in the Multi-purpose Room that evening for everyone’s enjoyment. Amateur and professional photographers are invited to photograph the arrangements to create a “Tea and Flower” calendar for 2017.

Also happening that evening will be a special tea event featuring an artistic rendition of the Bontemae ceremony carried out to music. Please come and enjoy an interesting approach to highlight the beauty and energy of bontemae.



Bontemae tea service will also be available with the opportunity to enjoy a special *kashi* for the occasion.

Simple organic bento dinners will be available to purchase that evening.



Schedule for the Tea and Flower Event:

- 5:00 p.m. - Floral displays are completed
- 5:30 p.m. to 6:30 p.m. - Bontemae tea service
- 6:00 p.m. - Music and the art of Bontemae
- 6:30 p.m. - Instructor reception



MOA Hawai'i
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