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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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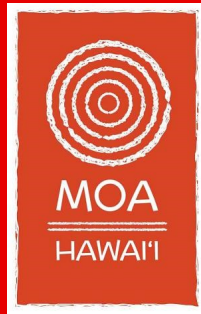
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MOA Hawai'i Newsletter

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NOVEMBER 2015

Executive Director's Message

Aloha,

This month's theme is *Gratitude*.

Mokichi Okada always spoke about the importance of being grateful. He said that we should live a life centered on gratitude and service to others.

"Fundamentally, true health means not polluting our physical and spiritual bodies. In order not to pollute them, we must refrain from polluting the base of our being—our soul. ..."

"When one person helps another or behaves in a way that inspires gratitude, the energy of that gratitude is like a ray of light directed at the doer. Clouds that have been polluting the soul of the doer are dissolved and they acquire consistent health and a cheerful attitude. When we look at the world in this way, we see that there is only one true way to ensure our own wellness—that is to maintain right thinking and to practice right action."

Now, scientific research has proof that gratitude has a positive effect on our lives.

Robert Emmons, Ph.D., a professor of psychology at the University of California, Davis, has discovered what gives life meaning: *Gratitude*. Emmons backs up his claim with eight years of intensive research on gratitude in his best-selling book, *Thanks! How the New Science of Gratitude Can Make You Happier*. Emmons found that people who view life as a gift and consciously acquire an "attitude of gratitude" will experience multiple advantages.

Gratitude improves emotional and physical health, and it can strengthen relationships and communities. Some strategies include keeping a gratitude journal, learning prayers of gratitude, and using visual reminders.

"Without gratitude, life can be lonely, depressing and impoverished," said Emmons. *"Gratitude enriches human life. It elevates, energizes, inspires and transforms. People are moved, opened and humbled through expressions of gratitude."* (From the website: gratitudepower.net/science.htm)

This is the time of the year when we gather with family and friends, and we should be grateful to be able to enjoy life with them.

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 a bio-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 of our body where spiritual clouds have manifested as toxins; the cause of human suffering.



Konnichiwa, my name is Toshiko Dial. I was born and raised in Okinawa. I moved to Guam and lived there with my husband where we raised our two children. After my children grew up, I moved to Oahu to retire where there are more hospitals and clinics, as well as a larger Japanese and Okinawan community. I feel comfortable aging on Oahu. After moving here I searched out cultural groups to nourish my knowledge of Okinawa and I was introduced to MOA. I am sure this has been the best discovery of my life. I was surprised to learn that MOA offered not only Japanese cultural activities but also activities promoting health and wellness, including Purifying Therapy, flower therapy and tea therapy.

I joined MOA to advance my knowledge of Mokichi Okada's philosophy. I was particularly fond of Okada's articles relating to his belief that we achieve our own happiness through helping others. We know that positive thinking, good words and deeds will attract happiness while negative thoughts, words and actions will not only cause damage to others but will bring misery as well. According to Okada, spiritual clouds cause all suffering. These "clouds" can be "purified" by performing good deeds and living a lifestyle of health with the help of the MOA programs.

Through volunteering my time and providing monetary donations, I am proud to have been a part of establishing the MOA Wellness Center in Hawaii. Many of us can look back and vividly remember the joyous opening in October 2013.

Today, my blood pressure and cholesterol levels are normal. I am medicine free thanks to Purifying Therapy, the MOA healthy eating classes and the art programs. I also met Dr. Leon Garcia, the Medical Director at the Wellness Center, who spends time with me during our appointments and shares his knowledge on illness, medicine and purification to improve my health. I am glad that I have also met so many good-hearted people who dedicate their time to the MOA mission, which is ultimately to establish a peaceful world of healthy communities.

Today, I enjoy going to the center several times a week to study and to administer Purifying Therapy to those in need. I am so happy that many new people are trying the therapy and receiving benefits just like me. I have taken both the Basic and Intermediate Level Purifying Therapy Certification courses and currently serve as a certified Therapist. I enjoy attending the monthly Continuous Education refresher courses to improve my administration. I also studied the "MOA Energy Diet" book and was certified as a MOA Healthy Food Advocate. Since then I followed my late



mom's step by giving joy to others by making and sharing healthy Okinawan dishes. Today, Okinawa is no longer known for the health of its citizens due to changes in their diet from the traditional Okinawan dishes to American influenced fast food. I hope to encourage and restore the healthy food culture of Okinawa to many people as I conduct the healthy food café once a month.

More about Mrs. Toshiko Dial

For our last Okinawan culinary event, approximately 27 people signed up to enjoy the Okinawa-style tempura she made, along with the Okinawa Stir-fried Carrots *Nijin Shiri*

MOA Nature Garden

Nuuanu Micro Urban Farm

By Tom Gibson

"Since our existence is deeply connected with Nature and our daily lives are based on the laws of Nature, it is important for us to live our lives by learning from Nature with joy and gratitude."
Mokichi Okada

Working in the MOA Nature Garden is a constant education in respecting the power of Nature—planting seeds, trimming Chard, harvesting Papaya, amending the soil with compost, or watering on a dry day. But it is Nature who decides what will grow and what will not. And, I am grateful when our efforts align with Nature and we are able to harvest something healthy and beautiful to eat.

With the coming winter season—mild temperatures, enough rain, enough sun—our micro-urban nature garden is becoming lush with crops. In the ground now are Daikon, Tatsoi, Green Onion, Mizuna, Chioggia Beets, Manoa Beans, Manoa Lettuce, Kale, Komatsuna, Kai Choy and Soybeans. We are still harvesting the summer Chard. New Tomato plants are taking to the supports and blooming and will be fruiting soon. The Long Green Squash is still blooming and we are hoping for fruit soon. Another Papaya tree has joined the others with ripening fruit for harvest. The Limes are not so pretty but the juice is mild and delicious. The Jabong tree is very heavy with fruit and slowly ripening. The Moringa (Malunggay), Chaya, Ginger and Turmeric are growing well; and the Taro is dominating not only its own bed but also on both sides of the path—big & happy!

We are grateful for your continued support of the MOA Nature Garden program.

Aloha Nui Loa

¹OHWP – A Healthy Life with Nature Farming



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 HAWAI'I NOVEMBER 2015

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	4 OHWP @ Kaneohe Community Center 8:30-10:30am MOA Wellness Center Office Hours 12:00-8:00pm Business as a Spiritual Practice 6:00-8:00pm MOA Board Meeting 6:30pm	5 Nakata *Kohrinka 4:30pm	6	7 Yamuna Body Rolling 9:30-10:45am Shodo Class (Japanese Calligraphy) @ TNH Social Hall 10:30-11:30am Connecting to the Source Session with Abdy 5:00-8:30pm
8	9 Japan Comfort Food Café 12:00-1:00pm	10 Dr. Garcia 10:00am-12:00pm Iwata *Kohrinka, 9:30am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm	11 VETERANS DAY (HOLIDAY)	12 Introduction to MOA Hawaii 10:00AM or 6:00PM	13 Okazaki/Liu *Kohrinka, 6:30–8:30pm Okinawa Soul Food Café 11:30am-1:00pm	14 Takane/Kikuchi *Kohrinka 9:30am-12:00pm Yamuna Body Rolling 9:30-10:45am OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
15 MOA Garden Volunteer Day 9:00am-12:00pm	16 Natural Foods Café 11:30am-1:00pm	17 Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	18 OHWP @ Kaneohe Community Center 8:30-10:30am Iwamoto Continuous Care Branch @ 7:00pm	19 Nakata *Kohrinka 4:30pm	20	21 Yamuna Body Rolling 9:30-10:45am
22	23	24 Dr. Garcia 10:00am-12:00pm	25 OHWP @ Kaneohe Community Center 8:30-10:30am	26 THANKSGIVING DAY (HOLIDAY)	27 Suenaga Kohrinka 9:30am-12:00pm	28 Takane/Kikuchi Kohrinka 9:30am-12:00pm Yamuna Body Rolling 9:30-10:45am Otaguro/Tom *Kohrinka 10:00am-12:00pm Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
29	30					* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive

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Shiri made by Itsuko Nagata. These food advocates are busy preparing the wonderful meals and are happy to volunteer for such a good cause. Mrs. Dial continues to make many new friends since opening the monthly café and those friends are now coming out to help her with the preparation, serving, and even dishwashing.

She says that while she still experiences many forms of purification, the MOA philosophy has helped her to understand and keep a positive outlook.

Her children and grandchildren now reside in Las Vegas and Guam. She says, "As I pray for their happiness, I am well and healthy enough to help people by administering Purifying Therapy and conduct the healthy food café."

Mrs. Dial hopes you will come to visit her at the Wellness Center and receive the benefits of Purifying Therapy, as well as enjoy the Okinawan dishes and art programs. "

Mahalo, Mrs. Dial.

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

Families Filled With Beauty

Three generations of the Yoshizawa-Oki family came to the Wellness Center recently to participate in Tea, Flower and Purifying Therapy.

Tea Therapy – calms the mind and brings about peace and serenity.

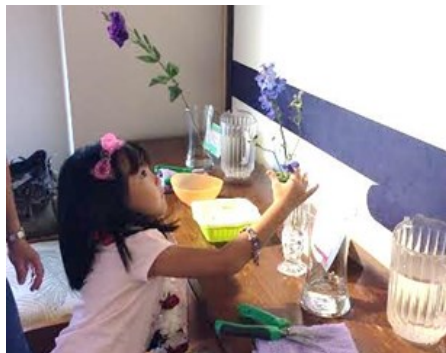
Purifying Therapy – helps develop the mental and physical health of a person by stimulating their natural healing ability.



Flower Therapy – is a single flower experience of encountering beauty.



Selecting a flower



Arranging the flower in a vase



Enjoying the beauty

Chef's Corner

Autumn Minestrone Soup

Yield: About 6 servings

Ingredients:

2 medium carrots, diced
1 medium yellow onion, chopped
1 Tbsp olive oil
3 cloves garlic, minced
6 cups vegetable broth
2 1/2 cups 3/4-inch diced yukon gold potatoes
2 1/2 cups 3/4-inch diced butternut squash
1 medium zucchini, ends trimmed, sliced into half-moons or quarters
1 (14.5 oz) can diced tomatoes
2 1/2 tsp finely minced fresh rosemary or oregano (or 1 tsp dried)
2 1/2 tsp minced fresh thyme (or 1 tsp dried)
2 bay leaves
Salt and freshly ground black pepper
2/3 cup dry ditalini pasta (optional)
2 cups packed chopped kale (thick ribs removed)
1 (14.5 oz) can red or white kidney beans, drained and rinsed
Shredded parmesan cheese, for serving (optional)

Directions

Heat olive oil in a large pot over medium-high heat. Add onions and carrots and sauté 3 minutes then add garlic and sauté 1 minute longer. Stir in vegetable broth, potatoes, squash, zucchini, tomatoes, rosemary, thyme, bay leaves and season with salt and pepper to taste. Bring to a boil then and stir in pasta if using. Cover, reduce heat to medium low and and simmer until veggies are nearly tender, about 15 minutes. Stir in kale and kidney beans and cook until kale is tender, about 5 minutes longer. Remove bay leaves, serve warm



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