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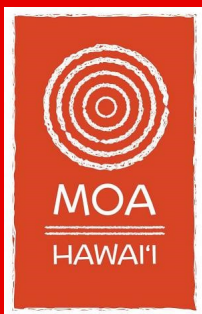
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MOA Hawai'i Newsletter

VOLUME 1, ISSUE 10

OCTOBER 2014

Executive Director's Message

Aloha,

Our theme for October is "Spiritual Development."

Mokichi Okada said:

"The number one priority is having a heart of *makoto*. Illnesses will be healed as much as a person is brimming with the great mercy and compassion to save as many people as possible." (June 12, 1948)

"As I am always saying, it is *makoto* [sincerity; devotion; integrity] that moves the hearts of people. One's *makoto* touches the soul of the other party. To be more precise, it jolts [rouses] the soul." (November 29, 1950)

Our spiritual development starts with this attitude of "*makoto*." Please have this in mind as you practice the art of beauty through flowers, tea, music, growing natural foods, and administering OPT. You will notice a positive difference in your life as you become a person full of "*makoto*."

I will be conducting a class on "Improving Your Spirituality" on Saturday, October 25, at 10:00 a.m. in the 'Ohana Room of the MOA Wellness Center.

Our Natural Foods Program is putting together the MOA Natural Foods Cookbook to help you create healthy meals for your holiday feasts. If you haven't sent in your favorite organic recipe, please send it in before October 10. We would like to ask for your assistance in the distribution of the cookbook, which will sell for \$15.00. It will make a great gift and promote healthy eating.

Norman Oshiro
Executive Director

Member Testimony



Aloha, my name is Dick Mills, and I have been active with MOA for several years now since completing Roy Goshi-Otaguro's Bontemae classes at the Honolulu Museum of Art. I also enjoy the Kohrinka flower class with Jessie Nakata at Toho No Hikari in Nuuanu. I continue to volunteer on a regular basis at Pearlridge as a tea therapist. I also volunteer with the Windward MOA volunteers at Byodo-in and at the MOA Wellness Center throughout the week. I appreciate my MOA family!

During this time, I have had the chance to receive OPT almost on a regular basis. I also received OPT during my MOA Japan Tour this past summer. I began the OPT treatments not expecting much change, but I have been surprised by the results. I was especially impressed with the care and compassion shown by the visiting young therapists from the Tokyo clinic. I was surprised when I was able to feel the warmth around my body generated by the OPT experience. These experiences have changed my views on the value of OPT.

Many of you know the effects of diabetes and how it can affect your vision and eye pressure. Maybe a few of you use eye drops on a regular basis to relieve pressure that leads to diseases like glaucoma. I'm happy to share that after many months of OPT sessions while maintaining my regular eye drop treatment prescribed by my ophthalmologist, test results determined that my normally high eye pressure numbers were dropping to near normal levels. Hopefully this is a trend. We'll have to see what happens after the next visit, which is scheduled for later this year. Having these types of results made me want to take the OPT Basic Course and I'm looking forward to my first OPT training opportunity. Mahalo

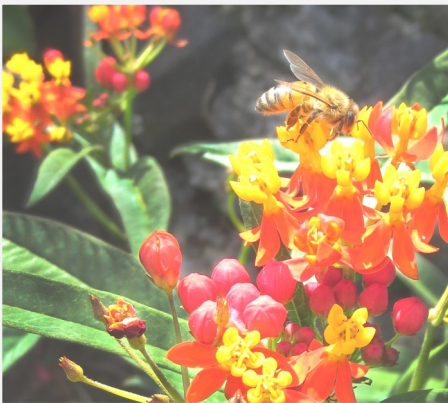
Milkweed & Monarch Butterfly

By: Tom Gibson

A small but significant part of the Nature Garden's plantings are never for human consumption. The milkweed, for instance, is growing in the garden because it is essential to the monarch butterfly. This is one of our major pollinators for the garden and enchanting addition to the garden fauna.

Scientifically known as Asclepius, there are over twenty varieties of milkweed across the USA. Milkweed is not just another "weed." It is a natural wonder as the host plant for the monarch butterfly.

Most monarchs live from two to six weeks as an adult butterfly. They feed on nectar, pollinating, mating and laying their eggs. Their life begins inside the egg but only lasts about four days. It then munches milkweed and grows as a monarch caterpillar (larvae) for about two weeks during which time it molts five times. The milkweed plant not only supports the growth of the caterpillar but also contains cardenolides that make the caterpillar (and butterfly) very un-tasty (toxic) for most predators. The final stage of the caterpillar's life inside the chrysalis (pupa) lasts about ten days before emerging as a butterfly.



A beautiful, amazing and necessary creature, the monarch's home in the Nature Garden is assured by our growing organic milkweed.

MOA Nature Garden

Schedule of Activities:

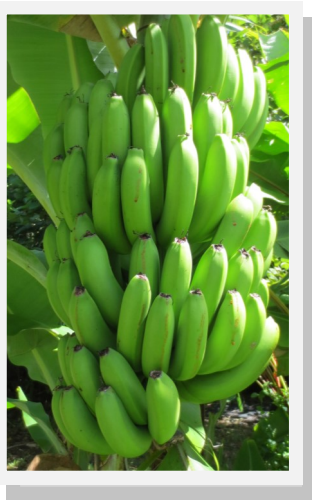
For the month of October, the vegetables from the MOA Nature Garden will be harvested and delivered to the MOA Wellness Center every Monday.

The "Open Garden" is on the third Sunday, October 19, from 9:00 a.m. to Noon. Please come and bring your friends and family who are interested in growing organic vegetables.

We appreciate our members contributions of food waste for composting, time in the garden working with Brian and Tom and supporting the produce sale at the MOA Wellness Center. We appreciate how important each of you are to our work in the MOA garden.



Colton holding the organic long squash from the garden.



Organic bananas from the garden.



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 Hawaii'i are tax deductible.

MOA HAWAI'I OCTOBER 2014

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 MOA Wellness Center Hours of Operation: M-F 9:00am-6:00pm, Sat. 9:00am-5:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive			1 OHWP @ Kaneohe Community Center 8:30-10:30am MOA Board Meeting 6:30pm	2	3	4 Learn How to Turn Milk into Yogurt Demonstration 12:00-1:30pm
5 Children & Youth Day @ State Capital 10:00am-3:00pm	6	7 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm	8 OHWP @ Kaneohe Community Center 8:30-10:30am	9	10 Okazaki/Liu *Kohrinka, 7:00-9:00pm	11 Takane/Kikuchi Kohrinka 9:30am-12:00pm Shodo – Japanese Calligraphy Class 2:00-3:00pm OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
12	13 OHWP @ Pearlridge Shopping Center 8:30-10:30am	14 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Iwata *Kohrinka, 9:30am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm Nakata *Kohrinka 6:30pm	15 OHWP @ Kaneohe Community Center 8:30-10:30am Everyday Okazu 11:00am-1:00pm Iwamoto Continuous Care Mililani Branch 7:00pm	16 Nakata *Kohrinka 4:30pm	17 Otaguro/Fujioka *Kohrinka 9:30am-12:00pm	18
19 MOA Garden Volunteer Day 9:00am-12:00pm	20	21 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm	22 OHWP @ Kaneohe Community Center 8:30-10:30am Iwata Continuous Care Aiea Branch 9:30am-4:00pm Sushi Making Workshop 11:00am-12:30pm	23	24 Kobayashi *Kohrinka 9:30-11:00am Suenaga Kohrinka 9:30am-12:00pm	25 Takane/Kikuchi Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm Improving Your Spirituality 10:00am-12:00pm Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
26	27 OHWP @ Pearlridge Shopping Center 8:30-10:30am	28 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Nakata *Kohrinka 6:30pm	29 OHWP @ Kaneohe Community Center 8:30-10:30am Iwata Continuous Care Aiea Branch 9:30am-4:00pm	30 OHWP Extended Session 9:00am-1:00pm Nakata *Kohrinka 4:30pm	31 OHWP Extended Session 9:00am-12:00pm "Introduction to MOA Hawaii" 6:30pm	Nov 1 OHWP Intensive Session 9:00am-4:00pm

Food and Spirituality

By: Mai Fujii, Natural Foods Program Manager

Prayer, meditation, ritual, and chanting ... all of these have been used for spiritual development by human beings for a long time. While these methods are performed by one's intention, there are things that feed one's soul, such as music, art ... and food. Food is one of the most basic things in our lives, and it plays an important role for both body and spirit nourishment and development.

According to Mr. Okada, there are two components to human beings—a gross material body that we can see and a subtle spiritual body that cannot be apprehended with our eyesight.¹ Similar to human beings, the foods themselves also have both a spiritual and a material aspect. When we eat foods, they bring us nourishment for both spirit and body. In other words, the spiritual aspect of food nourishes our non-material subtle self while its material aspect nourishes our physical body. Therefore, the basis of good health lies in eating foods that are rich in spirit.¹

So, what are the foods that are rich in spirit? Let's take a look at the six principles of foods with a strong life force:¹

Fresh Foods—vegetables that are just picked or freshly caught fish contain more inherent spiritual energy than old foods. Also, the fresher a piece of fish or a vegetable is, the better it tastes because its spiritual dimension is richer. Substances such as vitamin supplements or medicines that are processed or purified are weak sources of nourishment because the spiritual element has been drained out of them.

Nature Farmed Foods—the basis of Nature Farming is the utilization of the awesome power of the soil. Soil is the fundamental material for growing all the various grains and vegetables that sustain human life. Like human beings and the rest of creation, soil has a material aspect and a non-material aspect. The basic principles of Nature Farming are to respect and love the soil and not to pollute it. Thus, Nature Farmed foods are full of energy and nourishment and taste good.

Whole or Unrefined Foods—the spiritual value of foods is the most concentrated when they are fresh or in an unprocessed state. Vegetables grow in soil; and therefore, can be considered unrefined. By the time human beings are fully developed, we are old and suffer from diminished energy. It is similar with foods.

Seasonal Foods—everything ripens according to season, whether we are speaking about flowers, grasses, fruits or cultivated vegetables. Fruit ripens at a fixed time every year. If you pick fruit before it is ripe, you can't eat it. The riper it is when you pick it, the better it tastes.

Strong-smelling Foods—nutritious foods are those, especially vegetables, whose spiritual aspect is strong. For instance, *Matsutake* mushrooms are very nutritious; therefore, they have a powerful smell. Things with strong smell usually have a strong spirit. Fruit with a strong spirit has a good fragrance and lots of juice. Citrus fruits are particularly good.

Preserved Foods—foods vary according to the length of time they retain their subtle body. Grains last the longest, followed by vegetables and greens. Fish has the shortest spiritual shelf life. The fresher the food is, the more concentrated the spirit. The reason that dried foods last so long is because they borrow the spiritual power of salt and because the water has been taken out of them.

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. In fact, the more concentrated the spiritual aspect of foods, the better they taste and its nutritional value is greater.

Choose foods based on the above six principles with gratitude, and uplift your spiritual and material aspect.

Source:

¹ The Okada Wellness Program—Food and Exercise. MOA International (2008)



Autumn is the harvest season in many regions. The following is a delicious and super easy recipe that you can incorporate in your dining.

Sweet Potato (Kintoki Imo) Mixed Rice

Ingredients Servings (3~4):

- 2 cups Organic Rice
- 1 large Sweet Potato (with red skin)
- 1 Tbsp. Sake
- Pinch of Salt

Directions:

Rinse rice thoroughly and place in rice cooker with the same amount of water. (For this recipe, 2 cups.)

Wash and peel the skin of the sweet potato,

then cut into bite size pieces (approx. 1 inch cube). Place the cut sweet potato in water for several minutes.

Add the sweet potato, sake, and salt to the rice.

After the rice is cooked, let it steam for 10 to 15 minutes.



Tip: Choose a sweet potato that is harvested in season so that it tastes sweet and delicious! Also, use organic rice.

Calling all Cooks!

We are looking for recipes to include in our MOA Cookbook. If you would like to share your favorite recipes, please send them in to the MOA Wellness Center or email them to admin@moahawaii.org.

All ingredients (if possible) must be organic or local and follow the MOA philosophy.

Recipes must be submitted by October 10, 2014. For more information, please contact Ruby Gines or Mai Fujii at (808) 952-6900.

MOA Wellness Center Hours

Monday	9:00am—6:00 pm
Tuesday	9:00 am—6:00 pm
Wednesday	9:00 am—6:00 pm
Thursday	9:00 am—6:00 pm
Friday	9:00 am—6:00 pm
Saturday	9:00 am—5:00 pm
Sunday	Closed



MOA Hawai'i
600 Queen Street, C-2
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