

**MOA HAWAI'I  
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Frances Okazaki  
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Lester Nakamura  
Vice-President

Alan Aranaydo  
Secretary

Steve Tomino  
Treasurer

Jessie Nakata  
Asst. Treasurer/Director

Shawn Hamada  
Director

Dean Kanemaru  
Director

Brian Nakano  
Director

Cynthia Okido  
Director

Sandra Tam-Sing  
Director

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**MOA HAWAI'I STAFF**

Norman Oshiro  
Executive Director

Alan Aranaydo  
MOA Wellness Center Director

Roy Goshi-Otaguro  
Arts & Culture Program Manager

Ruby Gines  
Operations and Facility  
Assistant Manager

**Administrative Assistants:**

Mallori Choy  
Ceronda Encencio  
Brianna Goo  
Dick Mills

Nature Garden:  
Teri June Amuro

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Website: [www.moahawaii.org](http://www.moahawaii.org)

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**MOA Wellness Center**

**Office Hours**

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

Sat. 9:00am-3:00pm

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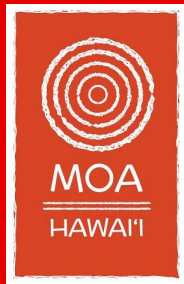
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# MOA Hawai'i Newsletter

VOLUME 5, ISSUE 8

AUGUST 2018

## EXECUTIVE DIRECTOR'S MESSAGE

Aloha,

This month's topic is "Living an  
Eternal Life."

Mokichi Okada said:

*"God has endowed each human  
being with special talents and  
capabilities so his individual mission  
can be performed successfully. He  
has caused each one to be born  
and reborn countless times, to live  
again and again in the physical  
world so he may move forward  
toward the ultimate goal of  
perfection."* (February 5, 1947)

*"Since my early years, I have loved  
making others happy—so much  
that it has finally become almost my  
favorite pastime. I am always  
considering what I can do so  
everyone can become happy.*

*...I am always saying, "Unless  
we make others happy, we cannot  
become happy ourselves."*

(What I Am; January 30, 1950)

Norman Oshiro  
Executive Director

Aloha MOA Hawaii members,  
We would like to hear your  
stories and share with everyone  
how you feel about MOA Hawai'i.  
Please share any positive experi-  
ences, awareness, gratitude, etc.  
Ceronda Encencio (808)348-  
6252, will be compiling these  
stories and will assist you with  
writing it.

### The Unknown World

*According to my research, the  
structure of this world—the great  
nature, where we breathe and live,  
is made up of three main  
components: fire, water and soil.  
Then, what humanity has grasped  
through science and man's five  
senses are those including  
electromagnetism, air, and physical  
elements. Now, what I want to claim  
its existence is an aeriuous matter  
called spiritual energy which is not  
known through science and man's  
five senses yet. The words spirit  
and spiritual energy has been used  
many times until today in the limited  
fields of religion and science of  
psychic phenomena. Therefore,  
many times, the word spirit was  
viewed as a superstition, and  
people tend to see a person quali-  
fied as an intellectual if he or she  
denies the existence of spirit.  
However, whatever you say, the  
essence of this spirit is the root of  
an incredible source of power. All  
the activities of generation and  
change of everything in the  
universe become possible due to  
this power. I call this an invisible  
power.*

*For the reasons above, I would  
like to call the known world "the  
physical world" and the unknown  
world "the spiritual world" for my  
further explanation from now.*

(Mokichi Okada, February 5, 1947)



# MOA KOHRINKA

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.

## Classes

Jessie Nakata: 2nd & 4th Tuesday - 6:30-8:30 pm  
2nd & 4th Thursday - 4:30-6:30 pm

Karen Takane: 2nd & 4th Saturday - 9:30 am -12:00 pm

Roy Goshi-Otaguro / Phyllis Tom: 4th Saturday - 10:00 am -12:00 pm

Brian Nakano / Hiroe Suenaga: 4th Saturday -1:00-3:00 pm

Frances Okazaki / Jon Liu: 2nd Friday - 6:00-8:30 pm

Classes are open to students of all ages. For more information, please contact Arts & Culture Manager, Roy Goshi-Otaguro, at 222-2031.

## Cost

- Class Fee: \$10 Per Session
- Students under 18 yrs.: \$5 Per Session
- Plus cost of flowers

## New Students

- One time initiation fee to join MOA (\$25)
- MOA Kohrinka Textbook (\$20)
- MOA Kohrinka Guidebook I & II (\$8 each)
- 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](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 Hawaii are tax deductible.

# MOA HAWAII

## August 2018

MOA HAWAII • 600 QUEEN STREET C-2 • HONOLULU, HI 96813  
 Phone: 808-952-6900 • Fax: 808-566-6911 • Website: [www.moahawaii.org](http://www.moahawaii.org) • Email: [info@moahawaii.org](mailto:info@moahawaii.org)  
 MWC Hours of Operation: Mon-Fri 9:00am–5:00pm, Sat. 9:00am–3:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Dr.			<b>1</b>  HPS @ Kaneohe Community Center 8:30-10:30am  MOA BOD Meeting 6:30pm	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>  Dr. Garcia 10:00am-12:00pm  OHWP Committee w/ Dr. Garcia 12:00 to 1:00pm	<b>8</b>  HPS @ Kaneohe Community Center 8:30-10:30am	<b>9</b>	<b>10</b>  Okazaki/Liu *Kohrinka 6:00pm	<b>11</b>  Takane *Kohrinka 9:30am-12:00pm  Shodo Class (Japanese Calligraphy) @TNH Social Hall 10:00-11:00am  HPS @ Valley of the Temples Byodo-in 12:00-3:00pm
<b>12</b>	<b>13</b>  HPS @ Pearlridge Shopping Center 8:30-10:30am  *PT Continuing Ed Level II 9:30am (Japanese) (Morimoto)	<b>14</b>  Dr. Garcia 10:00am-12:00pm  Nakata *Kohrinka 6:30pm	<b>15</b>  HPS @ Kaneohe Community Center 8:30-10:30am  *PT Continuing Ed Level II - 6:30pm (Oshiro)	<b>16</b>  Nakata *Kohrinka 4:30pm	<b>17</b>  *PT Continuing Ed Level II - 9:30am (Goshi-Otaguro / Kanemaru)  *Intro to MOA Hawaii 3:00pm (Oshiro)	<b>18</b>  Otaguro/Tom *Kohrinka 10:00am-12:00pm  Nakano/Suenaga *Kohrinka 1:00-3:00pm  *PT Continuing Ed Level II - 1:00pm (Ichikawa)
<b>19</b>  MOA Nature Garden Volunteer Day @ 3510 Nuuanu Pali Dr. - 9:00am	<b>20</b>  * PT Continuing Ed Level I - 1:00pm (Ichikawa)	<b>21</b>  Dr. Garcia 10:00am-12:00pm  OHWP Committee w/ Dr. Garcia 12:00 to 1:00pm	<b>22</b>  HPS @ Kaneohe Community Center 8:30-10:30am	<b>23</b>	<b>24</b>  MOA Nutrition Seminar by Mallori "Eating Well for Seniors" 11:30am – 1:00pm (see flyer for details)	<b>25</b>  Takane *Kohrinka 9:30am-12:00pm
<b>26</b>	<b>27</b>  HPS @ Pearlridge Shopping Center 8:30-10:30am	<b>28</b>  Nakata *Kohrinka 6:30pm	<b>29</b>  * MOA Seminar on "Living an Eternal Life" 9:30-11:00am (Oshiro)	<b>30</b>  OHWP Lifestyle Improvement Program Extended Session w/Lunch 9:00am-1:00pm  Nakata *Kohrinka 4:30pm	<b>31</b>  OHWP Lifestyle Improvement Program Extended Session 9:00am-11:30pm	<b>9/1</b>  OHWP Lifestyle Improvement Program Intensive Session w/Lunch 9:00am-3:00pm

\*Please register for these courses by contacting the MOA Wellness Center at 952-6900: MOA Seminar, Introduction to MOA, Purifying Therapy [PT] Continuing Education Courses—Level I for Basic Level Therapist and Level II for Intermediate Level Therapist.

## MOA MONTHLY SEMINAR

*... An in-depth study session with  
Norman Oshiro on the MOA concept of  
"Living an Eternal Life"*

MOA Wellness Center  
600 Queen St. Suite C-2

**Wednesday, August 29, 2018**

**9:30 – 11:00 a.m.**

Call: 952-6900 to RSVP

## HEALTH PROMOTION SEMINARS

*(open to the public)*

### **Pearlridge Center-Uptown**

8:30 – 10:30 a.m.  
Monday, August 13, 27

### **Kaneohe Community & Senior Center**

8:30-10:30 a.m.  
Wednesday, August 1, 8, 15, 22, 29

### **Valley of the Temples Byodo-in**

12:00-3:00 p.m.  
Saturday, August 11

## MOA Nutrition Seminar by Mallori EATING WELL FOR SENIORS

**Join us as we  
explore  
nutrition's role in  
harmonious  
aging!**

**Lunch included!**

**\$10 members  
\$15 non-members**

**Friday, August 24  
11:30 a.m. - 1:00 p.m.  
MOA Wellness Center**



**Call 952-6900 by August 21  
to reserve your space.**



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