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Ceronda Enocencio
Dick Mills**

**Brianna Goo
Teri June Amuro**

**Nature Garden
Scott Kitamori**

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Website: www.moahawaii.org

MOA Wellness Center

Office Hours

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

Sat. 9:00am-3:00pm

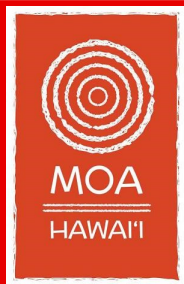
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MOA Hawai'i Newsletter

VOLUME 5, ISSUE 9

SEPTEMBER 2018

**The MOA Wellness Center is
turning 5! Come celebrate with us
on October 6th
from 11 am to 2pm**

EXECUTIVE DIRECTOR'S MESSAGE

Aloha,

Okada spoke about "New Medicine" in the following quotes:
"Solving health problems is the key to obtain world peace and happiness of mankind."

"My objective is merely trying to issue a very important warning on the true cause of illnesses and I just want to point out errors of medical treatments. Based on that, western medicine must establish genuine medical treatments and begin a proper course. I have no ulterior motive apart from looking forward to that. That is, needless to say, perfection of a healing art that heals illnesses and a wellness program that enables one to live out one's natural life span." (Conclusion to Healing Art of Tomorrow; May 15 1936)

"I have devoted myself to studying this problem for decades. I was able to identify its source as a result of unique research that did not rely on medicine. That is, there is a great error lying concealed in the bases of medical science itself. In that way, I have succeeded in making human beings energetic, healthy people by eliminating the suffering of illnesses. As a result of that, I have succeeded in making it possible to extend longevity. Actually, the great ideal, for which humanity has been hoping for thousands of years, has been realized here." (February 5, 1947)

MOA Hawaii Presents: "New Medicine"

**An in-depth discussion on New Medicine will be
held at the MOA Wellness Center on Wednesday,
September 26, 2018 from 9:30-11:00**

“Enhancing the Beauty of Flowers within your Lifestyle”

Kohrinka by its founder Mokichi Okada

The Mokichi Okada Association (MOA) will be commencing a “new” three part Kohrinka flower course. This new course is not only a “Ikebana” course but will also incorporate other means to appreciate and infuse nature's beauty into one's lifestyle. This course will stress how your way of living can be enhanced by recognizing nature's beauty and applying it to your lifestyle.

Basic Course in MOA Kohrinka

18 sessions (each class is a minimum of 2 hours)

“To make flowers a part of your lifestyle, bringing beauty and happiness to all”

Intermediate Course in MOA Kohrinka

18 sessions (each class is a minimum of 2 hours)

“To cultivate one's aesthetic sensitivity and basic artistic lifestyle through flowers”

Advanced Course in MOA Kohrinka

18 sessions (each class is a minimum of 2 hours)

“To uplift your artistic quality through learning about Kohrinka by its founder, Mokichi Okada”

MOA annual membership \$25

Class fee per Session: \$10 plus flower expense

Textbook and notebook fee: \$20 per course

Examples of what a session might involve: connecting and experiencing a single flower; learning about combinations of branches and flowers; appreciating works of art; enjoying the tea ceremony; decorating a flower plant; using containers found in your home; learning from flowers; understanding beauty; enjoying flowers

Introduction to “new” MOA Kohrinka
September 26
6:30 pm to 8:30 pm



**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 are tax deductible.

MOA HAWAII

SEPTEMBER 2018

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

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 Shodo Class (Japanese Calligraphy) 3510 Nuuanu Pali Drive
2	3	4 Dr. Garcia 10:00am – 12:00 pm OHWP Committee With Dr. Garcia 12:00 pm – 1:00 pm	5 MOA Board of Directors Meeting 6:30 pm	6	7 Okazaki / Liu *Kohrinka class 6:00 pm	8 Takane *Kohrinka class 9:30 am – 12:00 pm HPS @ Valley of the Temples Byodo-In 12:00 – 3:00 pm
9	10 HPS @ Pearlridge Shopping Ctr Uptown 8:30 am – 10:30 am OPT Cont Educ** 9:30 am (taught in Japanese)	11 Dr. Garcia 10:00 am – 12:00 pm Nakata *Kohrinka class 6:30 pm	12	13 Nakata *Kohrinka class 4:30 pm	14 OPT Cont Educ** 9:30 pm	15 OPT Cont Educ** @ 3510 Nuuanu Pali Dr. 1:00 pm
16 MOA Nature Garden Volunteer Day @ 3510 Nuuanu Pali Dr. 9:00 am	17 OPT Cont Educ** 1:00 pm	18 Dr. Garcia 10:00 am – 12:00 pm	19 OPT Cont Educ** 6:30 pm	20	21 Understanding Food Labels 11:00am-12:30pm	22 Takane *Kohrinka class 9:30 am-12:00 pm Otaguro / Tom *Kohrinka class 10:00 am-12:00 pm Nakano/Suenaga *Kohrinka class 1:00 -3:00 pm
23 Sept 30 Special Workshop For Kohrinka Instructors 3510 Nuuanu Pali Drive 9:00 am -3:00 pm	24 HPS @ Pearlridge Shopping Ctr Uptown 8:30 am – 10:30 am	25 Dr. Garcia 10:00 am – 12:00 pm Nakata *Kohrinka class 6:30 pm	26 HPS @ Kaneohe Community Ctr 8:30 am – 10:30 am MOA "Discussion on New Medicine"*** 9:30 am – 11:00 am Introduction to "New MOA Kohrinka"*** 6:30 pm – 8:30 pm	27 OHWP Lifestyle Improvement Program and lunch (Extended Session) 9:00 am – 1:00 pm	28 OHWP Lifestyle Improvement Program (Extended Session) 9:00 am – 11:00 pm	29 OHWP Lifestyle Improvement Program and lunch Intensive Session) 9:00 am – 3:00 pm Special Workshop For Kohrinka Instructors 3510 Nuuanu Pali Drive 9:00 am -3:00 pm

**Please register for these courses by contacting the MOA Wellness Center at (808) 952-6900.

September events / deadlines:



<http://www.invitehealthblog.com/decoding-healthy>

Understanding Food Labels

Friday September, 21, 2018
11:00 am - 12:30 pm



Let's better understand what's behind the labels and food claims

Lunch included!

\$10 members
\$15 non-members
RSVP by September 18th



If you would like to submit a congratulatory advertisement, please let Steve Ichikawa know by September 5th at (808) 222-2183 or email him at s.ichikawa@panamhoa.org



Shodo (Japanese Calligraphy)

September 1st from 10:00 am to 11:00 am
3510 Nuuanu Pali Drive, Toho No Hikari Social Hall
Cost: \$12 per class for MOA members; \$13 for non-MOA members; \$10 for students grades K to 12
Instructor: Yoshiko Morimoto, Certified Japanese Language and Calligraphy Instructor
Please RSVP by contacting the MOA Wellness Center at (808) 952-6900

The Okada Health & Wellness Program (OHWP) Lifestyle Improvement Program, Extended Session, will be on Sept 27th and 28th. You will receive approximately 2 hours of OPT on each of the two days. Cost is \$60.00. The OHWP Lifestyle Improvement Program, Intensive Session, will be on Sept 29th. You will receive approximately 5 hours of OPT. Cost is \$70.00. For more information, call the MOA Wellness Center at (808) 952-

Upcoming Events MOA will be participating in:

October 7 from 10 am to 3 pm – 25th Annual Hawaii Children and Youth Day, Hawaii State Capitol, 415 So. Beretania Street

An event created just for the children. Free parking. Looking for volunteers to help with flower circle. Call the MOA Wellness Center at (808) 952-6900 if you are interested in participating at this event.

October 13 from 8:30 am to 3:00 pm – “Journneys to Wellness VII,” Community Church of Honolulu, 2345 Nuuanu Avenue

MOA Hawaii is looking for volunteers to help administer OPT. Call the MOA Wellness



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