

MOA HAWAI'I
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MOA Wellness Center

Office Hours

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

Sat. 9:00am-1:00pm

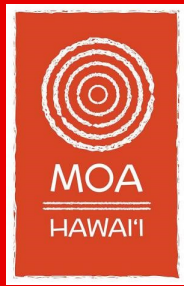
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MOA Hawai'i Newsletter

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FEBRUARY 2017

EXECUTIVE DIRECTOR'S MESSAGE

Aloha Everyone,

This month's theme is *MAKOTO* (love, sincerity, integrity, devotion).

Mokichi Okada said, "People often say they are poor at speaking, they cannot speak well no matter how hard they try, and so on. However, this is mistaken. Meaning, the other party's heart is not moved however well one has spoken. As I am always saying, it is makoto that moves the hearts of people. One's makoto touches the soul of the other party. To be more precise, it jolts the soul. It is that alone. Skill or awkwardness of speaking is secondary..."

"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..."

"The key to solving all problems—global, national, and individual—is the single word 'makoto'..."

People complain of adversities in their life and how things do not go in their favor. Everything will go well, in our favor, if we have *makoto* (deep love and devotion to others and the environment, sincerity and integrity) as these are the strict laws of Nature.

Norman Oshiro
Executive Director

AN ARTIST IN OUR MIDST



Robert Toshio Otoshi is the featured artist at the MOA Wellness Center gallery this month. Bob and his wife, Sandra, are Keola La'i residents. Bob is a life-long artist of amazing skill and a master of *sumi-e*, the Japanese art of brush stroke painting.

Interestingly enough, the same tools are used for centuries—ink, stone and brushes. When the brush is wet, the tip is like the point of a needle, enabling the artist to make broad strokes as well as those like silken threads. *Sumi-e* requires disciplined strokes—there is no room for error. Bob said that at times, he's done the same sketch 50-60 times to achieve the right result, other times it may take shape with the first stroke. Experience teaches precision.

The masterworks are available for viewing through February at the MOA Wellness Center gallery Monday-Friday from 9:00 a.m. to 5:30 p.m. and Saturdays from 9:00 a.m. to 1:00 p.m.



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.

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

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)



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.

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

MOA HAWAI'I FEBRUARY 2017

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 MWC Hours of Operation: Mon-Fri 9:00am-5:30pm, Sat. 9:00am-3:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 OHWP @ Kaneohe Community Center 8:30-10:30am MOA Board Meeting 6:30pm	2	3	4
5	6	Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	8 OHWP @ Kaneohe Community Center 8:30-10:30am	9 Nakata *Kohrinka 4:30pm	10 Okinawa Food Café 12:00-1:00pm Okazaki/Liu *Kohrinka 6:00pm	11 Takane *Kohrinka 9:30am-12:00pm Shodo Class (Japanese Calligraphy) @ TNH Social Hall 10:00-11:00am OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
12	13	Dr. Garcia 10:00am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm Nakata *Kohrinka 6:30pm	15 OHWP @ Kaneohe Community Center 8:30-10:30am Iwamoto Branch Continuous Care @ 7:00pm	16 Nakata *Kohrinka 4:30pm	27	18
19	20 President's Day (Holiday) MWC CLOSED	Dr. Garcia 10:00am-12:00pm	22 OHWP @ Kaneohe Community Center 8:30-10:30am	23 OHWP Extended Session 9:00am-1:00pm	24 OHWP Extended Session 9:00am-12:00pm	25 OHWP Intensive Session 9:00am-4:00pm Takane *Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm Ebesugawa/Nakano/Suenaga *Kohrinka 1:00-3:00pm
26	27	Dr. Garcia 10:00am-12:00pm				* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive



Support Sustainable Agriculture in Hawaii

Help us bring Mokichi Okada's Nature Farming vision to light by purchasing your weekly CSA box from MOA Hawaii.

Cost: \$20 per week —To order a CSA box, call 952-6900

**WELLNESS CENTER EXTENDED HOURS ON SATURDAY
9:00 a.m. to 3:00 p.m.
Beginning February 2017**



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