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co-Executive Director**

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Healthy Life Network Manager**

**Ruby Gines
Operation & Facility
Assistant Manager**

**Dick Mills
Administrative Assistant**

**Daniel Mills
Nature Farm Manager**

**Joseph Wargo
Farm Worker**

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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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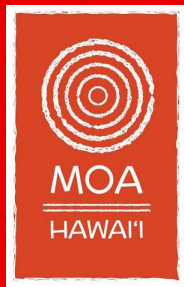
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MOA Hawai'i Newsletter

VOLUME 3, ISSUE 4

APRIL 2016

Executive Director's Message

This month's theme is "Art and Beauty."

Mokichi Okada said:

"What we call Paradise on Earth is, in simple language, a world of beauty.

In man, this means the beauty of the mind and heart, or beauty of thought. His words and actions, of course, must also be beautiful. This is the beauty of the individual, and when it is extended, the beauty of society comes into existence. That is, relationships between individuals become more beautiful; houses, streets, means of transportation, and public gardens all become more beautiful also.

By its very nature, beauty must accompany cleanliness, so, on a larger scale, government affairs, education and economic activities must become morally clean, and diplomatic relations between nations must accompany this beauty.

As we think in this way, we cannot help realizing how much ugliness there is in today's society."

By enjoying beauty, your character is improved and peace-loving thoughts are aroused. You can sign up for the MOA flower classes and Bontemae tea classes and enjoy communing with nature and the peace and serenity of the art of tea, attend one of the children's painting contest exhibitions and enjoy the children's beautiful artwork, visit the Honolulu Museum of Art (free on the 3rd Sunday and 1st Wednesday of each month), listen to beautiful music, enjoy nature's beauty daily as we are surrounded by opportunities living in paradise, etc. There are many ways to bring high level GOOD art into your life. ENJOY!

Call Roy Goshi-Otaguro, Art and Culture Program Manager at 222-2031 for information.

Welcome, Kathleen Hasegawa!

I would like to introduce Kathleen Hasegawa as the new co-Executive Director for MOA Hawaii. Kathi has over 50 years of experience working as an executive director in various non-profit organizations; most recently for the National Alliance on Mental Illness, Hawaii (NAMI), Hawaii Habitat for Humanity Association, and Affordable Housing and Homeless Alliance.

Kathi was able to overcome health challenges by participating in our Okada Health and Wellness Program and now wants to help MOA Hawaii by serving as co-Executive Director. Developing the Nature Farm Program has been time consuming and I welcome Kathi's assistance and expertise in the administration of our non-profit organization.

Please give Kathi your Aloha when you meet her at the wellness center. Mahalo!

**Norman Oshiro
Executive Director**

What Is Purifying Therapy?

Many amazing stories are presented through the Purifying Therapy offered at the MOA Wellness Center. It is a form of an 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.

Because of the increase of lifestyle-related illnesses and fees for medical treatments going up, slowly but surely, people are increasingly seeking healthy ways of living in both mind and body. As a result, complementary and alternative medicine like acupuncture, moxibustion, massage, Chinese herbal medicine, meditation, music therapy, aroma therapy, and qigong are becoming popular. Purifying Therapy is a part of this trend.

MOA considers Purifying Therapy as a major part of the Health and Wellness Program originated by Okada, including the enjoyment of art, healthy eating habits, and exercise.

Many people throughout the world practice Purifying Therapy today. Purifying Therapy in Japanese is *Jouka Ryouhou*. It has been known by many names from the time of Okada until today, such as *Shinrei Shiatsu Ryouhou* (spiritual finger pressure treatment), *Jinzou Ijutsu* (medical art of kidneys), *Jôrei* (purifying spirit), *Nihon Ijutsu* (medical art of Japan) or *Okada Shiki Jouka Ryouhou* (Okada Purifying Therapy or OPT).

In the 1920s, Okada is said to have practiced this method to over 20,000 people. With good results obtained from those who experienced the therapy, Okada went public by opening his first clinic of this therapy and eventually established the Health Association in 1936 as the forerunner to today's MOA to advance his movement of health and wellness. At that time, Western medicine was still new and expensive to the people of Japan and Okada's healing practice drew large attention for its simplicity and effectiveness.

Okada, who took on a gigantic goal of creating a peaceful and happy world, thought that its prerequisite was to fill the world with people of health in spirit, mind and body. To achieve his goal, he focused on the elimination of illnesses from the world by educating and offering healthy lifestyle-related programs to people.

Purifying Therapy utilizes the energies of the fire element, water element, and earth element that exist in the natural world, which Okada discovered. Okada also discovered the existence of the spiritual body besides the visible physical body of human beings. He determined that clouding accumulates in the spiritual body, which is the cause of illnesses and all sorts of suffering that people experience. After years of practice, he determined that elimination of the clouding is the way of eliminating illness and achieving true happiness. Clouding of the spirit is eliminated by radiating purifying therapy from the palm of the therapist to the recipient's human body. Natural healing, which is inherent in human beings, is enhanced. The purification process is facilitated. Purifying Therapy is a way of promoting and maintaining psychological and physical health by eradicating many kinds of suffering.

Anyone can experience this Purifying Therapy from MOA-certified therapists. Furthermore, anyone can become a certified therapist and begin practicing Purifying Therapy through a short period of training and study.

At the MOA Wellness Center, the session is around 50 minutes and includes an interview, thorough detection, and administration. To learn and experience Purifying Therapy, call the MOA Wellness Center to schedule your appointment. The first experience is complimentary.

NATURE FARMING

The following produce can be purchased at the MOA Wellness Center on Monday-Friday, subject to availability: Kabocha pumpkin, eggplant, daikon, lettuce, beans, lemongrass, cassava (by request), jicama, basil, etc. Check with the wellness center as new produce are introduced from time to time.

Volunteer Help Needed

We need help in the following areas:

Assist with the sale of natural food products and Nature Farm produce at the MOA Wellness Center. Call Alan Aranaydo at 952-6900.

Assist with washing and packing the Nature Farm produce. Call Norman at (808) 281-2331.



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

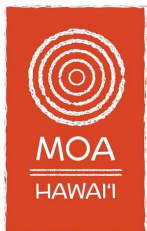
For more information, please contact Arts & Culture Manager Roy Goshi-Otaguro at 222-2031.

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 HAWAII

APRIL 2016

MOA HAWAII • 600 QUEEN STREET C-2 • HONOLULU, HI 96813
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 MWC Hours of Operation: M T Th F 9:00am–5:30pm, 1st Wed 12:00-8:00pm, Sat. 9:00am–1:00pm

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	2
3	4	5 Dr. Garcia 10:00am-12:00pm	6 OHWP @ Kaneohe Community Center 8:30-10:30am MOA Wellness Center Office Hours 12:00-8:00pm MOA Board Meeting 6:30pm	7	8 Okinawa Soul/Comfort Food 11:30am-1:00pm Okazaki/Liu *Kohrinka, 6:30–8:30pm	9 Takane/Kikuchi *Kohrinka 9:30am-12:00pm OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
10	11 OHWP @ Pearlridge Shopping Center 8:30-10:30am	12 Dr. Garcia 10:00am-12:00pm Iwata *Kohrinka, 9:30am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm Nakata *Kohrinka 6:30pm	13 OHWP @ Kaneohe Community Center 8:30-10:30am Basic Recertification 9:30am & 6:30pm	14 Nakata *Kohrinka 4:30pm	15 28 th Annual MOA Museum of Art Children's Painting Contest Windward Exhibit at Windward Mall Center Stage (April 15-17) Basic Recertification 1:00pm	16 Shodo Class (Japanese Calligraphy) @ TNH Social Hall 10:30-11:30am 28 th Annual MOA Museum of Art Children's Painting Contest Windward Awards Ceremony @ 10:00am
17	18	19 Dr. Garcia 10:00am-12:00pm	20 Introduction to MOA Hawaii 10:00am or 6:00pm Iwamoto Branch Continuous Care @ 7:00pm	21	22 28 th Annual MOA Museum of Art Children's Painting Contest East Oahu Exhibit at Kahala Mall (April 22-24)	23 28 th Annual MOA Museum of Art Children's Painting Contest East Oahu Awards Ceremony at Kahala Mall @ 10:00am Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm
24	25 OHWP @ Pearlridge Shopping Center 8:30-10:30am	26 Dr. Garcia 10:00am-12:00pm Nakata *Kohrinka 6:30pm	27	28 OHWP Extended Session 9:00am-1:00pm Nakata *Kohrinka 4:30pm	29 OHWP Extended Session 9:00am-12:00pm 28 th Annual MOA Museum of Art Children's Painting Contest Leeward/Central Oahu Exhibit at Pearlridge Center Uptown Mall (April 29-May 1)	30 OHWP Intensive Session 9:00am-4:00pm Takane/Kikuchi Kohrinka 9:30am-12:00pm 28 th Annual MOA Museum of Art Children's Painting Contest Leeward/Central Oahu Awards Ceremony at Pearlridge Center Uptown Mall @ 10:00am

Tea and Flowers Event

A good time was had by all who attended our “Tea and Flower” event on March 2, 2016. Thanks to Ruby Gines for helping with the check-in. Aisha Goshi-Otaguro and Dick Mills performed synchronized tea ceremonies to start off the evening events. Over 40 people participated in the Bontemae Tea Ceremony and were served our delicious *matcha* organic green tea and treated to a “tea education” by Roy Goshi-Otaguro.



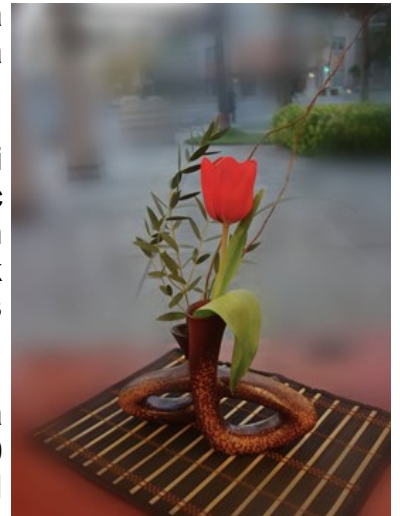
A special thanks to Kimiko Ichikawa and Lynn Nakata who worked hard to ensure all our guests were able to enjoy the tea. A variety of *kashi*, including special treats from Minamoto Kitchoan, were served with the tea.

Thank you to Gladys Yoshizawa for donating a whole box of special peach treats for our event.

After tea, our guests were able to review the arrangements prepared by our Kohrinka instructors and students. A big mahalo to Debbie Goshi-Otaguro, Roy Goshi-Otaguro, Talia Goshi-Otaguro, Hideko Iwata, Yoshiko Morimoto, Lester Nakamura, Brian Nakano, Jessie Nakata, Frances Okazaki, Jeff Okazaki, Masako Shoda, Hiroe Suenaga, Karen Takane, Phyllis Tom, Diane Urata-Higa, and Mickie Yagi. (Thanks to Ron Nakata for helping with the clean up!)

Mahalo, John Zak for taking the beautiful pictures of the Kohrinka arrangements. Look forward to seeing them in our 2017 Flowers and Tea Calendar to be sold as a fundraiser later this year.

Also participating in the event were Norman Oshiro and Danny Mills of Hawaii Nature Farms LLC and Danny’s mom, Janice Mills, who sold the organic veggies and pickles (by Jan). Danny also answered questions about the farm and the type of produce being sold. And, soothing shoulder and back massage by Shane Shiroma, certified massage therapist at the wellness center. Thank you, Danny, Jan, and Shane for donating your time and energy.



Our Wellness Center Director, Alan Aranaydo, with the help of Wanda Aranaydo, Kimiko Takamiya and Kie Oikawa from Japan prepared 40 delicious bentos for that night. We were also blessed to receive several generous donations to support our event and the center. Thank You!

A beautiful night of tea and flowers was experienced by all who attended. Please look forward to the May Day event on the first Wednesday in May!

A BIG MAHALO TO EVERYONE!

2016 MOA Museum of Art Children’s Painting Exhibits and Awards Ceremonies:

Ward Warehouse: Exhibit – March 25-26 / Awards – Saturday, March 26 at 10:00 a.m.

Hilo – Prince Kuhio Shopping Plaza: Exhibit – Saturday, March 26 – 10:00 a.m.-1:00 p.m. / Awards at 11:00 a.m.

Windward Mall: Exhibit – April 15-17 / Awards – Saturday, April 16 at 10:00 a.m.

Kahala Mall: Exhibit – April 22-24 / Awards – Saturday, April 23 at 10:00 a.m.

Maui-Queen Ka’ahumanu Shopping Center: Exhibit/Awards – Sat., April 23, 10:00 a.m.–2:00 p.m.

Pearlridge Center Uptown Mall: Exhibit – April 29-May 1 / Awards – Saturday, April 30 at 10:00 a.m.

State – Linekona Art School Gallery: Exhibit – May 28-June 4 / Opening Ceremony – Saturday, May 28 at 10:00 a.m.

Being Strong of Heart

Reducing risks of cardiovascular disease

Heart disease is often associated with low-grade inflammation of the heart, or cardio vascular disease CVD. The foods we eat can raise or lower the level of inflammation of the heart for those with CVD. According to a December 2011 *British Journal of Nutrition* article, whole grains, vegetables, fruits and fish are associated with lower inflammation. According to the article, as blood glucose levels move up and down, dietary fiber helps to normalize the inflammatory response. So, be sure to get enough servings of fruits and veggies every day along with legumes, lean meats, fish, and fortified grains and cereals.



Sodium and Heart Health

Excess sodium is tough on the heart, especially when raising blood pressure. There are many simple ways to cut sodium. Rinse your canned veggies well to remove all that salt. Use stimulating spices and herbs to add flavor to enhance flavors. At the restaurant, ask the waiter to hold the extra salt, request iced tea instead of soda, and add lemon juice or vinaigrette to salads. And finally, read the labels on packages. You may not be able to rely on taste. Sodium benzoate, a widely used food preservative, has no taste but still increases sodium levels.

Other Factors

Getting enough sleep and exercise and avoiding stress are fundamental to good heart health and reduce inflammation. Take care to be 'strong of heart'!

Source:

Costco Newsletter - February 2016



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