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MOA Wellness Center

Office Hours

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

Sat. 9:00am-3:00pm

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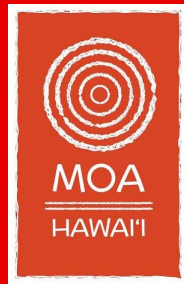
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MOA Hawai'i Newsletter

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OCTOBER 2018

EXECUTIVE DIRECTOR'S MESSAGE

Aloha,

This month's topic is "Spirituality".

Mokichi Okada wrote about Ego and Obsession



"On the whole, when I look at people in the world, everyone has ego and obsession in their characters. These are like siblings. When observing every possible complicated problem, one discovers the reason they are not easily resolved is almost invariably due to ego and obsession. For example, there have been politicians who have died in the gutter because they tenaciously clung to their positions and the most favorable time for them to resign passed. This is also the result of ego and obsession. Moreover; entrepreneurs, industrialists, and the like invite the disgust and hatred of clients and business connections because they are obsessed with money and profits. Their businesses and transactions lack smoothness and harmony. Although they appear to be profitable for a while, they often become unprofitable over a long period. Furthermore, even in male-female relationships, the person who is obsessed is a nuisance, which also causes problems. There are many such examples due to extreme self-centeredness. In addition, people make others and themselves suffer because of ego. Everyone should agree this is the source of arguments and the like if they reflect on the past. ...

Since I became aware of this important matter, I always try to free myself of ego and obsession as much as possible. As the foremost result of that, my own mental suffering has been alleviated, and results are favorable in all matters. In a certain teaching, there is the fitting phrase: "Do not worry needlessly about future and past problems." (September 5, 1948)

Learn more about "Improving Your Spirituality" by attending the monthly study session at the MOA Wellness Center on Wednesday, October 31, 2018 from 9:30 AM – 11:00 PM
Please RSVP at (808) 952-6900

“Lifestyle Choices Play a Role in the Quality of Our Aging”

“The most important thing to understand about optimal health is that, on the deepest level, it is a natural result of conformity to and respect for Nature”

- Mokichi Okada -



The “Eating Well for Seniors” seminar finally took place on August 29th. It was postponed due to the anticipation of Hurricane Lane who thankfully changed its course. This seminar was presented by Mallori Rahimnejad, nutritionist, who spoke on a number of topics. Examples of these topics included, (1) common age related risks, which involved the standard American diet vs. food-as-medicine approach; (2) causes of dehydration and its signs and symptoms; and (3) plant based diet.

“After the age of eighty, people have no more need for acquisitive, materialistic or combative tendencies. At this point, they should become vegetarians.”

- Mokichi Okada -

Mallori had a discussion on September 21st on the topic of “Understanding Food Labels.” Her next session at the MOA Wellness Center will instead be a cooking class titled “Easy Plant Based Meals.” The cooking class will be on Friday, October 19 starting at 11:30 am and lunch will be included. Cost is \$10 for MOA members and \$15 for non-members.

“Living Happily, Living Long”

MOA’s Executive Director, Norman Oshiro, held a seminar on August 29th titled “Living an External Life.” His discussion focused on Dr. Shigeaki Hinohara’s 10 inspiring thoughts.

One of the thoughts to live by is “Feeling Good is Most Important.” Understand that eating well and sleeping enough is only part of the picture. Go out to enjoy new wonders, don’t just work. Rekindle that same energy you had when you were a child.

Another is “Reach Out and Share What You Have Learnt.” Go out and look for ways to share your knowledge and wisdom gathered through your experiences. By doing this, you can improve your life also.



Lastly, one other thought to live by is “Expect Some Unexpected Incidents.” There will be pleasant incidents and there will be some unpleasant incidents. That’s how life is, so unpredictable. However, there’s always a reason as to why things happen unexpectedly. Make the most of the situation because there is always something to learn from it.

His next in-depth discussion, “Spiritual Development,” will be at the MOA Wellness Center on Wednesday, October 31 from 9:30 am to 11:00 am.



MOA 5th Anniversary Celebration
Saturday, October 6, 2018

Na’ Ohana Piha I Ke Aloha
“Families Filled with Beauty”

My Impressions on the 2018 MOA March Japan Tour

I particularly appreciated being introduced to the enigmatic mind of MOA's founder Mokichi Okada. I am now inspired to learn more about what this man was hoping to achieve with his altruistic visions. His ideas and ideals resonate with me. Thank you for this meaningful introduction. Our little troupe in Japan, headed by our selfless leader, Steve, exhibited the true beauty of love through human interaction and fellowship. I feel happy to have been included and truly indebted to all. Thank you!

Colleen Michael (Florida)

Maureen and Colleen



Jean, Colleen and Maureen



I enjoy traveling by myself, meeting new people, experiencing the local culture and cuisine, and going to the onsen before and after breakfast and dinner. Steve always plans such interesting and unique cultural activities— painting a clay Hakata figurine making mentaiko (spicy Korean-flavored Pollock fish roe), blowing up and releasing humming balloons for our winning Hawks baseball team at the Yahoo Dome, and soaking our feet (ashiyu) at the Beppu boiling hot springs (Umi Jigoku Ocean of Hell). Amazing!

Jean Hara (O'ahu)

My favorite parts of the trip were meeting everyone in the group and realizing what wonderful people they are. I really loved the MOA Museum of Art. The building, grounds and views were so incredibly beautiful and peaceful. The escalators going up, up, up to the room with the kaleidoscope ceiling was overwhelming and will never be forgotten. Mahalo Nui Loa to our fearless leader Steve (and his yellow cap), for keeping us all together and getting us to our many destinations.

Maureen Keller (Maui)

Maureen and Colleen



Richard and Jan

Most striking impressions included my observation about the nature of Japanese people. Jan and I were joined by friends and packed tight in Meguro during the height of nighttime Sakura viewing. I noticed not one person was stressed about our shoulder-to-shoulder situation. Everyone was focused on the beauty of the blooms, producing smiles on the faces of everyone there. This truly showed the heart of Japan and one of the many special moments.

Richard and Jan Mills (O'ahu)

Upcoming October Tour

On October 22 to November 3 we will be exploring Osaka and Tokyo; seeing the beauty of Toyama prefecture that many are unaware of; and Uji city, in Kyoto. We will also visit other districts of Japan, to further increase our knowledge about the MOA philosophy and learn how the various MOA programs help to enrich individuals, families and communities.

Furthermore, on this trip we will stop at the MOA museums in Hakone and Atami and enjoy their wonders. We will pay a visit to the various Wellness Centers throughout Japan to further expand our knowledge on the beauty of Life and Art, and discover the best of Japan at a leisurely pace.

A new monthly flower class, with Norman Oshiro as the Instructor, will be held at the MOA Wellness Center. This first class has been rescheduled from October 8th (Discovers Day Holiday, the MOA Wellness Center is closed) to **October 15th** from 6:30 pm to 8:00 pm. Fees are as follows: you need to be a member, membership is \$25 (per year) + a \$10 fee per class for flowers + \$20 for the textbook and notebook (one time fee). New students, former students, current students are welcome to attend!

“Navigating Present and Future Care for Loved Ones”



Free Event

October 17, 2018
5:30 pm to 7:00 pm
MOA Wellness Center

COME COOK WITH US!



Easy plant-based meals with Mallori

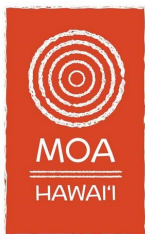
Friday, October 19, 2018
12:00 pm - 1:30 pm

Don't let time stand in the way of your health!

Bring your appetite and creativity as we join forces to learn and share healthy ideas in the kitchen!



\$10 members
\$15 non-members
RSVP by October 16th
Space is Limited!



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 OCTOBER 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
<p>*Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive</p> <p>MWC = MOA Wellness Ctr</p>	1	2 Dr. Garcia 10:00 am–12:00 pm OHWP Committee with Dr. Garcia 12:00 pm–1:00 pm	3 HPS @ Kaneohe Community Ctr 8:30 am–10:30 am MOA Board of Directors Meeting 6:30 pm	4	5	6 MOA Wellness Center 5 th Anniversary 11:00 am – 2 pm 
7 25 th Annual Children and Youth Day on the lawns of the Hawaii State Capitol 10:00 am to 3:00 pm	8 Wellness center is CLOSED Happy Discovers Day! HPS @ Pearlridge Shopping Ctr Uptown 8:30 am–10:30 am	9 Dr. Garcia 10:00 am–12:00 pm Nakata *Kohrinka class 6:30 pm	10 HPS @ Kaneohe Community Ctr 8:30 am–10:30 am OPT Cont Educ** 6:00 pm	11 Nakata *Kohrinka class 4:30 pm	12 OPT Cont Educ** 9:30 am Okazaki / Liu *Kohrinka Class 6:30 pm	13 Takane *Kohrinka class 9:30 am -12:00pm HPS @ Valley of the Temples Byodo-In 12:00–3:00 pm Shodo Class(Calligraphy) 3510 Nuuanu Pali Dr 10:00 am – 11:00 am OPT Cont Educ** @ 3510 Nuuanu Pali Dr. - 1:00 pm JOURNEY TO WELLNESS VII 2345 Nuuanu Avenue 8:30 am to 3:00 pm
14	15 OPT Cont Educ** 9:30 am (taught in Japanese) OPT Cont Educ** 1:00 pm Oshiro Kohrinka Class (at MWC) 6:00 pm -8:30pm	16 Dr. Garcia 10:00 am–12:00 pm OHWP Committee with Dr. Garcia 12:00 pm–1:00 pm	17 HPS @ Kaneohe Community Ctr 8:30 am–10:30am *Navigating Present and Future Care for Loved Ones* 5:30 pm to 7:30 pm	18	19 *Easy Plant Based Meals*** 12:00 pm Introduction to MOA** 3:00	20
21 MOA Nature Garden Volunteer Day @ 3510 Nuuanu Pali Dr. 9:00 am	22 HPS @ Pearlridge Shopping Ctr Uptown 8:30 am–10:30 am	23 Dr. Garcia 10:00 am–12:00 pm Nakata *Kohrinka class 6:30 pm	24 HPS @ Kaneohe Community Ctr 8:30 am–10:30 am	25 OHWP Lifestyle Improvement Program and lunch - Extended Session 9:00 am–1:00 pm Nakata *Kohrinka class 4:30 pm	26 OHWP Lifestyle Improvement Program - Extended Session 9:00 am–11:30 am	27 Takane *Kohrinka 9:30 am-12:00 pm Otaguro / Tom *Kohrinka Class 10:00 am-12:00 pm Nakano/Suenaga *Kohrinka Class 1:00 -3:00 OHWP Lifestyle Improvement Program & lunch - Intensive Session 9:00 am–3:00 pm
28	29	30 Dr. Garcia 10:00 am–12:00 pm	31 HPS @ Kaneohe Community Ctr 8:30 am–10:30 am MOA Discussion on "Spiritual Development*** 9:30 am-11:00 am			

**PLEASE REGISTER FOR THESE COURSES BY CONTACTING THE MOA WELLNESS CENTER AT (808) 952-6900.

**More October Events: call the Wellness Center to RSVP* and for more information,
(808) 952-6900**

October 6, Saturday • MOA Wellness Center 5th Anniversary • MOA Wellness Center • 11 am to 2 pm

October 7, Sunday • 25th Annual Children and Youth Day • Hawaii State Capitol, 415 S. Beretania St • 10 am to 3 pm • Free Event

October 13, Saturday • *Shodo Class (Calligraphy) • 3510 Nuuanu Pali Drive • 10:00 am to 11:00 am

October 13, Saturday • JOURNEY TO WELLNESS VII • 2345 Nuuanu Ave • 8:30 am to 3:00 pm

October 21, Sunday • MOA Nature Garden Volunteer Day • 3510 Nuuanu Pali Dr. • 9 am to 12 pm

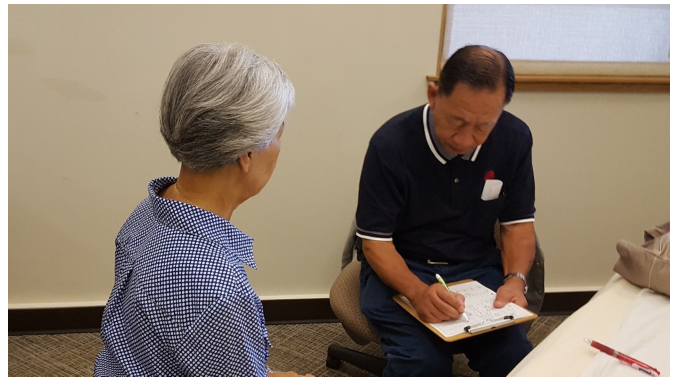
October 25, Thursday • *OHWP Lifestyle Improvement Program & lunch- Extended Session • MOA Wellness Center • 9:00 am to 1:00 pm

October 26, Friday • *OHWP Lifestyle Improvement Program- Extended Session • MOA Wellness Center • 9:00 am to 1:00 pm

October 27, Saturday • *OHWP Lifestyle Improvement Program & lunch- Intensive Session • MOA Wellness Center • 9:00 am to 3:00 pm



A big Mahalo to Masahiro Nitta, generously gave his time to volunteer at the MOA Wellness Center. (pictured in the left photo is, on the left, Steve Ichikawa and on the right, Masahiro Nitta. Pictured in the right photo is, on the left, Toshiko Dial and on the right, Masahiro Nitta who is asking Mrs. Dial where her pain areas are.



Don't forget, save the date ... Saturday, October 6, 2018 ... 11 a.m. to 2 p.m. ...

MOA Wellness Center 5th Anniversary Celebration



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