

7th Tradition Contribution Options for Overeaters Anonymous Groups Greater Heartland Intergroup

There are several ways you can contribute to the 7th Tradition for our groups.

1. MEETING ROOMS: with cash or a check (make checks payable to GHII)

2. MAIL A CHECK:

Greater Heartland Intergroup Inc (GHII)
PO Box 642056
Omaha, NE 68164

When writing checks, please enter on the memo line which group/s your contribution is for.

Example 1:

You write a \$25 check for the Saturday, 8:30 Omaha meeting.

Memo line: Sat. 8:30 Omaha

Example 2:

You write a \$10 check for two meetings that you want \$5 to go to each meeting.

Memo line: Mon. 5:30 Omaha & Wed. 5:30 Papillion

3. ONLINE BILL PAY - Check with your bank to see if this service is available to you.

Company - Greater Heartland Intergroup Inc

Nickname - GHII

Account - Meeting Day, Meeting Time, Omaha/Iowa (example: Thurs. 7:30 Omaha)

Phone # - Use your own

4. VENMO for Greater Heartland 7th Tradition Contribution

ghtradition7@gmail.com or just put @ghtradition7

* In the comment area please indicate which meeting the contribution is for (day, time, city). If you wish to contribute to more than one group, please submit them separately.

* If you are unfamiliar with Venmo and would like to learn more, there are videos available on YouTube or you can read the attached information – *What is Venmo?*

Questions? Contact: ghtradition7@gmail.com

What is Venmo?

The following information was taken directly from the Venmo Website.

Venmo allows you to pay and request money from your friends. At its core, Venmo provides a social way to pay your friends when you owe them money and don't want to deal with cash. For example:

- Splitting a lunch bill
- Paying your friend half of a cab fare
- Sending your roommate your half of the rent
- Using Venmo as a payment method in authorized partner apps

How to Sign Up

Follow the instructions below to sign up for Venmo:

1. Download one of our mobile apps: iOS & Android (Venmo does not have a Windows app)
2. Open the Venmo app
3. Choose your sign up method and create a secure password (between 8 and 32 characters long).
4. Verify your phone number and email address
5. Add and verify your bank account

Venmo is only available in the United States and only compatible with U.S. based bank accounts and phone numbers. You must also be able to send and receive SMS/text messages from short codes.

Requirements

There are two main requirements for using Venmo:

1. You must be physically located in the United States
2. You must have a U.S. cell phone that can send/receive text messages from short codes (please note that this phone number cannot be on file with another Venmo account)

Funding sources

When setting up your Venmo account, one of the first things you do is decide how you want to pay people, also known as setting your funding source. In Venmo, you can pay people from any of the following:

1. Your Venmo balance (if you have access to a Venmo balance)
2. A credit/debit card (imagine being able to pay a friend directly from your credit card)
3. A U.S. bank account

For more info on how to add funding sources, please see Venmo's articles about adding bank accounts and adding cards to your Venmo account.

Privacy

We all know that privacy is a big concern with technology. We put you in control so that you can decide who can see your Venmo payments and purchases. Make sure your app is updated to the newest version to see our latest privacy controls.

What each privacy setting means:

- **Public:** The transaction will be shared on the Venmo public feed and anyone on the internet will be able to see it.
- **Friends only:** The transaction will only be shared with your Venmo friends and with the other participant's Venmo friends.
- **Private:** We will not share the transaction anywhere other than your own personal feed and, if it's a payment to another user, the feed of the other person in the payment.

You can set the privacy setting on an individual payment or purchase basis. Don't want to change the privacy setting every time you make a payment? You can change your default privacy setting so that the setting for all future payments you initiate is automatically set to your preference. Check out instructions for all of this below.

Bank transfers

You can transfer money to your bank by connecting your bank account to Venmo. Bank transfers that are submitted before 7 PM EST will typically be available in your bank account the next business day, excluding weekends and bank holidays. Transfers are reviewed which may result in delays or funds being frozen or removed from your Venmo account.

Sending & Requesting Money

Find the Pay or Request button on the home screen—it will either say "Pay or Request," or it will look like a pencil and a square. You can add as many friends as you'd like to pay or charge, the amount, and a note. Once you're ready, tap "Request" or "Pay" depending on the action you want to take, and you should be all set!

Do I need to add money to Venmo to pay someone?

Nope! You don't need to add money to Venmo to make payments.

If you have access to a Venmo balance, any payments you receive from friends will be added to your Venmo balance, and you can use those funds to make payments. If you make a payment for an amount that is equal to or less than the amount in your Venmo balance, it'll be fully funded by your Venmo balance. If you make a payment for an amount that is greater than the amount in your Venmo balance, it'll be fully funded by your external payment method (bank account or card). In other words: Individual payments on Venmo are never funded by more than one source.

If you don't have access to your Venmo balance, you can't use payments you receive from others to fund your own payments. Any payments you make will be funded by your external payment method (bank account or card).

Remember: If you're ever confused about which payment method will be used for a specific payment you're making on Venmo, you can always check the bottom of the screen where you enter all the details of the payment to see which payment method will be used.

It is worth noting, that in some rare cases, there may be a problem processing a payment. If we identify an issue, funds may not be available to the recipient right away and may cause a bank transfer to be delayed or blocked or funds being frozen or removed from your account. If there is a problem processing your payment, a notification will be sent to you and/or the recipient via email, and you may need to choose a different payment method outside of Venmo.

Payment Activity & Privacy

What each privacy setting means:

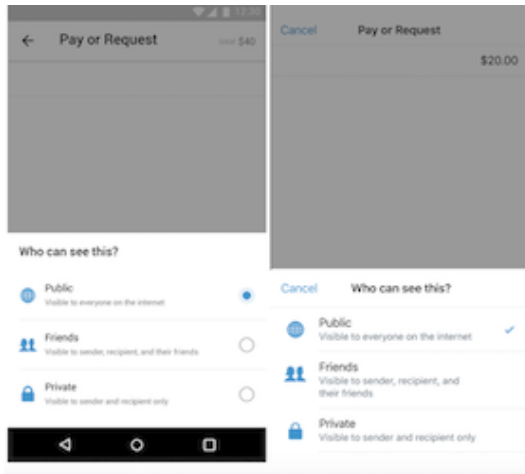
- **Public:** The transaction will be shared on the Venmo public feed and anyone on the internet will be able to see it.
- **Friends only:** The transaction will only be shared with your Venmo friends and with the other participant's Venmo friends.
- **Private:** We will not share the transaction anywhere other than your own personal feed and, if it's a payment to another user, the feed of the other person in the payment.

Good to know:

- You can set the privacy setting on an individual payment or purchase basis. Don't want to change the privacy setting every time you make a payment? You can change your default privacy setting so that the setting for all future payments you initiate is automatically set to your preference.
- When you transact with someone else on Venmo, including payments from merchants, the more restrictive privacy setting between the two of you will be honored.
- Purchases made using your Venmo Mastercard Debit Card and purchases from approved merchants when you pay with Venmo are Private by default, but you can change the privacy setting on any purchase to share them.
- All of your transactions, regardless of privacy setting, will still be visible in your personal Venmo feed so that you have a transaction record.
- Regardless of privacy settings, the dollar amount will only be shared with the other participant in the transaction. The funding source will only be visible to you.

Changing the Privacy Setting for an Individual Payment or Purchase

You can set the privacy setting for each individual payment or purchase, right from the payment or purchase itself. Just select or tap on the privacy setting in any payment or purchase and select your preferred setting.



Changing Your Default Privacy Setting

You can set up your Venmo account so that the privacy setting for all future payments is automatically set to your preference (remember, you can change the privacy setting for an individual payment by following the above steps, no matter what your default privacy setting is).

To update your privacy settings on the web first log in to venmo.com. Then navigate to Settings → Privacy and select your preferred default privacy setting. Finally, make sure to click Save Settings.

To update your sharing settings in the app please make sure your app is updated to the latest release. Then, tap the "☰" icon at the top and tap "Settings." From there select "Privacy." Under "Default Privacy Setting" select your preferred default privacy setting.

Keep in mind, when you pay or request funds from someone else on Venmo, the more restrictive privacy setting between the two of you will always be honored.