

A photograph of a woman with long hair, wearing a patterned top, sitting in a field. She is holding a red mug in her left hand and an open book in her right hand. The background is a soft-focus landscape with trees and a bright, hazy sky, suggesting a sunset or sunrise. The overall mood is peaceful and contemplative.

*ABA  
Meditation Book*

*Calling on all ABA members!*

*A simple way to do service.*

*Share your favourite passage of the ABA book.*

The fellowship of ABA is working on a “Meditation Book”  
to inspire you in your recovery.

Check the mediation tab for examples and details.

<https://aba12steps.org/meditation/>

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