

A photograph of a woman with long brown hair, wearing a patterned scarf, sitting in a field. She is holding a red mug and reading an open book. The background is a soft-focus landscape with a warm, golden light, suggesting a sunset or sunrise.

*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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