Exporting your addressbook from Mozilla Thunderbird...
Welcome to Mozilla Thunderbird!

Mozilla Thunderbird is a powerful, open-source mail and news client.

Features
- Adaptive Junk Mail Control
- RSS Reader
- Global Inbox Support
- Saved Search Folders

Click on "Address Book"
Click on Tools → Export
Give your exported addressbook a name and click on "Save". Leave the "Save as type" setting as LDIF (*.ldi, *.ldif).