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MFA FINAN	ICIAL, INC.									
Form 4										
October 01, 2	2014									
FORM			GECUD	TTIES AT		TT A 1		COMMISSION		PPROVAL
Washington, D.C. 20549							201911911551019	OMB Number:	3235-0287	
if no long	Check this box if no longer							Expires:	January 31 2005	
subject to Section 10 Form 4 or	subject to STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP C Section 16. SECURITIES							Estimated average burden hours per response 0		
Form 5 obligation may conti <i>See</i> Instru 1(b).	nue. Section 17(a	a) of the	Public Ut		ing Com	pany	Act of	e Act of 1934, f 1935 or Section 40	n	
(Print or Type R	esponses)									
Schwartz Harold E Symbol			r Name and Ticker or Trading INANCIAL, INC. [MFA]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (M	liddle)	3. Date of Earliest Transaction (Check all applicable)					5)		
C/O MFA FINANCIAL, INC., 350 (Month/Da 09/30/20 PARK AVENUE, 20TH FLOOR				-				Director 10% Owner X Officer (give title Other (specify below) below) SVP and General Counsel		
			ndment, Date Original th/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
NEW YORK	K,, NY 10022							Form filed by M Person	fore than One Re	eporting
(City)	(State) ((Zip)	Table	e I - Non-De	erivative S	Securi	ties Acq	uired, Disposed of	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any	med on Date, if Day/Year)	Transaction(A) or Disposed Code (D)		5) Beneficially 5) Owned Following Reported Transaction(s)		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
C				Code V	Amount	(D)	Price	(Instr. 3 and 4)		
Common Stock,par value \$0.01 per share	09/30/2014			M <u>(1)</u>	5,100	A	\$ 0 (2)	26,528	D	
Common Stock,par value \$0.01 per share	09/30/2014			F <u>(3)</u>	2,103	D	\$ 7.78	24,425	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)

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required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	onof De Secur Acqu (A) or Dispo (D)	rities fired or cosed of c. 3, 4,	6. Date Exercis Expiration Date (Month/Day/Ye	e	7. Title and A Underlying S (Instr. 3 and 4	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Phantom Stock	<u>(4)</u>	09/30/2014		М		5,100	09/30/2014	09/30/2014	Common Stock	5,100

Reporting Owners

Reporting Owner Name / Address	Relationships				
	Director	10% Owner	Officer	Other	
Schwartz Harold E C/O MFA FINANCIAL, INC. 350 PARK AVENUE, 20TH FLOOR NEW YORK,, NY 10022			SVP and General Counsel		

Signatures

Harold E.	10/01/2014		
Schwartz	10/01/2014		
<u>**</u> Signature of Reporting Person	Date		

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Shares acquired pursuant to the settlement of restricted stock units (i.e., phantom stock) granted to the reporting person in September 2011.
- (2) Each phantom share is the economic equivalent of one share of common stock of MFA Financial, Inc. Each vested phantom share was settled in one share of common stock of MFA Financial, Inc.
- (3) The reported disposition represents the surrender of shares to satisfy tax obligations arising from the settlement of phantom shares.
- Settlement of vested portion of the phantom shares granted in September 2011. Each phantom share is the economic equivalent of one(4) share of common stock of MFA Financial, Inc. Each vested phantom share was settled in one share of common stock of MFA Financial, Inc.

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Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.