FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB Number: 3235-0287

Estimated average burden hours per response: 0.5

X	Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).
	may continue. See instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person [*] FINKEL SHIRA E			2. Issuer Name and Ticker or Trading Symbol <u>MFA FINANCIAL, INC.</u> [MFA]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
FINKEL SHI	<u>XAE</u>		,,,,,		Director	10% Owner		
(l oot) (First) (A		(Middle)		x	Officer (give title below)	Other (specify below)		
(Last) (First) (Middl C/O MFA FINANCIAL, INC.		(midule)	3. Date of Earliest Transaction (Month/Day/Year)		Senior Vice Pres	sident		
C/O MFA FINANCIAL, INC.			12/14/2012					
350 PARK AVENUE, 20TH FLOOR								
(Street)			4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indivi	dual or Joint/Group Filing (Ch	eck Applicable Line)		
NEW YORK	NY	10022		X	Form filed by One Reporting	g Person		
·					Form filed by More than On	e Reporting Person		
(City)	(State)	(Zip)						

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	on Date, Transaction Code (Instr.		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)	
Common Stock, par value \$0.01 per share	12/14/2012		A		7,362	A	\$ <mark>0</mark>	38,870	D		
Common Stock, par value \$0.01 per share	12/17/2012		F		441	D	\$8.16	38,429	D		
Common Stock, par value \$0.01 per share	12/16/2012		F		540	D	\$8.12	37,889	D		
Common Stock, par value \$0.01 per share	12/15/2012		F		730	D	\$8.12	37,159	D		
Common Stock, par value \$0.01 per share	12/14/2012		F		928	D	\$8.12	36,231	D		

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. Transac Code (li 8)		Derivat Securit Acquire or Disp	cquired (A) Disposed of) (Instr. 3, 4		Securities Underlying		Derivative Security (Instr. 5)	derivative Securities Beneficially Owned	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
					Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)		

Explanation of Responses:

Remarks:



** Signature of Reporting Person

12/19/2012

Date

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

 * 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

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