FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPRO

OMB Number:	3235-0287
Estimated average burden	
hours per response:	0.5

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

C. Social Self, S. M. S.											
1. Name and Address of FREYDBERG			2. Issuer Name and Ticker or Trading Symbol MFA FINANCIAL, INC. [MFA]		ionship of Reporting Person(s all applicable) Director	to Issuer 10% Owner					
(Last) C/O MFA FINANO 350 PARK AVENU	,	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 01/12/2015	X	Officer (give title below) Executive Vice Pro-	Other (specify below) esident					
(Street) NEW YORK, (City)	WYORK, NY 10022		4. If Amendment, Date of Original Filed (Month/Day/Year) 01/14/2015	Form filed by More than One Reporting Person Form filed by More than One Reporting Person							

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

in this or coounty (mounty)	2. Transaction Date (Month/Day/Year)	Transaction Code (Instr.		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			Securities	or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
		Code	v	Amount	(A) or (D)	Price	3 and 4)		(11150.4)

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)				6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported	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		Transaction(s) (Instr. 4)		
Phantom Shares	(1)	01/12/2015		A		10,000		(2)	(2)	Common Stock	10,000	\$0	102,702	D	
Phantom Shares	(1)	01/12/2015		A		10,000		(3)	(3)	Common Stock	10,000	\$0	112,702	D	

Explanation of Responses:

- 1. Each phantom share represents the right to receive one share of MFA Financial, Inc. common stock.
- 2. These phantom shares are scheduled to vest, subject to forfeiture, on December 31, 2017, and thereafter will be settled in an equivalent number of shares of MFA common stock within 15 days following the vesting date.
- 3. These phantom shares are performance-based equity awards. The number of phantom shares reported represents the target number of phantom shares granted. The number of underlying shares of MFA common stock that vest and that the recipient becomes entitled to receive at the time of vesting will generally range from 0% to 200% of the target number of phantom shares granted, subject to the achievement of a pre-established performance metric. The vesting of these phantom shares will generally occur on December 31, 2017, based on MFA's total stockholder return for the three years then ended. The number of phantom shares to vest will be adjusted to reflect the value of any dividends paid on MFA common stock during the vesting period in respect of the number of phantom shares that ultimately vest. The phantom shares will be settled in an equivalent number of shares of MFA common stock within 30 days following the vesting date.

Remarks:

/s/Ronald A. Freydberg ** Signature of Reporting Person 04/08/2015

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.