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MFA FINAN	NCIAL, INC.										
Form 4	_										
July 05, 2017											
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION								OMB AI	OMB APPROVAL		
	UNITED		URITIES AN Vashington, I			NGE (COMMISSION	OMB Number:	3235-0287		
Check the								Expires:	January 31,		
if no long subject to	ANGES IN B	GES IN BENEFICIAL OWNERSHIP O					2005				
-	Section 16. SECURITIES							Estimated average burden hours per			
Form 4 o	or							response	•		
Form 5	•					-	e Act of 1934,				
obligation may cont	SECHOIL 1/12		•	•	· ·		f 1935 or Section	n			
<i>See</i> Instru 1(b).		30(h) of the	e Investment C	Compan	y Act	: of 194	40				
(Print or Type I	Responses)										
1. Name and Address of Reporting Person <u>*</u> Knutson Craig L			2. Issuer Name and Ticker or Trading Symbol MFA FINANCIAL, INC. [MFA]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
											(Last)
~ ~ ~ ~ ~ ~ ~			h/Day/Year)				Director		Owner		
	FINANCIAL, INC		0/2017				X Officer (give below)	below)	er (specify		
PARK AVE	ENUE, 20TH FLO	OR					Pres	ident and COO			
	(Street)	4. If A	mendment, Date	e Original			6. Individual or Jo	oint/Group Filir	1g(Check		
		Filed(Tiled(Month/Day/Year)				Applicable Line)				
NEW YOR	K, NY 10022						_X_ Form filed by C Form filed by M Person	1 0			
(City)	(State) ((Zip) T	able I - Non-De	rivative S	Securi	ties Acc	uired, Disposed of	f, or Beneficial	ly Owned		
1.Title of Security	2. Transaction Date (Month/Day/Year)	Execution Date	, if Transaction	n(A) or Di		-	5. Amount of Securities Beneficially	6. Ownership Form: Direct	Indirect		
(Instr. 3)		any (Month/Day/Ye		Code (D) (Instr. 8) (Instr. 3, 4 and 5)					Beneficial Ownership		
		(Wondin Day) 10	ar) (mstr. 6)	(ilisu: 5,	+ anu	5)	Owned Following	(Instr. 4)	(Instr. 4)		
					(A)		Reported				
					(A) or		Transaction(s)				
			Code V		(D)	Price	(Instr. 3 and 4)				
Common Stock	06/30/2017		F	2,039 (1)	D	\$ 8 39	675,223	D			

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

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 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. Transactio Code (Instr. 8)	Securities Acquired (A) or Disposed of (D)		Date	7. Titl Amou Under Securi (Instr.	nt of lying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
Repo	rting O	wners		Code V	(Instr. 3, 4, and 5) (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

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Reporting Owner Name / Address		Relationships						
		Director	10% Owner	Officer	Other			
Knutson Craig L C/O MFA FINANCIAL, INC. 350 PARK AVENUE, 20TH FLOOR NEW YORK, NY 10022				President and COO				
Signatures								
/s/ Craig L. Knutson	07/05/2017							
<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).
- The reported disposition represents the surrender of shares to satisfy tax obligations arising from the vesting of restricted stock that was (1) previously granted to the Reporting Person.

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.