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FREYDBEF Form 4/A July 19, 201	RG RONALD A									
FORN Check th if no long	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								Number:3235-0287Expires:January 31, 2005Estimated average burden hours per response0.5	
subject to Section 1 Form 4 c Form 5 obligatio may con <i>See</i> Instr 1(b).	16. or filed pursuant ns tinue. uction Section 17(a) of t 30	Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, section 17(a) of the Public Utility Holding Company Act of 1935 or Section 20(b) of the Investment Company Act of 1940								
(Print or Type]	Responses)									
FREYDBERG RONALD A Symbol			ier Name and Ticker or Trading FINANCIAL, INC. [MFA]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (Middle)		Earliest Tra			,	(Chec	k all applicable	e)	
	FINANCIAL, INC., 35(ENUE, 20TH FLOOR	(Month/D) 07/15/20	-				Director X Officer (give below) Executi		6 Owner er (specify ent	
				endment, Date Original nth/Day/Year) 2016				6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person		
NEW YOR	K, NY 10022						Form filed by N Person	Iore than One Re	eporting	
(City)	(State) (Zip)	Table	e I - Non-De	erivative S	Securi	ities Acc	uired, Disposed of	f, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)	Security (Month/Day/Year) Execution Date (Instr. 3) any					Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Indirect Beneficial		
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock	07/15/2016		M <u>(1)</u>	2,245	A	\$ 0 (2)	541,617	D		
Common Stock	07/15/2016		F <u>(3)</u>	1,058	D	\$ 7.29	540,559	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) required to respond unless the form displays a currently valid OMB control number.

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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)	5. Number onf Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of 8 Underlying Securities I (Instr. 3 and 4) 5	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Phantom Shares	<u>(4)</u>	07/15/2016		M <u>(4)</u>	2,245	07/15/2016	07/15/2016	Common Stock	2,245

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		
FREYDBERG RONALD A C/O MFA FINANCIAL, INC. 350 PARK AVENUE, 20TH FLOOR NEW YORK, NY 10022			Executive Vice President			
Signatures						

/s/ Ronald A. 07/19/2017 Freydberg **Signature of Reporting Date Person

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).
- Shares acquired pursuant to the settlement of restricted stock units (i.e., phantom stock) granted to the Reporting Person in each of July (1)2013 and July 2014.
- Each phantom share is the economic equivalent of one share of common stock of MFA Financial, Inc. Each vested phantom share was (2) settled in one share of common stock of MFA Financial, Inc.
- The reported disposition represents the surrender of shares to satisfy tax obligations arising from the settlement of phantom shares (3) described in Note 1 above.

Settlement of time-based phantom shares granted to the Reporting Person in each of July 2013 and July 2014. 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

(4) common stock of MFA Financial, Inc.

Remarks:

The Reporting Person is filing this Form 4/A to correct the information set forth in Column 9 of Table II of the Form 4 filed on

Reporting Owners

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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.