

**ING Life Insurance and Annuity Company
and its
Variable Annuity Account C**

ING Educator's Direct

**Supplement dated September 11, 2009 to the Contract Prospectus and
Contract Prospectus Summary each dated May 1, 2009, as amended**

State of Delaware 403(b) Plan

The referral incentive program for Educator's Direct participants referenced in the August 27, 2009 Supplement is currently not available.