

SECURITIES AND EXCHANGE COMMISSION

FORM 497J

Certification of no change in definitive materials under paragraph (j) of Securities Act Rule 497

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**FILER**

**Symetra SEPARATE ACCOUNT C**

CIK: **912869** | IRS No.: **910742147** | Fiscal Year End: **1231**  
Type: **497J** | Act: **33** | File No.: **033-69712** | Film No.: **05789199**

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CERTIFICATION UNDER RULE 497(j)

May 2, 2005

VIA EDGAR

Securities and Exchange Commission  
450 Fifth Street N.W.  
Washington, D.C. 20549

Re: Symetra Life Insurance Company  
Symetra Separate Account C ("Registrant")  
1933 Act File No. 33-69712  
1940 Act File No. 811-8052

Commissioners:

Pursuant to paragraph (j) of Rule 497 of Regulation C, under the Securities Act of 1933, as amended, in lieu of filing under paragraph (c) of Rule 497, I hereby certify that the form of Prospectus and Statement of Additional Information filed April 29, 2005, for the above-captioned registrant that would have filed under paragraph (c) of Rule 497 does not differ from that contained in the most recent registration statement and the text of the most recent registration statement was filed electronically on April 29, 2005.

Please indicate receipt in the usual manner to the undersigned.

Sincerely,

/s/ Jacqueline M. Veneziani

Jacqueline M. Veneziani  
Counsel