



Lantz Benjamin Contreras

July 9, 1964 - November 23, 2025

Lantz Benjamin Contreras, 61, of Owasso, Oklahoma, passed away on November 23, 2025. He was born on July 9, 1964, in Blue Island, Illinois, to Benjamin Contreras and Caroline (Thomas) Vinton.

Lantz was a man of many gifts and remarkable creativity. A true culinary genius and confectionery master, he had an uncanny ability to try a dish at a restaurant and then go home and recreate it with precision and flair. His talent extended far beyond the kitchen—he was also a singer, songwriter, musician, and author, pouring his heart into every form of expression.

Faith was at the center of Lantz's life. Music filled his home at all hours, a reflection of his constant spirit of worship and devotion. Those who knew him recognized the warmth, passion, and depth he brought to everything he loved. Lantz is survived by his mother, Caroline (Thomas) Vinton; his brother, Timothy Contreras and wife Mindy; his nieces, Kayla and Mia; his nephew Colton plus dozens of cousins and friends. He was preceded in death by his father, Benjamin Contreras.

Lantz's family remembers him with love and gratitude, holding close the creativity, faith, and heartfelt presence he carried throughout his life.

Previous Events

Celebration of Life

MAR 2. 1:00 PM (CT)

Mowery Funeral Service Chapel
9110 North Garnett Road
Owasso, OK 74055

LIVE STREAM SERVICE

MAR 2. 1:00 PM.

Mowery Funeral Service Live Stream
<https://vimeo.com/moweryfs>